



Join us for a Self-Renewal Women's Retreat and Cultural Holiday in Sunny Morocco

25th September to 2nd October 2018.

An oasis of restA delight for the senses
Great company.....Remembering the joy!

Caring for others or combining motherhood and work outside the home can leave us depleted and going through the motions of life, rather than experiencing the joy of it.

This exotic trip combines:

- * A truly magical holiday with excursions & experiences
- * Daily coaching and deeply restorative practices with Olivia Seck, holistic women's coach, trainer and founder of Radiant Mama.
- * Therapeutic Yoga with Uma Yogini Oliver.

You will return home, not only relaxed, renewed and inspired, but also with new insights and empowered to make lasting changes in your life.



We will spend 7 nights at the award-winning guest house 'Holidays with Heart', in the delightful small town of Taroudant, well away from mass tourism, but only an hour from Agadir airport. Holidays with Heart have top ratings for responsible tourism including sustainability (Green Key certified) and active support for local community, craft and conservation projects, which you will have a chance to visit. They organise our entire visit, with their own highly experienced managers, drivers and guides in Morocco.



£100 secures you a place on the retreat and you can pay the rest in instalments.

See more at www.Holidays-With-Heart.co.uk.
For more info contact jane@holidays-with-heart.co.uk
or phone (UK) 01239 615499.

Request a place at www.cecu.co.uk/bookings.

