



# Luxury Gastronomy & Wellness Retreat

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Marrakech  
October 16th-21st  
2023

# Marrakech

## The land of God ...

Marrakech is a city that excites the senses; its name, rooted in the Berber phrase murr akush, means “the land of God.”

Here you can strike your asanas overlooking a magical ancient city, where history and tradition meet with mystery and vibrant sensations.



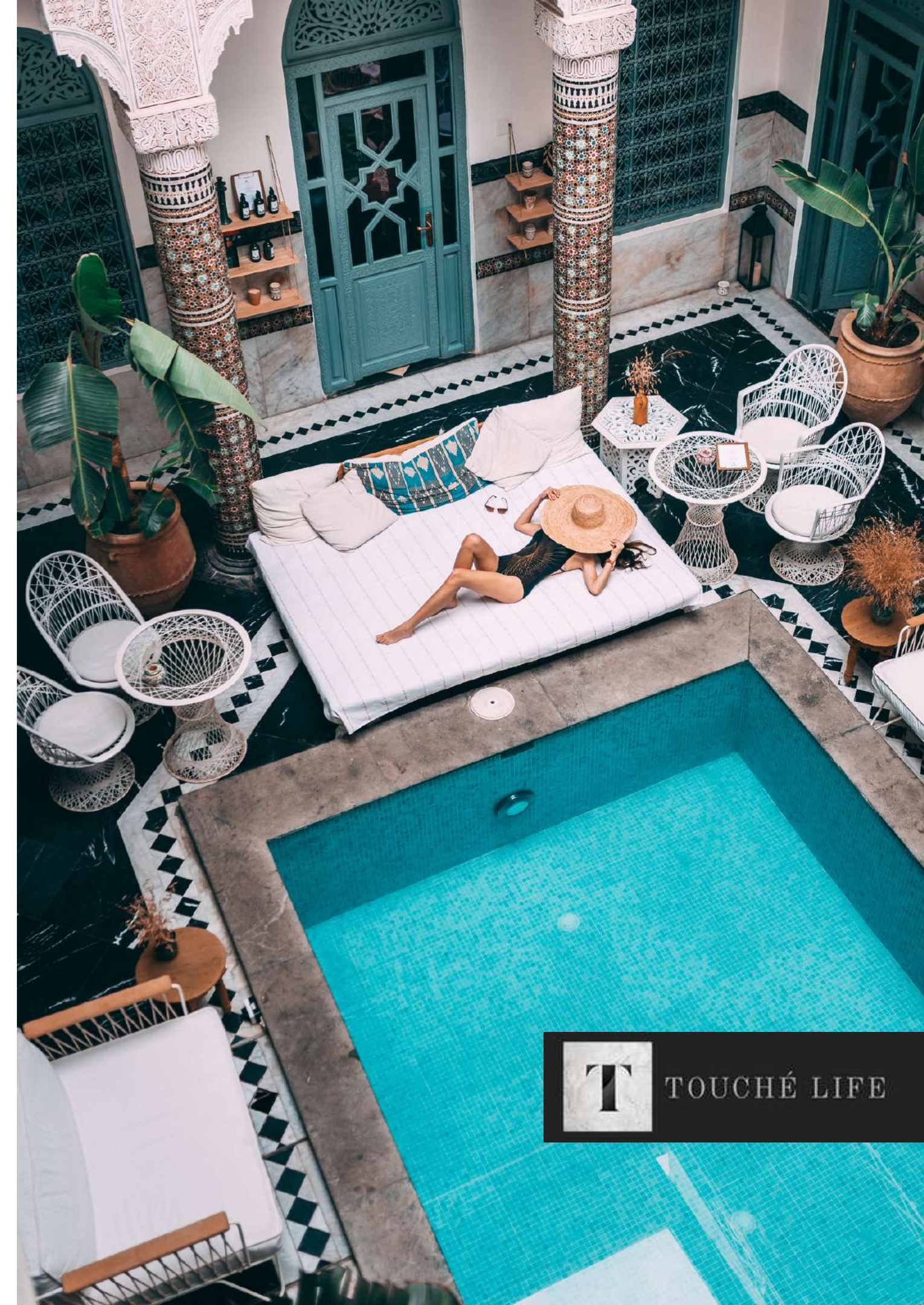
# Luxury and Wellness...

