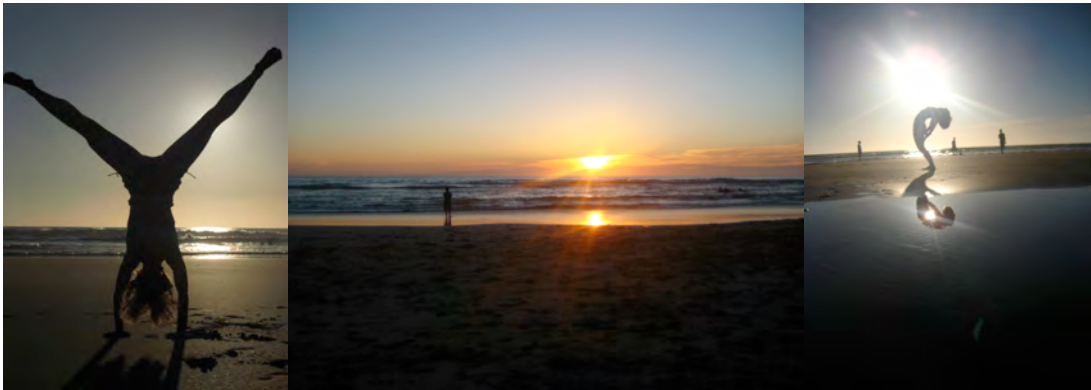


# Anusara Yoga & Surf Retreat

with Susana & Clare

5<sup>th</sup> - 12<sup>th</sup> September 2010

*Welcome to the Samudra retreat in Morocco*



*Thank you for joining us for this special retreat, a week celebrating life through the practice of Anusara yoga and learning to surf in one of the most beautiful spots in Morocco.*

*Susana and Clare will lead you deeper into the practice of Anusara yoga and their inspiration - their shared love for Samudra, the Ocean. Each day we'll practice together overlooking the beach; eat beautiful fresh food and take trips to the best surfing beaches with dedicated surf instructors - whether you're an accomplished surfer or just taking your first waves. We'll be staying together in a luxurious yet traditional villa complete with hammam and pool with plenty of space to reflect, to be with nature and be in great company.*

*Taghazout in the south of Morocco is a sleepy fishing village with a beautiful heart where locals live side by side with surfers in a peaceful rhythm with the ocean. Each evening in Taghazout there is a special moment where the serenity of the ocean and the glowing sunset gives way to twilight, the sea begins to roar her melodious chant and one by one the stars begin to cover the sky. It's truly magical.*

*We welcome you to the peace and majesty of this secret spot as we dive into 7 days of yoga together.*

## Accommodation

We'll be staying together at the gorgeous Villa Mandala. immersed in beautiful views of Banana Beach, Banana Point and the infinite Atlantic Ocean directly in front. Behind, bourgainvillia flowers, banana groves and the terracotta foothills of the Atlas mountains speckled with Argan trees stretch as far as the eye can see.

The villa is peaceful and private with a pool, terrace and hammam.

The rooms are spacious and based on two sharing.

There will be three meals per day included in the price of the retreat - exquisite, fresh and vegetarian unless otherwise requested. If you have any other special dietary requirements let us know.



Yoga classes each day will be in the dedicated rooftop yoga shala overlooking the ocean.

# Surfing



*Whether you're an experienced surfer, a white water rider or have always wanted to take your first steps into the water we have the perfect surf trips planned for you.*



*Each day starts with yoga followed by breakfast. Then we head out to the best beach for surf that day. The instructors will make sure to bring you to a place that suits your level and most importantly you are getting the guidance you need to feel confident and have fun together.*



*All equipment and wetsuits are included in the price of the retreat. And if you'd rather have some quiet time reading on the beach or relaxing at the villa - you are welcome.*

