



WE TREAT

MOROCCO

— RETREAT —



YOGA • SURF • FLOW • CONNECT • COMMUNITY

FIVE DAYS OF OCEAN,
MOVEMENT AND
UNFORGETTABLE MEMORIES.





WHY MOROCCO?



There is something *special* about Morocco.



WORLD-CLASS WAVES

Home to some of the longest waves in the world.



SURF SOUL

Where Mary Lou learned to surf – and maybe you will too.



TAGHAZOUT VIBES

A soulful surf village with good energy, simplicity and connection.



A DIFFERENT CONTINENT

A change of scenery, a new perspective and a deeper shift.



COMMUNITY & CONNECTION

Meet like-minded souls and create memories that stay with you long after the retreat ends.



WE TREAT



WHAT AWAITS YOU:



SURF SESSIONS

FOR ALL LEVELS

DAILY YOGA

AND YIN YOGA

VOICE ACTIVATION

VOCAL FREEDOM

SHAKE THE DUST

MOVEMENT PRACTICE

SINGING CIRCLES

COMMUNITY

MEANINGFUL CONNECTION

VEGAN

NOURISHING MEALS

SUNSET GATHERINGS

BY THE OCEAN

MEDITATION

AND AWARENESS PRACTICES

OCEAN TIME

AND **DEEP REST**

A SPACE TO RECONNECT

WITH YOURSELF



WE TREAT



A GLIMPSE INTO YOUR DAYS



08:30

MORNING YOGA & SADHANA

Start the day with movement, breath and presence.



11:00

BRUNCH-TIME

Nourishing food, chai and time to arrive.



14:00

FREE TIME

Explore Taghazout, visit the beach, journal, rest or simply enjoy doing nothing.



16:30

SURF SESSION FOR ALL LEVELS

Surf sessions for all levels.

(This schedule may vary depending on weather conditions and the group's energy.)



19:30

DINNER TOGETHER

Local flavours, shared stories and connection.



21:00

EVENING PROGRAM

Voice Activation & Vocal Freedom
Shake The Dust & Movement
Meditation & Breathwork
Sharing Circles
Sunset Walks
Bonfire Nights



Every day unfolds a little differently, guided by the ocean, the weather and the energy of the group.



WE TREAT

MEET YOUR HOSTS



TWO UNIQUE PATHS, ONE SHARED VISION.



KATHARINA

YOGA • SOMATICS • DANCE



Katharina is a yoga teacher, somatic movement facilitator and founder of Yoga Vila.

Through yoga, embodiment and movement, she creates spaces where people can slow down, reconnect with themselves and feel more alive in their bodies.



MARY LOU

YIN YOGA • VOICE ACTIVATION • MUSIC



Mary Lou is a space holder, musician and facilitator of transformational experiences.

Through Yin Yoga, Singing Circles and Voice Activation, she supports people in reconnecting with their voice, authentic expression and sense of belonging.

WE CREATE SPACES FOR CONNECTION,
GROWTH, PLAYFULNESS AND
MEANINGFUL TRANSFORMATION.



WE TREAT

THE SPACE WE CALL HOME



OCEAN HOME

A peaceful retreat by the ocean where simplicity meets warmth.
A space to slow down, connect and feel truly at home.