After all the challenges brought upon us by this pandemic, the time has come to free the mind and feed the soul ...

Join our “Essence of Gold Program” an exclusive retreat that combines luxury living, wellness & gastronomy through the eyes of the magical red city of Marrakech.

Our professional guides will teach you how to be freed from all the negative vibe and reestablish the true balance of body, Mind and spirit.

## Essence of..





# Yoga and Relaxation Activities

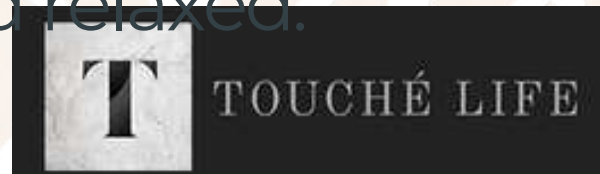
Yoga and mental relaxation activities are included with your all-inclusive stay.

Our Yogi masters will teach you new asanas and meditation techniques to help them banishing stress increasing stamina and also regaining control of your physical health.

Our Program includes a variety of activities to improve balance, strength and flexibility.

Scheduled daily actives include yoga, meditation, body toning, and massages. You'll feel refreshed, renewed and relaxed.

..Gold



# Anthea Palace

The Palace is located in the heart of Marrakech, just 15 minutes from the famous Jemaa El Fna square, with breathtaking views of the snow-capped peaks of the Atlas Mountains.

The establishment is a luxury Palace, offering high-class accommodation, a perfect blend of luxury, tranquillity and attentive personal service.

This charming accommodation offers a choice of rooms at the feet of the Atlas Mountains, set around a swimming pool in the middle of a marvellous garden, which is heated in winter. The Palace is fully air-conditioned.

Other facilities :

- 11 suites with luxury private bathrooms, safe and smart tv
- 3 Deluxe rooms with two single Beds
- Stunning view (Mountains and Garden)
- Dining rooms for 12 people
- Outdoor Jacuzzi for 7 people
- 2 large lounges with bar
- Hammam Facility and Open air massage Room (sky dome)
- Private golf course
- fitness room
- Cinema (12 to 15 people)
- A large 16 meter outdoor infinity pool
- Free Wifi
- Catering and cleaning staff is provided with the palace



**T** TOUCHÉ LIFE



The program  
Tailor-made to meet your  
highest expectations...


A person is silhouetted against a bright sunset, performing a yoga pose on the crest of a sand dune. The person is in a standing balance pose, with one leg raised vertically and arms extended horizontally. The sun is low on the horizon, creating a warm, golden glow across the sky and the sand dunes. The overall scene conveys a sense of peace, balance, and connection with nature.

# Wellness



TOUCHÉ LIFE





Guests will be guided through morning and afternoon yoga/meditation sessions by our expert yoga instructor whose knowledge, experience and techniques will help guests focus on their energy centers, helping them feel more balanced physically, energetically and emotionally. Our Yoga Sessions are meticulously planned to ensure your complete relaxation and inner well-being.

### Morning Sessions

#### Meditation

Includes a guided meditation before the physical practice in order to feel more balanced and focused for the rest of the day. This relaxation exercise is a vital for connecting with inner peace in order to properly relax, therefore balancing body and mind in a more complete way.

#### Yoga Stretching

A sequence of Yoga exercises and poses designed to prepare and awaken the body

### Afternoon Sessions

#### Yoga Poses

A different theme everyday in order to awake and unlock every chakras..

#### Final Relaxation

This is the time for guests to integrate all the benefits of their daily activities and where they will embrace and connect with their full potential. They will be guided to listen to their inner self by releasing emotional blocks, thus opening up to an expanded awareness of themselves and the world around them.

- Combining Yoga and Massage is the best way to get relieved from stress, tension and bad emotions, in fact, Both practices detoxify and oxygenate the body by increasing blood flow;

- The Guests will discover soothing massages inspired by ancient Ayurveda techniques to help tune out the busy world and welcome inner tranquility.

- For an exceptional experience, guests may also enjoy the Moroccan Hammam ancient ritual with high quality Moroccan product. (Henna, Ghassoul, Black soap with herbs, etc..)





