

it's a
date

MAY
10-17, 2020

experience by



YOGA
& LIFE RE-
treat

Marrakesh, Morocco



Siendo retreats provide the space and time for us to share our love for yoga and longing for vibrant health. Our retreats have the intention to set the time in our calendars to prioritise our "me" time in order to maintain equilibrium among our life roles and thrive to purify our vital energy. At this retreat you will surrender to the present experience, you will notice how and why yoga opens new channels of communication providing the righteous self-knowledge towards our unique human evolution.

Siendo's retreats are an invitation to pause . connect . rewire.

ONE week immersion of ASHTANGA yoga practice & study

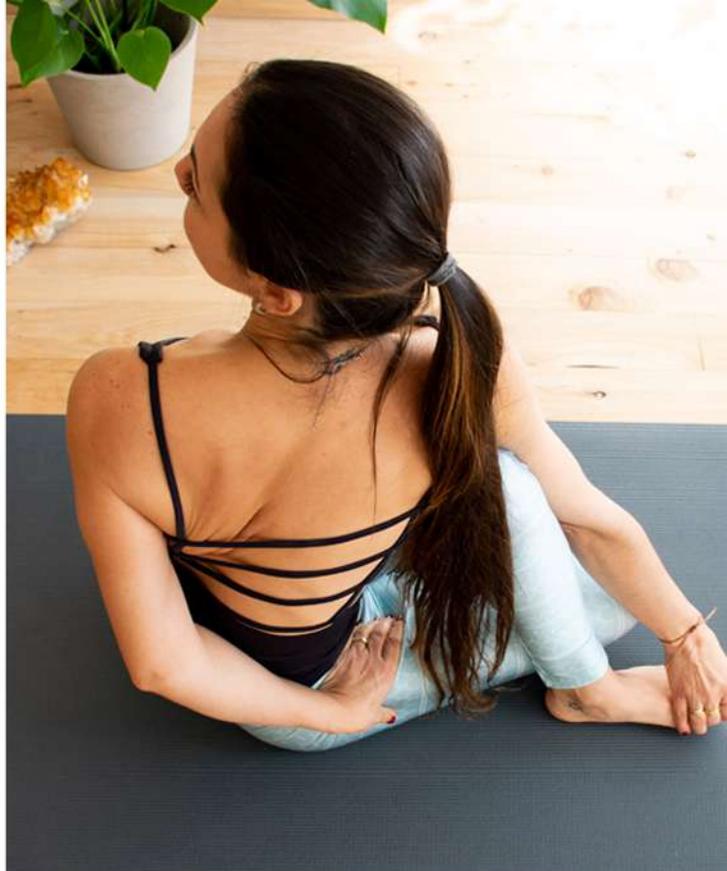
*Let the beauty of what you love
be what you do. RUMI*

**Margaret is a Health Coach &
Ashtanga Yoga teacher.**

Margaret was first introduced to Yoga in 2001, and began practicing Ashtanga in 2003. Her journey through Yoga gave her the opportunity to practice with various teachers around the world including Sharath Jois, Saraswathi Jois, Tim Miller, David Swenson, Nancy Gilgoff, Richard Freeman as well as many others. She was an assistant of her professor in New York, Guy Donahaye, for 4 years, in the Ashtanga Yoga Shala NYC. She has now been teaching Ashtanga Yoga according to the Mysore method for over a decade in New York, São Paulo and Rio de Janeiro.

With the birth of her son Micael in 2012 she experienced a deepening of Yoga in all aspects of her life.

As a designer, Yoga practitioner, health coach and spiritual seeker, Margaret is constantly connecting and exploring the relationships between humanity and nature. Her life's purpose is to contribute to the exploration and deepening of people's spiritual paths.





7 days of AYRUVEDIC Nourishing & revitalizing FOOD

GOOD Food Good Mood



Francisco is an Ayurvedic Chef

Francisco Basilio was born in Portugal, Lisbon, and started studying psychology after high school, but soon realised that learning to cook was his true calling, as it would place him between men and nature, being able to create synergy, balance and art, understanding agriculture, chemistry, and health. He travelled around the world learning new cultures, gastronomic landscapes and techniques. At the age of 25 he travelled to India by mistake and got acquainted with Indian Cuisine and Ayurvedic medicine.

He was amazed at the possibility of self healing through the power of food. Mixing together psychology, gastronomy and Ayurveda, this beautiful ancient holistic medicine, seemed to him a perfect triangle to change his path and position towards food.

Ayurveda helps understanding cosmos and create consciousness for a great marriage between the microcosmos (our physical body) and macrocosmos (the environment where we live) - leading to health maintenance; for a balanced, peace-full, mindful and nourished life.



Bab Atlas | our host

MARRA- KESH

Both villas are located at the heart of the “La Palmeraie” at 12 minutes drive of the center of Marrakech, in a secluded Oasis of palm trees and olive trees overlooking the snowy peaks of the Atlas mountains.

...a magnificent view over the spectacular Atlas mountains and the surrounding vegetation, almost bringing the outdoors inside and using them to decorate the interiors.





Marrakesh & MEtime

* all optional activities included
while you enjoy your ME time

**Special cultural activity -
in the centre**

Hiking

Mountain Tour

Biking

Breathwork

Ayurvedic cooking workshop

Golfing

Swimming





OUR *day* PROGRAM

7:00 - 8:30	Ashtanga Yoga
9:00- 9:45	Ayurvedic Breakfast
10	Study & Talks
12:30	Ayurvedic Lunch
14	Free Time
17:45	Ayurvedic Dinner
19	Meditation

** All levels of practice or new to yoga are welcome.*



PRICES

Shared MASTER ROOM

2,900€ per person

Shared STANDARD ROOM | *two individuals*

2,300€ per person

STANDARD ROOM | *one individual*

3,600€ per room

CANCELATION POLICY

If your cancellation notification is received:

More than six (6) weeks prior to retreat date = 50% of payment reimbursed.

Six (6) weeks or less prior to retreat date = there will be **no** reimbursement.



*IN*mersion prices include

Roundtrip transfer from siendo to the house

Seven night accommodation

30min Health Coach Consultation

All Ayurvedic Meals

Activities and Workshops

Personalized Welcome Kit



For bookings:

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www.siendo.net