



Kundalini Yoga Retreat in Marrakech with Marcus Adeshjot Glatt

22 September – 29 September 2018 – Relax and Revitalise

In this week we will focus on reducing our stress level and fill up our energy levels by selected yoga sets and meditations that are adjusted to the participant' needs and levels.

Daily Schedule:

7.00 -8.30 Morning Yoga Session

Kundalini Yoga and Meditation Session for a revitalizing start into the day

8.45 - 10.00 Breakfast

10.00 - 17.00 Spare Time

17.30-18.30 Afternoon Yoga Session

Kundalini Yoga and Meditation Session for a relaxing end of the day

19.00 Dinner

KUNDALINI YOGA



Teacher's Bio

Marcus Adeshjot Glatt: <http://www.jot-yoga.de/>



Marcus is a German yogi and yoga teacher, with more than 500hrs teacher training and teaching since 2014.

Having had periods of high personal stress levels, his main focus is on Kundalini Yoga exercises and meditations to reduce stress levels and build up the body's vitality.

His yoga is powerful yet fun for beginners as well as for experienced yogis. Even if you have problems with your back, knees or hips you will find a way to participate and experience the effects of the yoga and meditation practice.

He is also certified Yoga Coach and currently in the Sat Nam Rasayan training, a meditative healing technique within the Kundalini Yoga tradition. Hence optional Yoga Coaching or Sat Nam Rasayan sessions can be booked at additional costs in the spare time.

Teaching in German, on request also English and French.

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Information about the location:

Riad Dar les Epices, Marrakech Medina (www.andyouarehome.com)

The riad is conveniently located 500m away from the Bahia Palace and the Museum Si Said amidst one of the more picturesque quarter of the Marrakech Medina. It offers 3 comfortable bedrooms all with self-contained bathroom and equipped with air condition and heater. Free wi-fi in all ambiances.



Riad Dar Yasmin, Marrakech Medina (www.andyouarehome.com)

The riad is ideally located in the Mellah quarter, alongside the Royal Palace El Badi. It offers 2 large comfortable bedrooms all self-contained with air condition and heater, 2 terraces and 1 hamman. Free wi-fi in all ambiances.



KUNDALINI YOGA



Package includes:

- Small and individual group with max 8 participants
- 2 yoga sessions per day (90 mins, 60 mins); except one evening meditation on arrival, morning 90min session on group trip day and departure day
- Shared Double Room (partly with large double beds) in one of the Riads
- Accommodation on half board
 - Breakfast
 - fruits bowl during the day
 - Vegetarian dinner, freshly prepared by private cook
 - Herbal teas and seasonal juice on each yoga section
 - Herbal tea or tisane after dinner
- Transfer to/from Marrakech Airport
- Souk tour with local city guide
- Yoga mats and sitting cushions available

Package does not include:

- Airfares
- Insurance
- Personal items and activities in and around Marrakech
- Optional group day trip to the nearby Atlas mountains (Price ~ 60€ per person)

Package Price

Early Bird Price until May 31st: EUR 630 per person

Price from June 1st: EUR 700 per person

For registration and questions

Marcus Glatt

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