# Exploring



# Exploring Marrakech...

Our guests will be accompanied with a professional tour guide who will teach them about the town's historic locations such as YSL Museum, Jardin Majorelle, and other magical places, then the personal shopper will give them the best tips for shopping in the souk.



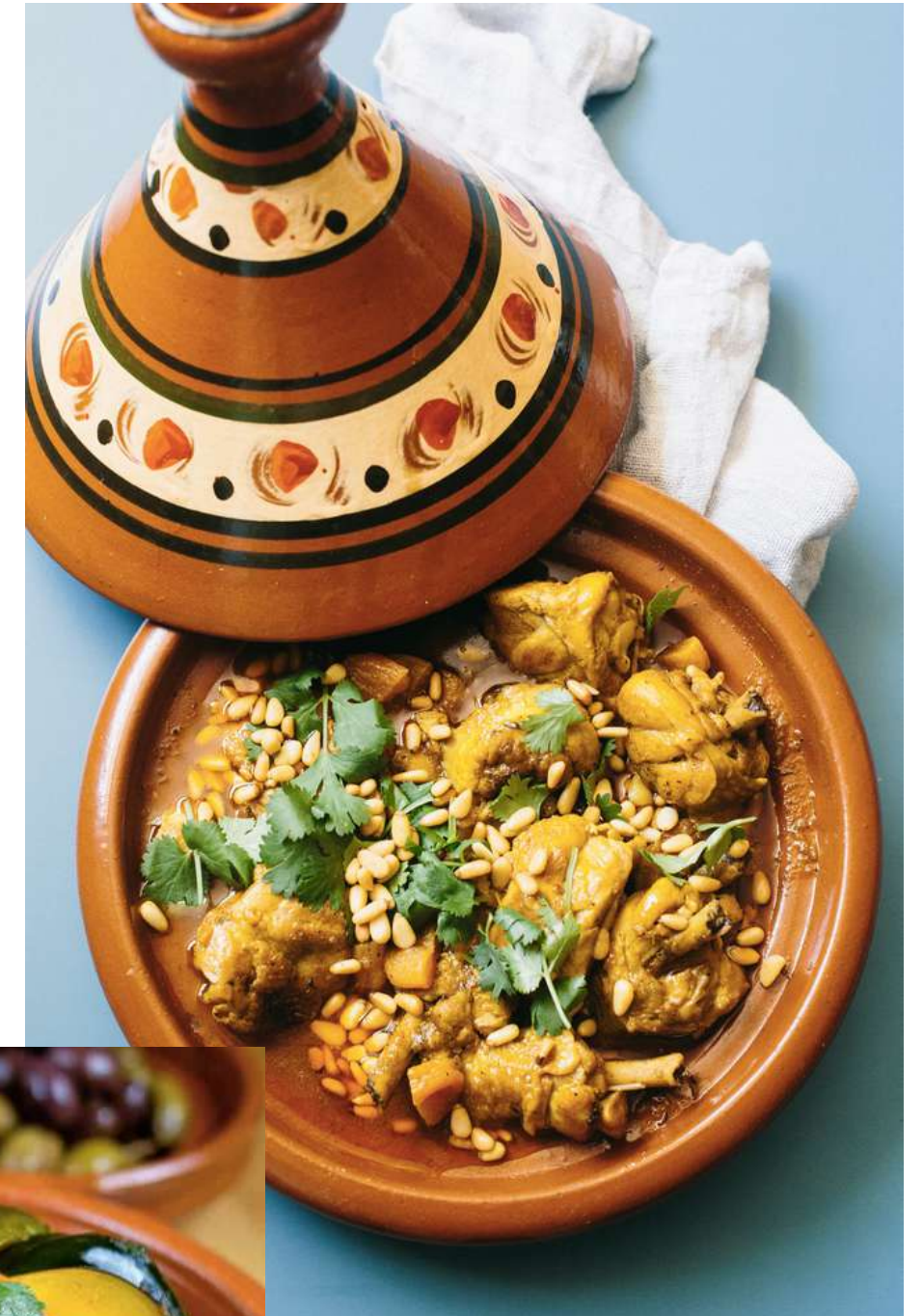


# Gastronomy

# Masterclass with Chef Khalid Dahbi

Hands-on cooking experience at the villa, using the spices and ingredients acquired earlier in the day during the visit to the Medina. Immerse yourself in the vibrant flavors and aromas of Moroccan cuisine as you learn to prepare a delightful Moroccan dinner. Under the guidance of your skilled chef, you will discover the art of blending spices, creating traditional Moroccan dishes, and mastering cooking techniques unique to this region. From the fragrant tagines to the delicate couscous, you will be introduced to the authentic flavors that define Moroccan gastronomy. Engage in the culinary process, from ingredient preparation to plating, as you gain valuable insights into the rich culinary traditions of Morocco. Once the meal is complete, savor the fruits of your labor as you enjoy a delicious dinner together, filled with the flavors and essence of Moroccan cuisine.

[www.khaliddahbi.com](http://www.khaliddahbi.com)



# Farm-To-Table Cooking Experience



Immerse yourself in a captivating farm-to-table experience at 7 Fuegos Farm. Discover the beauty of organic farming as you wander through the fields, hand-picking vibrant vegetables and fragrant herbs. Learn about sustainable practices and the significance of seasonal ingredients in Moroccan cuisine. With the guidance of our skilled chef, cook up a delightful lunch using the farm's fresh produce. Taste the difference as you savor a delicious salad made with wholesome ingredients that embody both flavor and nourishment. This immersive culinary journey celebrates the connection between the land and the table, offering a true farm-to-table experience that will awaken your senses and leave a lasting impression.



