

## Inscriptions

Places will be limited to the first 20 people to enrol

The course : 250 € Lodgings : 300 €\*

\*This price includes full board and transfers to and from Marrakesh or Ourzazate to the Kasbah Algouzi. Lodging is free for children under 6 yrs old and half-price for 6/12 yrs. Please return the inscription form with two cheques for 275 € made out to Shiatsu Connection. The first cheque ensures your place and will be banked. The second will be banked at the end of March. In the event of cancellation by either Shiatsu Connection or Kasbah Agoulzi all monies will be reimbursed.

## Voyage

**You must be in possession of a valid passport.**

The air-fare is not included in the price. There are numerous flights to Morocco and we are able to suggest the best for you. There are low cost flights from the UK to Marrakesh. You will be expected to arrive to register at the kasbah on Saturday afternoon the 14<sup>th</sup> April and be able to advise our host Arlette of your ETA in Marrakesh or Ourzazate, in order that she can put the transfers in place. You can contact directly if you want to extend your stay by arriving earlier or staying longer :

Tel. 00212 (0) 6 18 26 78 95

[kasbahagoulzi@gmail.com](mailto:kasbahagoulzi@gmail.com)

## Yoga Materials

You will need to bring your own mat and 4 lightweight blocs if possible along with two yoga belts. Bricks and blankets will be provided. We will either be practicing outside under the cover of a tent or in the kasbah itself. Bring your walking shoes and a protective jacket plus a small back pack for our hike. For the practice, please wear shorts or footless tights.



## Accommodation



**Kasbah Agoulzi**



**The terrace overlooking the river**



**Single or double bedrooms  
with a private bathroom**



# YOGA

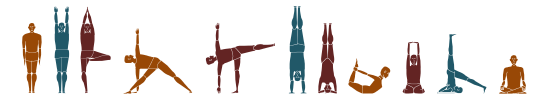
## Course

**Spring 2012**

**14-21 April**

# Marocco Valley of the Roses

Berber Atlas



**Bilingual Teaching**

**French / English**

**Christine  
Castillon**

**Joan  
TYSON**



## YOGA in Morocco



To take a journey allows us to distance ourselves from our familiar habits and attitudes and to discover different ways of approaching life and each other. Yoga is a universal tool which helps us connect deeply within ourselves and links us to all beings. When we meet and understand others, in reality we are getting closer to our true nature.

The course is open to all levels of yoga practitioners with a minimum of six months of practice and without any serious medical problems.



Christine and Joan, certified Iyengar yoga teachers (RIMYI, BKS Iyengar Institute, Pune) will be accompanying you in your practice and your stay.

**Christine** **Joan**  
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[www.iyengar-yogastudio.com](http://www.iyengar-yogastudio.com)  
[www.shiatsuconnection-iyengar-yoga.com](http://www.shiatsuconnection-iyengar-yoga.com)  
[www.stages-yoga.fr](http://www.stages-yoga.fr)



## Staying at Kasbah Agoulzi

Arlette will be welcoming us to her authentic *kasbah* – large house or citadel, which has been lovingly restored using traditional materials. The word comes from *kasabah* – the reeds which are found growing near rivers and are used to make a natural insulation in the roofs.



The bedrooms which have adjoining bathrooms are very comfortable and sleep 2-4 people. The terrace has a view on the river and the landscape beyond. The cooking will be traditional and local, vegetarian for the duration of the Yoga course.

## Discovering the Valley of Roses



You will be free to discover the environment for yourselves during your free time : taking walks, visiting the souk, the distillery, or rediscover your inner self at the hammam...

The best part of two days will be spent on an escorted hike, the evening being spent singing and dancing with a group of musicians under the stars...

## Week Schedule

### ► Saturday 14 April

Arrival and registration at the Kasbah  
Dinner 7:30 pm  
Presentation of the programme 8:30 pm

### ► Sunday 15 / Wednesday 18 April

Hot drinks from 7:00 am  
Sitting Postures & Pranayama 7:30 am  
Light breakfast or put fruit snack 8:30 am  
Asana practice 9:30 -11:30 am  
Lunch 12:00  
Rest/ Free time  
Restorative practice 5:00 -7:00 pm  
Dinner 8:00 pm

### ► Thursday 19 April

Preparation practice 7:30 am  
Breakfast 8:30 am  
Leave for the day's hike 9:30 am  
Picnic on the way  
Evening party & sleeping in the bivouacs  
Toilets and showers provided

### ► Friday 20 April

Hike back to Kasbah with picnic  
Restorative practice in the evening  
Dinner 8:00 pm

### ► Saturday 21 April

Last morning practice  
Departure after lunch

This programme may be modified

