



ES SAADI
MARRAKECH RESORT



IN PARTNERSHIP WITH



LE TIGRE
YOGA CLUB & SPA

WELCOME TO ES SAADI MARRAKECH RESORT
YOGA RETREAT
1ST - 04TH FEBRUARY 2019

Focus to regain a toned body,
a peaceful mind, a radiant aura

INFORMATION & RESERVATIONS
info@essaadi.com - +212 5 24 33 74 00



THE INSTRUCTOR CAMILLE SATYA

A trained dancer, Camille discovered yoga while visiting India on her trip around the world in 2008.

She pursued her study of the practice during her travels to Asia, Australia and California. Upon return to Europe, she felt driven by a desire to share this life-changing yoga with others. This is also when she discovered Yin Yoga, a singular practice, little known at the time, with a deep, meditative approach that appealed to her.

Today, Camille Satya is an instructor of Yin Yoga at the Tigre Yoga Club in Paris and author of the book Yin Yoga published by Editions Marabout.



THE YIN YOGA

Yin Yoga is what is known as a “restorative” practice during which students develop consciousness of the body and relax. Yin is a slow-paced style of yoga, characterized by postures held over several minutes to work the entire body and the mind in depth. During stretching, the relaxation and easing of muscles and cognitive tissues lead to a meditative state of deep internal listening. Yin Yoga improves quality of sleep and digestion, while helping us to master our emotions and learn how to let go.



THE PROGRAMME

Yoga classes will take place in the Palace
fitness room, on the first floor of the Spa.

FRIDAY 1ST FEBRUARY 2019

12:00 PM

Welcome by Caroline Bauchet-Bouhlal
and introduction of Camille Satya
Palace Lobby Bar

12:30 PM

Introduction to Yin Yoga
The aim of this session is to recover from your travels and get
your retreat off to a relaxing start.

2:00 - 3:00 PM

Salad bar - Lagon & Jardin

5:30 - 7:00 PM

YIN YOGA: The art of presence and deep relaxation
(postures et meditation)

8:00 PM

Slow food dinner with option of vegetarian menu
La Cour des Lions gourmet restaurant

SATURDAY 2ND FEBRUARY 2019

Don't forget to order* and drink your infusion, served in your
room.

FROM 7:00 - 8:00 AM

A light snack is recommended at least 1 hour prior to
your session: juice, dried and seasonal fruit - Palace Spa

9:00 - 10:30 AM

SOFT HATHA : Body consciousness, finding one's
place between earth and sky (grounding postures and
pranayamas)

FROM 11:45 AM

Detox lunch - Lagon & Jardin

2:00 - 5:00 PM

Hammam, Moroccan scrub followed by a signature
massage at the Spa (reservations required), or visit of
the Yves Saint Laurent Museum, or free afternoon.

5:30 - 7:00 PM

YIN YOGA: Emotional and energy balance (postures
et meditation)

8:00 PM

Slow food dinner with option of vegetarian menu
Le Saadi gourmet restaurant

SUNDAY 3RD FEBRUARY 2019

Don't forget to order* and drink your infusion, served in your
room.

7:00 - 8:00 AM

A light snack is recommended at least 1 hour prior to
your session: juice, dried and seasonal fruit - Palace Spa

9:00 - 10:30 AM

SOFT HATHA: Exercises to awaken the center of the
body, build life-force energy and stoke the digestive fire

FROM 11:45 AM

Detox brunch - Lagon & Jardin

2:00 - 5:00 PM

Hammam, Moroccan scrub followed by a signature
massage at the Spa (reservations required), or visit of
the Yves Saint Laurent Museum, or free afternoon.

5:30 - 7:00 PM

YIN YOGA: Restore one's full strength with the principles
of Yin Yoga

8:00 PM

Slow food dinner with option of vegetarian menu
Maharadja Villa

MONDAY 4TH FEBRUARY 2019

Don't forget to order* and drink your infusion, served in your
room. Complimentary dried fruit.

8:00 - 9:30 AM

HATHA AND YIN YOGA: recharge and find yourself,
maintain physical and energetic vitality

10:00 - 11:00 AM

Breakfast, juice and herbal teas, dried and seasonal fruit
Lagon & Jardin

AN UNLIMITED ACCESS TO THE SPA

IMMERSE YOURSELF IN ABSOLUTE RELAXATION

In addition to your yoga classes, enjoy free access to the exceptional Es Saadi facilities and the Palace Spa, especially the cleansing and regenerating experience of the Oriental Thermae® hydrotherapy circuit.



THE ORIENTAL THERMAE®

The Oriental Thermae® is a unique concept offering an astonishing experience to cleanse and regenerate the body. The Oriental Thermae® is composed of nine dry or wet heat sessions, in an atmosphere alternating between hot and cold.

HAMMAM AND ES SAADI SCRUB

An age-old Eastern custom, the Moroccan hammam is a steamless wet heat bath: set in a sophisticated, Arabian-inspired décor, heat leaves a softer impression. This ritual includes the famous black soap scrub and provides intense cellular detoxification, relieving aches and ligament pain.

ES SAADI SIGNATURE MASSAGE

All of the “Es Saadi Signature” massages are custom-designed for the Palace Spa, varying in intensity, depth and pace to boost energy, ease tension, and restore the flow between body and mind.



THE DISCOVERY OF SLOW* FOOD CUISINE



ORGANIC SALAD BAR

Healthy, balanced recipes, rich in fiber, made with low-calorie, low-fat ingredients to boost the body with a “sustainable and healthy” diet.

For example, spirulina, an extremely high-protein micro-algae, or flaxseed, rich in Omega 3, are good for the heart and promote quality cell renewal.

The Lagon & Jardin restaurant by the Palace pool features a healthy, organic salad bar. Lovers of light and tasty combinations are spoiled for choice: raw or cooked vegetables, grains, condiments, and fresh herbs, grown in the family orchard and organic vegetable garden, located in the Ourika Valley.

To accompany your meal, choose one of the delicious juices or smoothies, energizing or alkalizing, homemade with fresh fruits and vegetables.

**Sustainable Local Organic Wholesome*



FOR
A FULL WELLNESS EXPERIENCE,
FOLLOW THE GUIDE!



1 • Drink lukewarm lemon juice on an empty stomach every morning to hydrate your body, ease digestion, and get a good dose of vitamin C for a boost of energy and a brighter complexion. Moreover, lemon is alkalizing, so it helps combat over-acidification in the body, which is a source of inflammation and disease.

2 • Hydrate all day long. Contact Room Service to order water, herbal tea, or juice during your retreat.

3 • Plan to eat and finish your meal or snack at least one hour before your yoga class.

4 • Stroll through the idyllic Es Saadi Marrakech Resort gardens.

5 • In the evening, sink into a warm, soothing bath to relax.

6 • And, last but not least... Go to bed early!





ES SAADI
MARRAKECH RESORT

Emotions Heritage Entertainment