



ES SAADI
MARRAKECH RESORT



IN PARTNERSHIP WITH

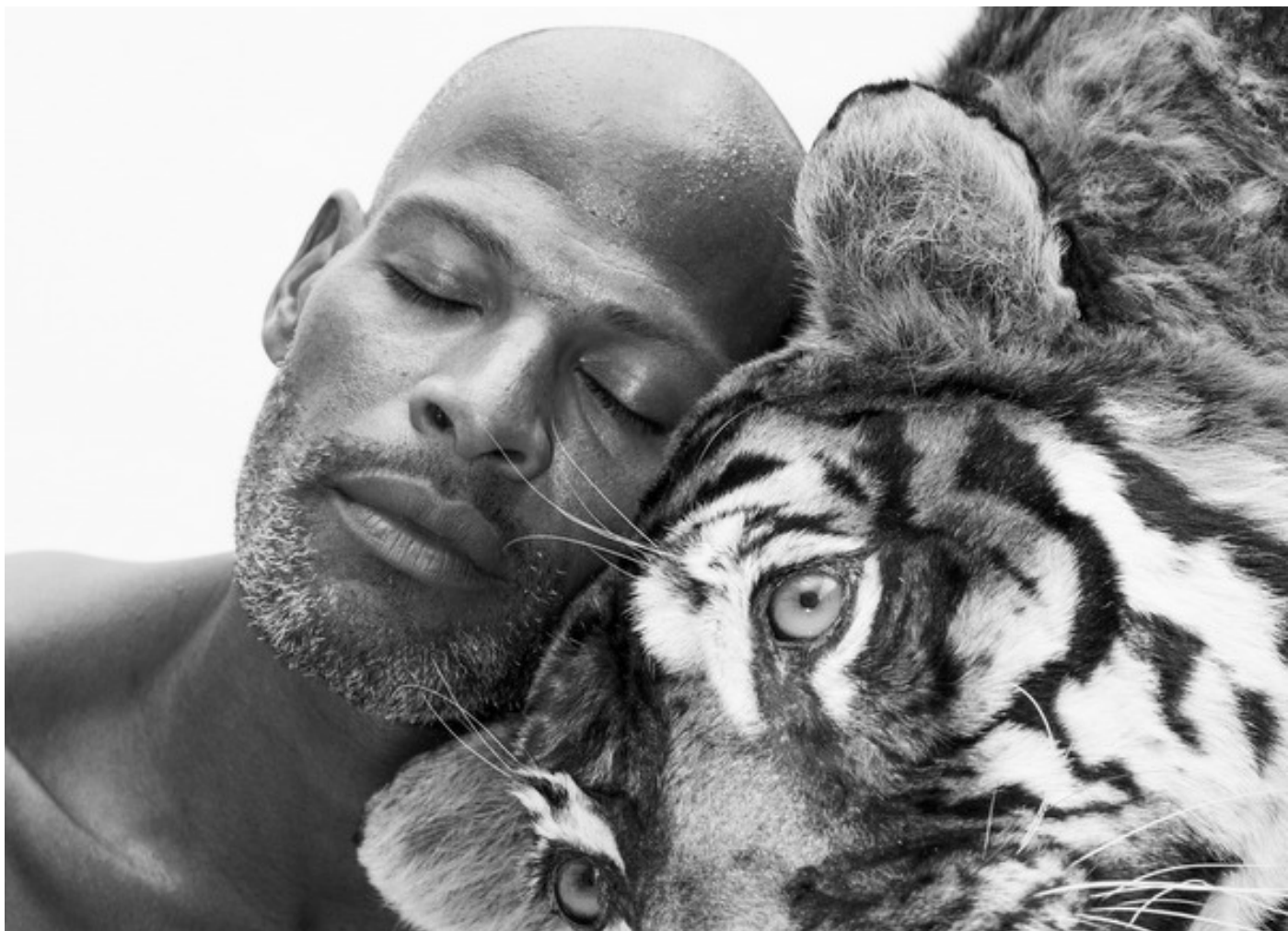


LE TIGRE
YOGA CLUB & SPA

WELCOME TO ES SAADI MARRAKECH RESORT
YOGA RETREAT
22nd-25th MARCH 2019

Leaving for an enchanting break
of wellness and self-discovery

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



THE INSTRUCTOR PEMA AGLOSSI

Pema has been practising and teaching a mix of yoga and pilates for more than ten years. His instruction is interactive, attentive, and can be adapted to suit any level.

Ever the sports enthusiast, he practised tennis and martial arts intensively (athletics, Thai boxing, capoeira, judo) from a young age.

His quest to find a discipline combining greater flexibility, balance and muscle strengthening led him to complete a training course at the Aligned Pilates Studio in Santa Barbara, California.

During a retreat in an Ashram in India, Pema realized the importance of harmonizing the body and mind through life Yoga and decided to explore and train in a variety of styles: Hatha, Vinyasa and Iyengar.

Healthy food, meditation, daily yoga practice and benevolence are all part of Pema's philosophy.



YOGA PILATES MIX

Yoga Pilates Mix combines the benefits of pilates through core muscle strengthening with the fluid movements of Vinyasa Flow. Breathing, balance, intention, respect, visualization and consistency are the pillars of this hybrid practice.

Special emphasis is placed on a good understanding of the postures (asanas) to reap the full benefits of Yoga Pilates Mix.



THE PROGRAMME

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

FRIDAY 22ND MARCH 2019

12:00 PM

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

12:30 PM

Soft practice and Stretching
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 23RD MARCH 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

- PRANAYAMA
- YOGA PILATES MIX

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

8:00 PM

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

SUNDAY 24TH MARCH 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

- PRANAYAMA
- VINYASA FLOW

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

- HATHA YOGA
- PARTNER YOGA

8:00 PM

Slow food dinner with option of vegetarian menu
Maharadja Villa

MONDAY 25TH MARCH 2019

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

8:00 - 9:30 AM

- PRANAYAMA ET YOGA PILATES MIX
- METTA MEDITATION (loving-kindness meditation)

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® 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!





ES SAADI
MARRAKECH RESORT

Emotions Heritage Entertainment