



RETREAT TO
Marrakech

WITH AMANDA RILEY YOGA
15th to 18th MAY 2025



eat • sleep • yoga • relax • adventure



ESCAPE TO MOROCCO with Amanda Riley Yoga as she hosts a very special Yoga experience at a luxury Riad in the Medina.

Enjoy a fun filled extended weekend of 3 nights and 4 days with transfers, meals, yoga and a guided Medina tour all included. Arriving on Thursday 15th May 2025 and departing on Sunday 18th May 2025.

Your experience will include;

Yoga twice daily with rooftop views of Marrakech (subject to schedule/arrival and departure times)

Breakfast

Dinner

A trip to the Medina

Hammam & Spa treatments*

There will also be an additional (optional) excursion such as a trip to the famous Agafay Desert.

*Hammam, massage and other spa treatments are optional extras.



VENUE

A traditional Moroccan riad, previously a fortune teller's house, lovingly converted into a small independent hotel with pool and spa. There are 7 bedrooms and suites over the ground and first floor, all decorated to create individual experiences. Stylish French and Moroccan antiques furnish the bedrooms together with handwoven Berber carpets and African art. Each room has its own bespoke marble and tadelakt bathroom with bath or rain shower.

There are a number of common areas at the Riad. The Moroccan sitting room, with its magnificent fireplace, is ideal for sitting and journalling or relaxing. The courtyard, shaded by the palm, is wonderful for breakfast, writing, reading or playing games. The terrace offers views of the snow-capped Atlas Mountains, sun loungers and a shaded tent area with Moroccan sofas and cushions for relaxing drinks out of the desert sun.

Other hotel facilities include: plunge pool, traditional Moroccan spa with hammam, free WiFi, iPod docks, roof top sun terrace, bar, lounge, restaurant and concierge service.





THE DINING EXPERIENCE

Breakfast, lunch and dinner are served on the roof terrace with views of the Atlas Mountains. All meals will be vegetarian/vegan and prepared by the Riad's in-house chef, using many organic, local, simple ingredients to create the best seasonal menu. Outside Marrakech, the Riad has their own vegetable garden, citrus and olive groves. Seasonal produce is sourced daily from their organic garden or the local markets, which are full of fresh vibrant produce. Organic marmalades and jams are made by your chef as fruits come into season. The olives from the grove are pressed and provide us with delicious, first-pressed organic olive oil. Cooking classes may be available.



SWIM, HAMMAM & TREATMENTS

Your holiday magic begins with the century-old Berber beauty ritual of steam cleansing in the traditional Moroccan hammam. Relax and be pampered at the Riads luxurious spa, an integral part of your experience. Water is so important in Morocco and a hammam is normally taken at the end of the week before Friday prayers. This revered Berber beauty regime begins with a steam cleanse, followed by an exfoliating mud mask and nourishing oil treatment. Scrub away the body's impurities and enjoy blissful deep relaxation. Hammam, Water Therapy and Massage Therapy is all available during your stay.*

**Hammam/Spa/massage treatments are not included in the price of the experience. Price list available on request.*





YOGA

Amanda Riley has been teaching since 2013 and a student of Yoga for over 25 years.

Amanda is an experienced Yoga teacher and Partner at InHale Yoga Studio.

She comfortably draws upon the different movement practices and styles of yoga she has experienced and studied on her life journey. Her classes are always imaginative and varied with a interest in alignment, strength building and the therapy/healing that comes from movement with the breath.

Amanda's specialist training and interest is in stress, trauma and gut health, and how mindful movement with breath can help to rebalance the nervous system, having profound positive neurological and physiological effects.

Her classes are suitable for everyone as she adapts her class to suit the group or individual and their personal needs. Classes are informal so students feel at ease and confident to explore their ability in a way that will sooth the autonomic nervous system, bring calm and a feeling of happy.





THE MEDINA GUIDED TOUR

As part of your experience, we will take a trip to the centre of the 'Red City' for a half day guided tour of the famous Marrakech Medina. Take in the sights, smells and sounds of the souks, try your hand at haggling with market sellers and enjoy a break at one of the city's stunning rooftop cafes.

This excursion is included in the price of the holiday. Meals & refreshments not included.







AGENDA

A TYPICAL DAY

7am

Light breakfast of fresh fruit
and tea

8:30am

Two hour Yoga Practice
including meditation, Asana
and Pramayama.