# The Desert Trip



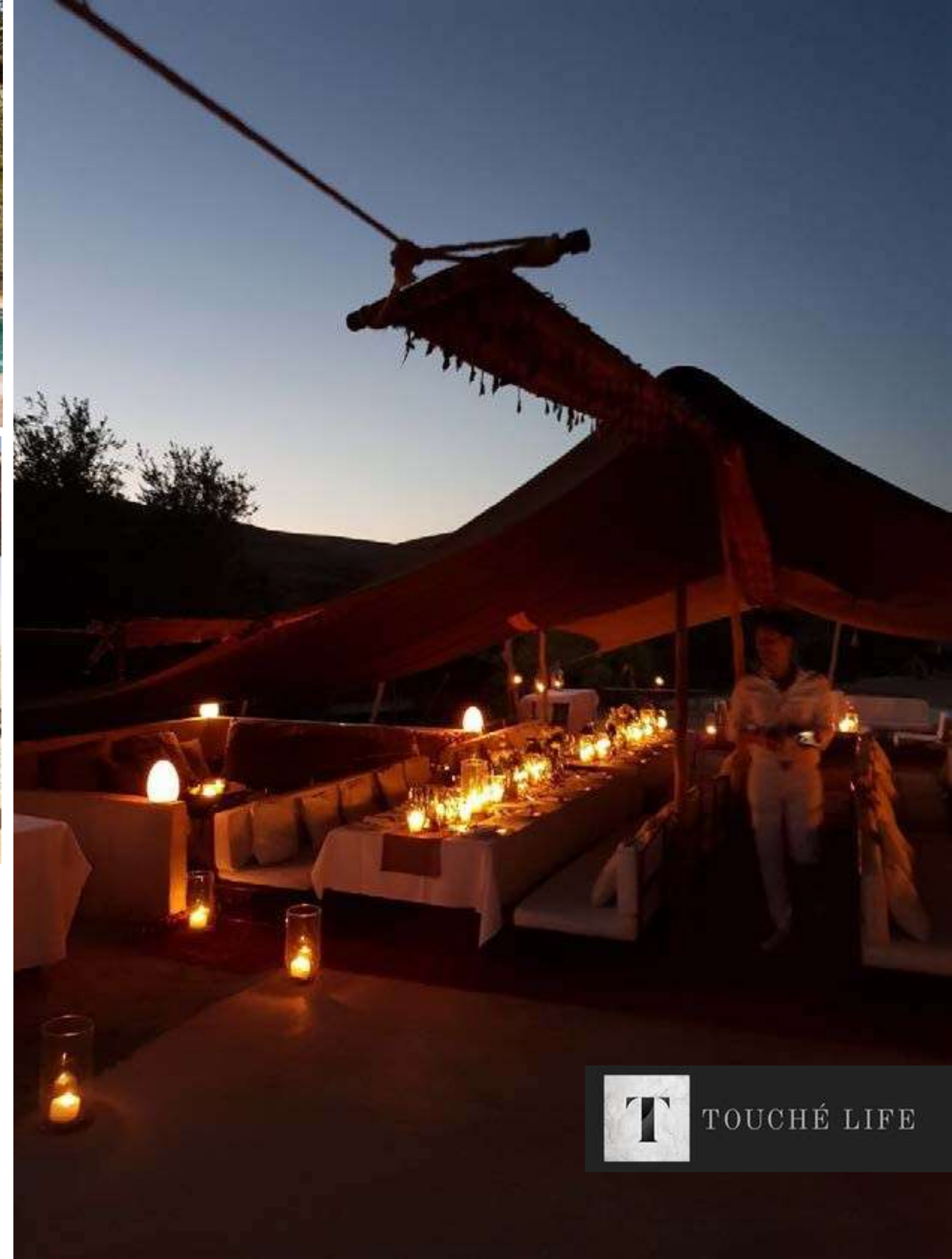
# La Pause Marrakech

At the gates of the Marrakech, nestled in the hollow of the arid lands of the dunes of Agafay, lies a breath-taking desert oasis..

La pause is the perfect spot to feel the magic of a desert night!

The Guests will be enchanted to live the true experience of the desert

(Candlelight dinner, Folkloric Entertainment, Soothing Massage with amazing view...



A vibrant street scene featuring a bright blue door on a white wall. The wall is adorned with several potted plants in colorful pots (orange, yellow, blue, red). A white archway is visible in the background. The overall atmosphere is bright and cheerful.

# The Schedule Let's get started

## Day 1: Arrival and Relaxation

- Arrival: Transportation will be provided upon your arrival.
- Settling into the Villa: After arrival, take the time to settle into your luxurious villa.
- 7:00PM : Enjoy a delicious dinner prepared by your private chef at the villa, accompanied by a selection of refreshing beverages
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## Day 2: Yoga and Moroccan Cuisine

- 7:00 AM: Morning Meditation: Start the day with a guided meditation session at the villa to cultivate inner peace and clarity.
- 8:00 AM: Breakfast: Enjoy a wholesome breakfast with a variety of healthy options.
- 9:30 AM: Yoga Session: Engage in a rejuvenating yoga session led by a professional instructor at the villa.
- 11:00 AM: Medina Exploration: Venture into the vibrant Medina for an immersive experience. Spend ample time exploring the bustling markets, purchasing aromatic Moroccan spices, and soaking in the lively atmosphere.
- 1:00 PM: Organic Juice and Lunch: Stop by a local organic juice bar for a refreshing and nourishing drink. Following that, enjoy a healthy lunch at a traditional restaurant in the Medina, savoring authentic Moroccan flavors.
