

Mindfulness Journeys – Marrakesh

“THE MINDFULNESS RETREAT”

PERFECT FOR: A life reboot

The increasingly popular meditative art of mindfulness is now being hailed as a highly beneficial therapy for people

dealing with stress and anxiety. The Mindfulness Journeys retreat at the serene La Pause, found in an oasis within the Agafay Hills and overlooking the dramatic Marrakesh Desert, has two mindfulness meditation sessions daily. Each morning and evening starts with Lujong, a Tibetan yoga for balancing body and



mind alongside discussions on practicing meditation and reflective periods of silence.

+ EXTRA HEALTH TOUCHES: Poolside hammocks and daybeds for peaceful reclining, a steamy, revitalising Berber hammam and the chance to explore the local region with walks along the river or on horseback.

The retreat runs from 10th – 15th October 2015, priced at £1,000 per person sharing a luxury suite or £1,200 for a single luxury en suite, including meals. www.mindfulnessjourneys.com