



WELCOME TO ES SAADI MARRAKECH RESORT
YOGA RETREAT
23rd-26th MARS 2018

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

CONTACT

You have a question?
Do not hesitate to contact the Palace concierge (Tel. 56).
For room service: 58 from the Palace and 54 from the Hotel.



THE INSTRUCTOR CHARLOTTE SAINT JEAN

Pursuing her passion for Yoga for over twenty years, British-born Charlotte Saint Jean has been teaching in France since 2002. Her personal practice and instruction are the reflection of a healthy lifestyle, filled with gratitude, joy and a quest for wellness.

She has forged a unique style, drawing influence from teachers who hail from a variety of backgrounds. In addition to her many years of training, she regularly participates in Prana Flow, Ashtanga, Vinyasa and Insight Yoga retreats.

She retains the key messages from the teachings of each discipline to develop her own, personal approach that remains rooted in tradition.

Today, Charlotte shares her time between her family and her passion for yoga and wellness. She organizes the Val d'Isère yoga festival in the French Alps and is a co-organizer of the Women's Spirit Festival in Paris.



SHIVASHAKTI YOGA

In the Indian tradition, the term “Shakti” means “power”, “energy” or “force”. It can be described as the creative power within every living being. It is the life-force energy that makes the river flow, powers our breath, makes our heart beat, and fires our muscles and neurons. It represents the fundamental creative energy that gives birth to the universe.

Applied to Yoga, Shakti denotes the union of the body, mind and soul. A unique force flows through the body, permeating it with a vital energy known as prana. The body moves on its own accord and with fluidity, anticipating the movements with suppleness and harmony.



THE PROGRAMME

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

FRIDAY 23rd MARCH 2018

12:00 PM

Welcome by Caroline Bauchet-Bouhlal
and introduction of Charlotte Saint Jean
Palace Lobby Bar

12:30 PM

ShivaShakti Yoga session
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

6:30 - 7:30 PM

Presentation of ShivaShakti methodology
Meditation & Pranayama to prepare for your evening

8:30 PM

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

SATURDAY 24TH MARCH 2018

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

6:30 - 7:00 AM

Morning meditation (proposed as an option)
Palace Spa

7:00 - 8:00 AM

We recommend having a light snack for breakfast at
least one hour before your first class : Juice and herbal
teas, dried and seasonal fruit - Othello

9:00 - 11:00 AM

ShivaShakti Vinyasa Yoga session: "Sun & Fire" practice,
to welcome in the morning's energy. Pranayama and
deep relaxation

FROM 11:30 AM

Detox brunch - Lagon & Jardin

2:00 - 5:30 PM

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

6:00 - 7:30 PM

ShivaShakti Vinyasa Yoga session: "Moon, Earth &
Water" practice to connect with the earth and anchor
the mind

8:30 PM

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

SUNDAY 25TH MARCH 2018

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

6:30 - 7:00 AM

Morning meditation (proposed as an option)
Palace Spa

7:00 - 8:00 AM

We recommend having a light snack for breakfast at
least one hour before your first class:
Juice and herbal teas, dried and seasonal fruit - Othello

9:00 - 11:00 AM

ShivaShakti Vinyasa Yoga session: "Air & Space"
practice, to ground the air element, connect with the
space element, create and channel energies.

FROM 11:30 AM

Detox brunch - Lagon & Jardin

2:00 - 5:30 PM

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

6:00 - 7:00 PM

Yin Yoga session and Yoga Nidra relaxation

8:30 PM

Slow food dinner with option of vegetarian menu
Maharadja Villa

MONDAY 26TH MARCH 2018

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

7:00 - 8:30 AM

ShivaShakti session and meditation

9:00 - 10:00

Breakfast, juice and herbal teas, dried and seasonal fruit

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.



Included in your retreat: unlimited water, juice, and herbal tea.
Contact: 58 from the Palace and 54 from the Hotel.

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!



NOTES

Use this space to write down your impressions and the professional advice you receive to help you remember the best parts of your retreat.

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Emotions Heritage Entertainment