11:00am

A hearty and nutritious
vegetarian brunch

12:30pm

Excursion or free time

4pm

Tea and cake

5:30pm

Restorative Yoga Practice
with guided relaxation.

7:30pm

Dinner

THE WEEK SCHEDULE

Thursday 15th May

Arrivals, Lunch, Yoga,
Dinner at the venue

Friday 16th May

Breakfast, Yoga, Brunch
Medina Tour, Yoga,
Dinner at the venue

Saturday 17th May

Breakfast, Yoga, Brunch
Optional Excursion, Yoga,
Dinner out

Saturday 18th May

Breakfast
Departure

*Both schedules are examples only
and subject to change.
Excursions are optional extras
unless otherwise stated.*

A room with a view



Communal Area



Harem Superking



The Rose Suite



Balcony



HAREM SUPERKING



HAREM SUPERKING

Superking - private or shared 2pp

A magical and romantic suite with its warm yellow hues and fiery soft furnishings and sumptuous velvet drapery. The Harem Suite is located on the first floor with a pretty window above the super king sized bed. A cosy and comfortable room with an intimate seating area furnished with vintage leather armchairs, handcrafted coffee table and an antique, oversized Berber tribal rug. This room features an open bathroom, screened by heavy drapery, with a bespoke curved tadelakt wash basin and walk-in shower. Separate toilet.

Super King Bed | Sitting Area | Walk-in Marble Wetroom with Rain Shower (NOT AVAILABLE AS A TWIN ROOM)



ISMAIL SUPERKING



ISMAIL SUPERKING

Superking - private or shared 2pp (Twin Room available)

The Ismail is a luxurious room decorated in rich golden hues which give it a truly elegant Moorish feel. An antique Berber tribal rug, sumptuous ochre soft furnishings and heavy velvet drapery all offer extreme comfort. Located on the first floor, the room leads out to the raid's main landing which directly overlooks the courtyard. Additional communal lounge spaces are on this landing where you're welcome to relax and unwind. Its en-suite bathroom features natural cream marble and beige tadelakt with a walk-in rain shower and Moroccan vaulted ceiling.

Super King Bed | Dressing Table | Walk-in Marble Wetroom with Rain Shower



THE ISAAC



THE ISAAC

Super King or Twin Room - 2pp

The Isaac is an airy, romantic room decorated in soft buttery apricot and gold tones, luxurious soft furnishing and traditional Moroccan decorative touches. Antique ornate chairs, velvet drapery and a large antique Berber carpet add to its elegant and plush feel. Located on the first floor, the room leads onto the landing that directly overlooks the courtyard. The upstairs landing has luxurious communal lounge spaces where you're welcome to relax and unwind. Its en-suite bathroom features black marble and orange tadelakt with a walk-in rain shower and Moroccan vaulted ceiling.

Super King Bed | Dressing Table | Walk-in Marble Wetroom with Rain Shower



THE ROSE SUITE



THE ROSE SUITE

Triple Room - 3pp sharing

The Rose Suite is spacious and has a calm, elegant and relaxed feel for guests to enjoy. Decorated in beige and cream tones, it features a generous sitting area with antique chairs and traditional Moroccan Berber carpet.

Two ornate windows look out onto the courtyard giving the room an authentic riad experience and offers a light and airy space to relax in. The bathroom is one of the largest in our riad-hotel. Decorated in a romantic Moorish style with rose marble and brown tadelakt. The bespoke Arabian Nights marble sit-down bath will comfortably accommodate two or there's a rain shower if your prefer. Other features include: double wash basins, large de-misting mirror.

Located on the ground floor. (An extra bed can be included to make this room a quad. On request.)

Super King Bed | Sitting Area & Dressing Table | En Suite Bathroom (w/ shower and 2-person bath)



THE PALM



THE PALM

Twin Room or Double shared room 2pp

A lavish suite that encapsulates the magical allure of Marrakesh – decorated in gold, black and red, it is extravagant yet romantic. One of our largest suites, you can enjoy a generous sized living area with satellite TV, beautiful antique furnishings and luxurious touches. The oversized traditional Berber carpet adds comfort underfoot and a touch of tribal glam. The Palm Suite is located in the first floor and enjoys its own private cedar wood balcony, which looks directly at our courtyard palm tree. The balcony has been carefully handcrafted by artisan Moroccan joiners.