# Yoga - Susana y Clare

## Susana Garcia Blanco

Yoga has been the essence of my life for more than 13 years. Since 2000, when I met my teacher Sianna Sherman, I have been a dedicated student of Anusara® yoga with her and with its founder John Friend. Now I am a Certified Anusara® yoga teacher in Spain. Based in Barcelona, I teach workshops, Immersions and Teacher Trainings through Spain, Europe and Latin America. I also assist Sianna Sherman when she teaches in Europe. I have explored other yoga styles as Ashtanga, Iyengar, and lately Acroyoga. My life, my practice and my teaching are deeply inspired by the Tantric Philosophy, a gift that I receive from my teachers, Douglas Brooks, in the Rajanaka Tantra tradition, and Carlos Pomedá and Paul Muller-Ortega in the Kashemere Shaivism tradition. My love for Philosophy, Mythology and also the therapeutic possibilities of the practice are truly present in my teaching. Yoga is for me the adventure of life when you live it from the highest. [www.rasadilayoga.com](http://www.rasadilayoga.com)



## Clare Beagley

Clare is an Anusara Inspired teacher at Kannon Gyo Studio in Barcelona, Spain. She recently moved from London UK where she taught across the city including Yoga Place, Triyoga and Siobhan Davies Dance.

"I have always had a deep love for people and for movement which led me to the path of yoga 12 years ago. In my parallel work as a filmmaker and mentor my aim has always been to give people a voice to tell their own story. As a Yoga teacher I feel the same - yoga gives us the keys to find our own unique story and paint it to life in the most authentic, expressive way. Yoga is one of the secrets that allows us to penetrate very deeply to the heart of the experience of being alive. What I love and want to share with the practice of Anusara Yoga is its refined wisdom woven breath by breath with an intuitive and ordered approach to movement. It is an affirmation of what I have always known in my heart - to follow the inner voice, that each day we can fall more deeply in love with ourselves and that any and every part of our lives can be our practice".

Clare is deeply grateful to the generosity and knowledge of her teachers Susana Garcia Blanco, Sianna Sherman, John Friend and Dr Douglas Brooks.



## *Logistics ...*

### *Payment*

*The cost of the retreat is €850 euro before June 1st 2010 and €950 euros afterwards.*

*This includes*

- Accommodation in our enchanting Villa Mandala*
- 3 delicious wholesome meals a day provided by private chefs*
- Unlimited fresh fruit, teas and coffee*

*All surfing and equipment.*

- Exclusive use of the roof top yoga shala, swimming pool and hammam*
- Daily cleaner service*
- Return Airport transfers (transfers from Marrakech incur an extra cost of 80 euros each way)*
- The friendly host service of the Surf team throughout the retreat*

*Numbers are very limited - to hold your place you will need to make a 50% deposit. Dateline for full payment is July 30<sup>th</sup>. Please use the following bank details:*

*From UK - Miss C Beagley*

*Sort code: 110433 Account number: 00160572*

*From Europe and US - Susana Garcia Blanco*

*Banco Santander - Central Hispano*

*Account Number: 0049 1057 09 2290392192*

*IBAN: ES3700491057092290392192*

## What info do we need from you?

- Please email Susana and Clare on the addresses below to let us know you have made your deposit.

Susana: [Hrdaya.shakti@gmail.com](mailto:Hrdaya.shakti@gmail.com)

Clare: [moveforjoy@gmail.com](mailto:moveforjoy@gmail.com)

- Please let us know where and what time your flights are arriving including your flight number and airline and how many of you there will be in your party.
- Please let us know your yoga experience and if you have any injuries or limitations we should know about in your yoga practice.

## Flights

The best airport is Agadir which is 45 mins from Taghazout. Transfers are included in the price from Agadir. Marrakech is 4 hours drive away and cost €80 euros each way a cost that can be split up to 4 people.

We recommend:

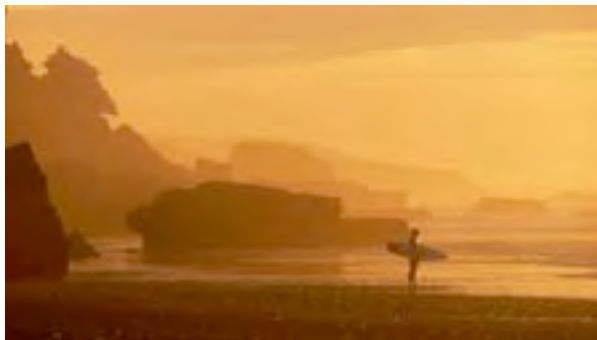
Ryanair

Thomas cook

Vueling

Jet Air

Royal Air Maroc is a more luxurious option



We look forward to seeing you - Susana & Clare