WOMEN'S WELLBEING IMMERSION RETREAT
Your information pack

Itinerary with Easyjet*

05.50 Check-in Gatwick
07.50 Flight EZY8705
12.30 Arrive Marrakech
13.30 Transfer to Tigmi
13.45 Arrive at Tigmi
14.00 Welcome Lunch
17.30 Yoga
19.00 Welcome dinner

Return itinerary with Easyjet

08:00 Breakfast
09:30 Depart for the airport
10.00 Check in
12:05 Flight EZY8706
15.45 Arrive Gatwick

If you are not flying with Easyjet please let us know on the questionnaire

Lift share

We will set up a WhatsApp group to enable you to arrange car shares departing from Farnham/Fleet and the surrounding area to Gatwick on March 9th.

Please indicate on the form if you're planning to leave a car at the airport and are happy to take others or if you'd like to share a taxi. It makes sense to group car shares loosely by location - central Farnham/Fleet/Churt etc.

Your transfers from Marrakech RAK airport to Tigmi hotel are included.

Arrival in Marrakesh

PLEASE ENSURE YOUR PASSPORT HAS 6 MONTHS OF VALIDITY AND IS STAMPED ON ENTRY & EXIT at Marrakesh.

IF YOU DON'T HAVE BRITISH PASSPORT YOU WILL NEED TO OBTAIN IN ADVANCE A VISITORS VISA.

Please bring a pen with you to fill in any forms.

BOARDING PASSES - please make sure you have printed your return boarding pass as the airport ONLY accepts printed versions.

Tigmi Hotel Location

Tigmi, Douar Tagadert el Kadi, Km 24 Route d'Amizmiz, Region de Marrakech Tel: +212 (0) 524 48 40 20 | Fax: +212 (0) 524 48 40 35 | Email: info@tigmi.com

The hotel is an oasis in the heart of a small Berber village. It's like going back in time several hundred years! The local children are extremely appreciative of any small gifts that you may wish to give them, especially pens/pencils etc for school work.

Money

All credit/debit cards plus £GBP are accepted at the Tigmi hotel. Whilst the hotel can also exchange small amounts of currency for you at a competitive rate, it is advisable to take some Moroccan DH out from an ATM at the airport to cover any incidentals and tips. The current exchange rate is approx 100DH = £7.80

All 'extra's' that you get when at Tigmi For example, spa treatments or alcoholic beverages, will be put on your room bill and can be paid separately at the end by card/

Tips - As it is customary to tip hotel staff in Morrocco, Maggie will set up a collection and pass this on to the staff at the end of the retreat. It is of course discretionary but as a guide, we recommend approx £20

Example daily programme

07.45 Pre-breakfast tea
08.15 Yoga Hatha HIIT/Pelvic core restore
09.15 Breakfast
10.00 Workshop/relax/treatments
13.00 Lunch
13.45 Workshop/yoga/relax/treatments
16:00 Afternoon tea available
18.00 Dinner
19.30 Release and replenish yoga/group sessions

Spa Treatments

The Tigmi offers a variety of affordable treatments at their onsite Hamman, including a 45-minute massage for £35. Treatments can be booked in advance via the health retreat questionnaire, and a list of available treatments can be found on their website.

Weather

The weather in March in Marrakech is warm during the day (23 - 26c) however, the temperature does drop overnight, so please bring a jacket/jumper/pashmina for the evenings / early mornings just in case. During the day you will be able to enjoy their gorgeous swimming pools and practice yoga out on the stunning terrace overlooking the mountains!

What to bring

For daytime activities, bring light yoga gear, swimwear, trainers, daywear, a refillable water bottle, sunglasses, hat, mosquito repellant, and sunscreen.

Evenings may require a shawl, jacket, and sweater. The hotel has a laid-back dress code and provides locally-made shampoo, conditioner, and body lotion.

Yoga equipment will be provided and a Women's Wellness Journal for morning pages.

Bring a book to read, and the hotel library offers book swapping. Hairdryers, towels, and pool towels are all provided.

Theme

This retreat will focus on yoga and lifestyle practices that can help with women's midlife health and well-being, including balancing hormones and toning core and pelvic floor muscles.

The retreat includes a workshop on peri-menopausal health and group coaching sessions. specific Yoga practices, Hypnotherapy and relaxation sessions as well as a session on Emotional Freedom Technique practices.

The itinerary is flexible to meet your needs and of course, you can choose the level of involvement you prefer.

Maximizing Your Retreat Experience with a Clear Intention

To fully benefit from your retreat, focus on a single, well-defined intention that will steer you toward your desired outcome. This intention will act as a guide throughout your retreat and beyond, whether it's something you wish to achieve, feel or take with you after you leave.

Your retreat check list

- [ ] Book your 1 to 1 with Linda (code RETREAT100%)
- [ ] Book your flights (suggest Easyjet EZY8705)
- [ ] Check your passport is in date
- [ ] Arrange Travel insurance
- [ ] Complete your retreat questionnaire
- [ ] Plan a lift / car parking to airport
- [ ] Plan spa treatments you may want
- [ ] Think about your intention for the retreat
- [ ] Print your out and inbound boarding pass