The en-suite bathroom is striking and dramatic. It features vaulted ceilings, handmade, giant Moroccan lantern, bespoke red and sand tadelakt basin with de-misting mirror and red marble walk-in wet room with rain shower.

Super King Bed | Sitting Area & Dressing Table | Walk-in Marble Wetroom with Rainshower



THE BERBER



THE BERBER

Triple room - shared 3pp

Located on the first floor, this sumptuous suite enjoys high vaulted ceilings and two large windows that overlook the palm tree, making it cool, light and calming. Decorated in soft pistachio and neutral tones, the extra large and very comfy bed features an oversized, fully upholstered headboard. Pretty, handmade Moroccan tiling decorates the floors throughout. The Berber Suite has a luxurious sitting area and small dressing table for your added comfort.

The en-suite bathroom is in matching pistachio tadelakt with yellow marble, curved bath with rain shower and de-misting mirrors.

Super King Bed | Sitting Area & Dressing Table | En Suite Bathroom (w/ shower and bath)



INVESTMENT



The superking bedrooms and suites each are individually designed and decorated to give you the utmost in comfort and relaxation.

Prices shown include all meals (breakfast, lunch and dinner), yoga, transfers to and from the Riad on arrival and departure, a trip to the medina, complimentary water & fruit in rooms, afternoon tea.

Harem SuperKing

Superking bedroom.

*Seated area.
Open bathroom with
Tadelakt wash basin and
walk in shower.
Separate toilet.
Air conditioning.
Security Safe.
Complimentary locally made
toiletries.*

*Can be a private room or
shared double.*

PRIVATE ROOM
£1010

SHARED ROOM
£699pp

Ismail Superking

Superking bedroom.

*Walk-in marble wetroom with
rain shower.
Air conditioning.
Security safe.
Complimentary locally made
toiletries.*

*Can be a private room or
shared double.*

PRIVATE ROOM
£1010

SHARED ROOM
£699pp

The Isaac

*Superking double OR
Twin Beds*

*Dressing table.
Walk-in marble wetroom with
rain shower.
Air conditioning.
Security safe.
Complimentary locally made
toiletries.*

PRIVATE ROOM
£1010

SHARED ROOM
£699pp

BOOKING



Your holiday dates include: Arriving on the morning of Thursday 15th May 2025 and departing Sunday 18th May 2025.
COMPLETE YOUR BOOKING FORM VIA THIS LINK [CLICK HERE](#)

The Rose

Trriple room.

Sitting Area

Dressing table.

**Ensuite bathroom with
shower and 2 person bath.**

Air conditioning.

Security safe

*Coplimentary locally made
toiletries.*

**Can be a twinroom for
£300 supplement**

**SHARED ROOM ONLY
£710pp**

The Palm

Twin Room 2pp

Sitting Area.

Dressing Table.

*Walk-in marble wetroom with
rainshower.*

Air conditioning.

Satelite TV.

Security safe.

*Coplimentary locally made
toiletries.*

**SHARED ROOM ONLY
£760pp**

The Berber

Triple Room 3pp

*Sitting Area & Dressing
Table*

*En Suite Bathroom (with
shower and bath).*

Air Conditioning.

Security Safe.

*Complimentary locally made,
organic toiletries.*

**Can be a twinroom for
£300 suppliment**

**SHARED ROOM ONLY
£710pp**

Adventure awaits



ESCAPE TO THE DESERT

Half Day Trip to Desert Agafay (£100pp)

Enjoy Camel rides, Quad biking and a swim with incredible views of the famous Agafay Desert.

Sunrise Hot Air Balloon Trip (£180pp as part of a group, £380pp for a private balloon, £460pp for a private balloon with breakfast in the air!)

Soaring high above the Agafay Desert, enjoy a very special hour-long group or private Hot Air Balloon ride with breath-taking views while the sun rises.

Excursions are optional extras. Costs are an estimate and final price given at the venue.





CONTACT ME

If you'd like to join on an extended weekend Yoga Retreat click here to book your space and pay the non-refundable deposit. [CLICK HERE](#)

*There is a non-refundable or transferable deposit of £300 required to reserve your space.
Payment plan available on request. Final balance due 4 weeks prior to departure.
Terms and conditions apply.*

Contact Amanda Riley Yoga

email: hello@amandariley yoga.co.uk

mobile: 07590 842639



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