

# Ayurvedic Yoga and Sound Bath Retreat for Mind Body Balance

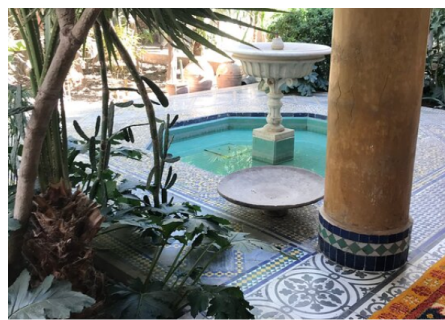
October 5-10 2023 - Morocco



Destination Wellness



Get away from the stresses of normal life and immerse yourself in 6 days of self care at our Luxury Resort in the heart of Marrakesh



- Five star luxury retreat experience
- Daily Vinyassa Flow and Yin yoga classes, for all abilities
- Learn to understand lifestyle practices to nourish and balance you
- Daily workshops for healing, growth and transformation
- Delicious, Balanced, Nourishing Food
- Be utterly pampered with Luxury Treatments



From £1450, depending on room style. What's included:  
60 minute Ayurvedic consultation - 45 minute treatment -All meals, snacks & drinks  
Airport transfers - Retreat pack (worth £100) - Daily Yoga, Workshops & Activities