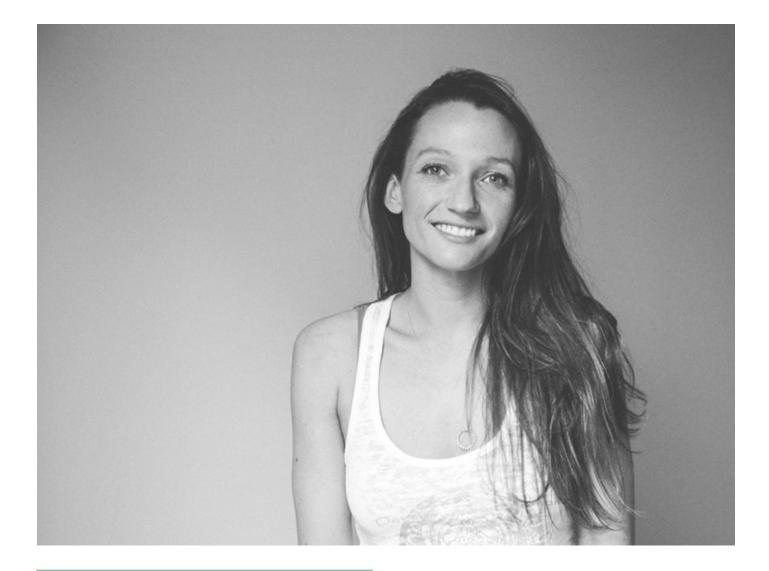




WELCOME TO ES SAADI MARRAKECH RESORT YOGA RETREAT 1<sup>ST</sup> - 04<sup>TH</sup> FEBRUARY 2019

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

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.



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 1<sup>ST</sup> 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 2<sup>ND</sup> 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, Morrocan 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 3<sup>RD</sup> 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, Morrocan 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 4<sup>TH</sup> 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

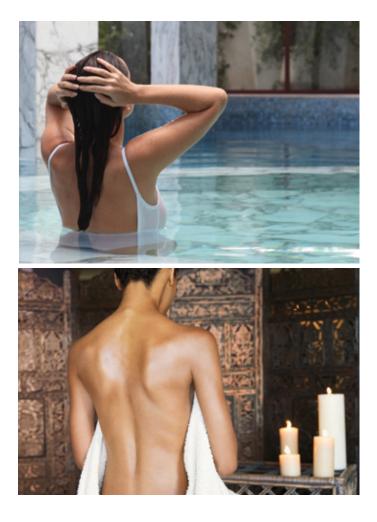
#### 10:00 - 11:00 AM

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

# 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<sup>®</sup> hydrotherapy circuit.



#### THE ORIENTAL THERMAE®

The Oriental Thermae<sup>®</sup> is a unique concept offering an astonishing experience to cleanse and regenerate the body. The Oriental Thermae<sup>®</sup> 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, Arabianinspired 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 customdesigned 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 lowcalorie, low-fat ingredients to boost the body with a "sustainable and healthy" diet.

For example, spirulina, an extremely high-protein microalgae, or flasseed, 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!

