

YOGA AT THE KASBAH DU TOUBKAL IN THE HIGH ATLAS MOUNTAINS MOROCCO

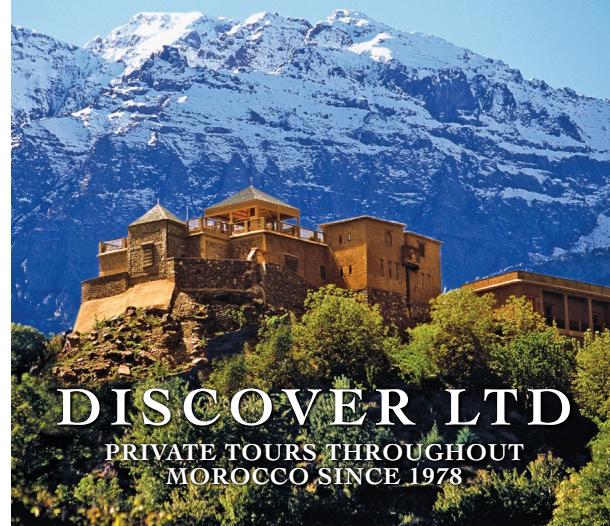
90 MINUTES FROM MARRAKECH



JUST 90 MINUTES FROM MARRAKECH lies the highly-acclaimed and award-winning Kasbah du Toubkal – now a Charter Member of the National Geographic Unique Lodges of the World. Situated at 1820m with spectacular views of the valleys and with Jbel Toubkal (the highest mountain in North Africa) as the backdrop, the Kasbah provides a unique environment for those seeking a peaceful location to practice yoga and yoga-related activities. The Kasbah was chosen by Martin Scorsese as a location for his film *Kundun*, about the Dalai Lama's early years, as the Kasbah and the surrounding scenery reflected the Tibetan monastery Dungkar and the serenity of Tibet.

Apart from yoga, the area offers opportunities to explore the local villages and take guided walks to see this stunning region. Naturally, no visit to Morocco would be complete without a visit to Marrakech and this can be arranged either on the way, as a day visit or as an extension to any stay at the Kasbah.

As an ABTA-bonded and ATOL-licensed tour operator working in Morocco since 1978, we are able to tailor a trip to suit your requirements.



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The Kasbah has numerous terraces for yoga as well as a spacious conference room if an indoor environment is required. Yoga mats, blocks, blanket and belts are available. There are two *hammam* for the use of guests as well as a massage table and a private massage area for those bringing their own masseuse.

With 14 en suite twin or double bedrooms and three Berber salons/family rooms, the Kasbah can support groups of up to 28 people in double occupancy, and more if the Berber salons are used.

The Kasbah offers healthy and fresh local cuisine, with vegetarian options, and can accommodate special diets if requested. During your stay, all meals are provided.

Our services are tailored to suit you and your students and all quotes are created around your specific requests. We will, of course, help you build a programme and advise you of any extra activities you may wish to include.



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