- Afternoon Leisure Time: Take advantage of the free time to continue exploring the Medina, visit historical sites, or indulge in some shopping for local handicrafts.
- 5:00 PM: Return to the villa.
- 6:00 PM: Cooking Dinner: Join your chef in a hands-on cooking experience at the villa, using the spices and ingredients acquired earlier in the day to prepare a delightful Moroccan dinner.
- 8:00 PM: Dinner: Relish the dinner you cooked together, savoring the flavors and experiencing the satisfaction of creating a traditional Moroccan meal.



## Day 3: Desert Excursion, Tea Time, Sunset Yoga, and Dinner

- 8:00 AM: Breakfast: Enjoy a nourishing breakfast to fuel your energy for the day.
- 9:00 AM: Departure for Desert Excursion: Embark on a mesmerizing day trip to the Sahara Desert, experiencing the awe-inspiring landscapes and unique beauty of the dunes.
- 11:00 AM: Tea Time in the Desert: Delight in a traditional Moroccan tea ceremony in the heart of the desert, savoring aromatic mint tea and local snacks.
- 12:30 PM: Picnic Lunch in the Desert: Indulge in a delightful picnic lunch, specially prepared for you to enjoy amidst the breathtaking beauty of the Sahara Desert.
- 2:00 PM: Camel Trekking: Embark on a memorable camel trekking experience, riding through the dunes and immersing yourself in the desert ambiance.
- 5:30 PM: Sunset Yoga in the Desert: Enjoy a mesmerizing yoga session in the desert, taking in the breathtaking views as the sun sets.
- 7:00 PM: Return to the villa: Depart from the desert and travel back to the villa.
- 8:30 PM: Dinner at a Local Restaurant: On the way back to the villa, stop at a local restaurant to savor a delicious dinner, celebrating the day's adventures and the flavors of Moroccan cuisine.



