



OM YOGA

YOGA & COOKING RETREAT

7 DAYS, 6 NIGHTS



Join Om Yoga Casablanca's yoga and cooking retreat and learn how to prepare some of the delicious Moroccan meals in great company. Alone or with your beloved one, come and enjoy Om Yoga Casablanca's All Year Round Yoga Retreat at their peaceful studio in beautiful Casablanca. At Om Yoga Casablanca, they will make your dream vacation come true. So come and take part in this yoga and cooking package, where you can recharge your body, uplift your mind, and enlighten your soul with yoga and meditation in Morocco. On this Moroccan yoga retreat, eat delectable organic meals and take top of the world yoga classes. People have benefited from their stay and have returned to their homes with the sensation of feeling replenished and serene.



6 days with instruction in English

Spoken languages: French, English

The maximum participants in the group is 12

Airport transfer included: Mohammed V International Airport

Highlights

3 spacious modern studios

Feel FREE! Unlimited access to yoga classes

6 nights accommodation, 100-m distance from the sea

Airport transfer to and from Casablanca Airport, CMN

3 delicious meals a day at Om Yoga Casablanca

4 cooking classes- 1hr each

Yoga Styles

Bikram, Hatha, Power, Vinyasa, Wall, Yin,

Restorative, Aerial, Pilates, Ashtanga,

Mysore, Hormone, Yin Yang, Alignment,

Bungee, Meditation

Facilities

Swimming pool (outdoor), Air-conditioned public areas, Air-conditioned rooms, Concierge desk, Environmentally friendly, Garden, Lobby, Lounge, Multilingual staff, Terrace, Yoga shala, Yoga studio, Free parking, Free Wi-Fi, Internet access, Laundry, Tour assistance, Wireless internet, Outdoor shower

Accommodations

Onsite accommodations in a private or shared room at the villa

Food

Om Yoga's cuisine takes the folklore and tasty ingredients of the traditional Moroccan recipes and integrates them with an original accent to a healthy diet. A menu guests will find unique and delicious. The meals are healthy gourmet style and include vegetarian food, vegan options, fresh and organic, and chicken or meat on occasion.



Shared Room



Private Double Room



Private Room



Private Double Room



Pool & Villa



Yoga Shala

Program Schedule

You can choose any of the classes in which you would like to participate in while you are on retreat. We have weekly classes that include Bikram, Hot Yoga, Vinyasa, Ashtanga, Pilates, Wall Yoga, Aerial Yoga, Bungee, Yin Yoga, Yin Yang Yoga, Hatha Yoga, Restorative, Hormonal Yoga, Alignment Yoga, Power Yoga and even Mysore Style. Please note that not all styles are offered every day of the week and can change from week to week. There are additional extras like cooking lessons, surf lessons, and site seeing that we provide for an additional cost. Please note transportation is not included to any extra or sightseeing activities but can be arranged for you if needed.

09.00 - 10.00 | Breakfast

14.00 - 15.00 | Lunch

20.00 - 21.00 | Dinner

Optional Courses *Available Upon Request*

2 Hour Surf Lesson (All equipment included) - 20 EUR

What's Not Included

Airfare

Visas

Travel Insurance

Extra meals and activities not mentioned above

Payment Policy-Full payment is due at time of booking and can be paid in Euros via PayPal on the website directly. Any payments made outside of the website can be paid via Bank Transfer.

Cancellation Policy-100% of the package is refundable with at least 30 days or more notice of cancellation. 50% is refundable with 14-29 days notice of cancellation. Less than 14 days notice any paid for reservations are non-refundable.



Contact Us

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