



ES SAADI
MARRAKECH RESORT



IN PARTNERSHIP WITH



LE TIGRE
YOGA CLUB PARIS

WELCOME TO ES SAADI MARRAKECH RESORT
YOGA RETREAT
23RD-26TH NOVEMBER 2018

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

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



THE INSTRUCTOR GWENDAL MAZERY

Gwendal practised martial arts from a young age and went on to become a karate instructor with several national awards under his belt.

Over the years, his interest in the internal arts and the body in movement naturally led him to explore yoga, which marked a real change, a fundamental shift.

Several years later, he travelled to the Himalayas to study and practise the four main paths of yoga: Bhakti, Jnana, Raja and Kama. He connected with this science that transformed his approach to the body and mind.

At the same time, he participated in a number of yoga workshops and training courses to deepen his knowledge and then share it with enthusiasm and humility.



ENERGETIC HATHA YOGA

Hatha Yoga seeks a balance of opposing yet complementary energies through physical exercises to attain calmness of mind. The practice of this breathing, meditation and posture-based discipline focuses on mastery of the body and the senses. Regular practice of Hatha Yoga improves flexibility and mobility, strengthens joints and heightens concentration.



THE PROGRAMME

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

FRIDAY 23RD NOVEMBER 2018

12:00 PM

Welcome by Caroline Bauchet-Bouhlal
and introduction of Gwendal Mazery
Palace Lobby Bar

12:30 PM

Introduction of energetic Hatha 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

6:30 - 7:30 PM

Hatha and Nidra Yoga:
Basis for the expansion of consciousness

8:30 PM

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

SATURDAY 24TH NOVEMBER 2018

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 - Othello

9:00 - 11:00 AM

Practice of energetic Hatha Yoga : awakening the
body and boosting energy through grounding

FROM 11:30 AM

Detox lunch - Lagon & Jardin

2:00 - 5:30 PM

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

6:00 - 7:30 PM

Practice Hatha and Nidra Yoga: postural meditation, the
cornerstone of Hatha Yoga (postures and meditation)

8:30 PM

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

SUNDAY 25TH NOVEMBER 2018

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 - Othello

9:00 - 11:00 AM

Harnessing life-force energy through breathing:
postures, 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 (reservations required), or visit of
the Yves Saint Laurent Museum, or free afternoon.

6:00 - 7:00 PM

Relaxation and presence in the action and teaching of
Hatha Yoga (postures, pranayama and meditation)

8:30 PM

Slow food dinner with option of vegetarian menu
Maharadja Villa

MONDAY 26TH NOVEMBER 2018

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

8:00 - 9:30 AM

Practice of energetic Hatha Yoga and Nidra Yiga:
creating balance of body and mind (posturales,
pranayama, meditation)

10:00 - 11:00 AM

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!





ES SAADI
MARRAKECH RESORT

Emotions Heritage Entertainment