## Day 4: Majorelle Garden and YSL Villa Museum Visit, Spa Time, Chef's Dinner

- 7:00 AM: Morning Meditation: Start the day with a guided meditation session at the villa, promoting mindfulness and inner calm.
- 8:00 AM: Breakfast: Enjoy a healthy and energizing breakfast to fuel your day.
- 9:30 AM: Visit Majorelle Garden: Explore the stunning Majorelle Garden, a botanical oasis known for its vibrant blue structures, exotic plants, and tranquil atmosphere. Immerse yourself in the beauty of the surroundings and take leisurely strolls through the garden.
- 11:30 AM: YSL Villa Museum: Visit the Yves Saint Laurent Villa Museum, dedicated to the life and work of the renowned fashion designer. Discover the exhibits showcasing his iconic creations and gain insight into his artistic vision.
- 1:00 PM: Lunch at a Local Restaurant: Enjoy a delicious and healthy lunch at a local restaurant, where you can savor the flavors of Moroccan cuisine.
- Afternoon Spa Time: Indulge in the luxurious spa facilities and treatments available at the villa. Treat yourself to a rejuvenating massage or spa treatment of your choice, promoting relaxation and well-being.
- 5:00 PM: Relaxation Time: Take some time to unwind and relax at the villa. Enjoy the serene surroundings, take a dip in the pool, or simply find a quiet spot to relax and reflect.
- 8:30 PM: Chef's Dinner at the Villa: Delight in a specially curated dinner prepared by the villa's chef. Experience a culinary journey as you savor the chef's creations, showcasing the flavors and richness of Moroccan cuisine.



## Day 5: Farm-to-table Experience & Farewell Dinner

- 7:00 AM: Morning Yoga: Start your day with a rejuvenating yoga session at the villa. Connect with your body and breath as you practice yoga amidst the serene surroundings.
- 8:00 AM: Breakfast: Enjoy a nourishing breakfast at the villa to fuel your energy for the day.
- 8:30 AM: Departure for 7 Fuegos Farm: Embark on a journey to the 7 Fuegos Farm, located near Marrakech, for a unique farm-to-table experience.
- 9:30 AM: Farm Visit and Culinary Masterclass: Explore the farm and engage in a culinary masterclass led by the villa's chef. Learn about traditional Moroccan ingredients, harvest fresh produce, and participate in hands-on cooking activities to create a delicious farm-to-table meal.
- 1:00 PM: Lunch at the Farm: Enjoy a delectable lunch prepared with the farm's fresh ingredients. Indulge in the flavors of your creations amidst the serene farm surroundings.
- 3:00 PM: Return to the Villa: Depart from the farm and return to the villa for relaxation and rejuvenation.
- Afternoon: Massage and Spa Time: Unwind and pamper yourself with soothing massages and spa treatments at the villa. Indulge in the luxurious spa facilities, allowing your body and mind to experience complete relaxation.
- 6:30 PM: Gala Dinner Preparation: Take some time to freshen up and prepare for the evening gala dinner.
- 8:30 PM: Gala Dinner with Entertainment: Experience a memorable gala dinner at the villa. Delight in a specially curated menu prepared by the chef, showcasing the best of Moroccan cuisine. As you dine, be entertained by captivating performances, including belly dancers, folkloric dances, and fire eaters.



## Day 6: Final Morning Breakfast, and Departure

- 8:00 AM: Breakfast: Enjoy a leisurely breakfast at the villa, savoring the last moments of your retreat.
- Departure: After breakfast, guests will prepare for their departure. Transportation will be arranged to take them to the designated departure location.





## Cost for the entire experience

£4500 per person occupying a large en-suite deluxe room.

£5,800 per couple occupying a super king deluxe room

Prices include, accommodation, transfers, meals & snacks throughout the stay.

EXCLUDES FLIGHTS.





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