

K.O.R.A. TRAVEL

YOUR Moroccan Specialist



Yoga and Marrakech



YOGA, Marrakech and a bit more...

Morocco is a land of contrasts, ideal for contemplation, away from the stress of everyday life.

We have specially selected places for you to practice the art of Yoga all of which are very different, yet with their own unique ambience.

Whether on the roof terrace of a Kasbah, the middle of an oasis, an enchanted garden, in the beautiful mountains or desert sands we will harmonise with nature.

Marrakech is Moroccans most famous city, located in front of the magnificent backdrop of the High Atlas Mountains. A vibrant action packed and charmingly unpredictable place that invites visitors to dive in head first. Situated in an oasis of palm trees and red clay buildings lend Marrakech the character of a desert city. The 11th century city has a labyrinth of alleyways that make up the souks of the old town.

Discover the real Marrakech and its surroundings with its beauty, colour and powerful vibrancy.

Location:	Marrakech and surrounding area
Arrival from:	Marrakech, Agadir
Duration from:	5 days
Accommodation:	Specially selected Riads and Kasbahs, or 4/5* Hotels

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Example of a typical tour

*At the airport you will be welcomed by your tour guide.

* Let's start to enjoy **Marrakech**, the most fashionable city in Morocco with an informative walking tour

* The journey begins with visits to the most important sights, the Bahia Palace and the Folk Art Museum Dar Si Said, a former palace, the most beautiful Koran high school in the country Ben Youssef, the Jewish Quarter, the Mellah, the Hivernage, the Museum of Photography, one of the many caravanserais .

* We head for Djemaa el Fna. This huge square is the beating heart of Marrakech's medina, buzzing throughout the day in its multi-coloured herb and spice market. However in the evening it really comes alive with a whole carnival of musicians, mime artists, fire eaters, street entertainers and snake charmers. Street restaurants, serving all kinds of delicacies, fill the air with mouth-watering aromas whilst dentists and barbers are busy at work.

* We will venture into the labyrinth covered alleyways that make up the souks of the old town, a maze full of spice, scents, and colourful wares. You can pick up anything from a traditional Berber carpet, to Kaftans, to pottery. It's the largest and most beautiful market in the country with over 30,000 merchants.

* The city boasts a wealth of wonderful gardens, with olive groves and lakes providing a haven of peace and tranquillity. The garden that we visit is an amazing creation of bamboo, bougainvillea and cacti, formerly owned by Yves Saint Laurent.

* You have the option to let the afternoon fade away with a relaxing hammam, a traditional Moroccan steam room.

*Every day we will have the opportunity to practice the art of Yoga at a different venue with its own unique ambience.



Excursions Available

* Leaving the city of Marrakech behind for the day, we take a drive over the **High Atlas** and cross the **Tizi n Tichka** pass at a height of 2260 meters with its breath-taking panoramic views. Visit a perfume distillery in the valley of the roses. An opportunity to explore the Berber Kasbah, **Ait Benhaddou**, a UNESCO World Heritage Site. We then head for the fascinating canyons, and gorges diving deep into the bizarre and colourful mountains, stopping to enjoy the wonders of the **Dades and Todra Gorges**

Or

* We visit the **Ourika Valley** with a visit to the Nectarome Beauty Farm that combines the wisdom of ancient Moroccan traditions with the knowledge of modern aromatherapy and physiotherapy. The mission here is to treat your skin, awaken your senses whilst enabling you to discover the secrets and benefits of Moroccan natural cosmetics optimized by modern science. We end the day with a visit to a Berber family, take tea, sample the locally grown olives and freshly made bread whilst enjoying the natural surroundings.

Or

* A day trip to **Essaouira** on the Atlantic coast, the former Portuguese fortification with a beautiful Medina, well known for its' arts, crafts and wood workshops.

Thanks to our years of experience and excellent connections we are able to create the perfect trip just for you.

Please contact us to discuss your individual requirements

