

THE ROOTS OF JOY

Nourish your body, heart and soul in Southern Morocco



November 10th - 20th 2018

with Alan Heeks and Jilani Cordelia Prescott

Relax, reflect and renew amid the warm land and people of Southern Morocco, learning from Nature about the roots of joy, and grow your wellbeing from the roots up. This trip combines a truly magical holiday with some inner and group exploration, including meditation, mantra dance, inspiring Sufi practices and lots more.

Our outer adventures will include sharing music, food and social time with the local Berber people, whose daily life embodies the roots of joy, with its closeness to Nature, inclusion of the sacred, and warmth of true community and a four-day trip into the Sahara and the Anti-Atlas Mountains.

Our inner adventures (all optional) can include...

- ∞ Using parallels with Nature to tend your inner ecosystem: e.g. feed your roots; compost the stress; learn from wild margins.
- ∞ Sufi practices, accessible to anyone, which can help you to open to the unity of all life and your own highest guidance, such as Breath Practices, Dances of Universal Peace, walking with sound mantras, practising Kindness and Gratitude, silent contemplation and Zikr.
- ∞ Space for solo time and future visioning with optional support from Alan and Jilani
- ∞ Opening to the wisdom and support of the group, of magical landscapes and our host community

Alan Heeks has been teaching people and work teams how to grow their wellbeing and resilience by learning from Nature for many years. He is also expert at linking inspiration to everyday life, through Nature, Sufi practices and other methods. See more at www.naturalhappiness.net.

Jilani Cordelia Prescott is a highly accomplished leader of Sufi practices and Dances of Universal Peace (mantra dance). She is a classically trained musician with wide experience of creating depth and safety in groups.

Alan and Jilani have been co-leading groups for several years, which have been much appreciated for the nourishment, expansiveness and insights they bring. Both have a deep love for the people and lands of North Africa.

Our hosts are Holidays with Heart: we will spend 6 nights at their award-winning guest house 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 drivers and guides. See more at www.Holidays-With-Heart.co.uk

PRACTICAL INFO & BOOKINGS



Holidays with Heart is run by Moroccan staff and owned by conservationist Jane Bayley, who has 25 years' experience in Morocco. Feel safe thanks to the care of the English-speaking Moroccan staff, good medical facilities (no compulsory vaccinations), the exceptional menu of local healthy food, safe water, a small relaxed and friendly town with few tourists. Good WiFi and mobile network. Short, inexpensive flights; road transfers with our own safe drivers.

Taroudant is an ancient walled market town little visited by tourists and with shopper-friendly souks, and enjoys the best winter climate in Morocco due to its southerly setting in the fertile Souss Valley. The source of an abundance of fruit and vegetables, it lies between contrasting mountain landscapes: the majestic High Atlas and the extraordinary Anti-Atlas (bordering the Sahara).

Weather: November is a great time to visit Taroudant, average temperatures are 22°C max, 10°C min.

Morocco: An exceptionally friendly, safe country, and vaccinations are not a requirement of entry.

Flights: The recommended flights are EasyJet, Gatwick to Agadir, departing Saturday afternoon, returning Tuesday mid-afternoon. *Those travelling from Germany will find a wider choice of flights to Marrakech; we will quote a fair price to pick you up there (varies with numbers – about £20 each). From Germany: Munich, Frankfurt, Berlin & Dusseldorf with **Condor**; Hanover with **TUI**; Leipzig with **Sun Express**; Cologne with **Air Arabia** (departs Mon; arrives early hours Tues)*

Cost: £1033 sharing a twin/double (single supplement £195)

Includes: 6 nights at La Maison Anglaise, 2 nights at Tissint Camp and 2 nights in the Anti-Atlas Mountains in the Ameln Valley; all meals* except lunch on one day; all transport including airport transfers from Agadir airport early evening; 2 excursions from Taroudant, a 5 days/4 nights tour, 2 cultural experiences (the most popular being hammam visit and ride around town in a horse drawn taxi); Berber Band & Jilani and Alan's tuition.

* dinners at La Maison Anglaise are vegetarian, with meal and fish available for a 20 Dh supplement; meat or fish included in cost on 4-night tour) ** **Excludes:** travel insurance, tips, drinks while on tour and flights. Flights from the UK with Easyjet cost from £70 return

Bookings: Limited places available. Book early to get good flight prices, but please do NOT book flights until we give the go-ahead! Request a place at www.cecuc.co.uk/bookings. We will then send you the payment schedule (split into 4 instalments. £100 deposit) and lots of useful advice with 25 years' experience behind us.

More Information: *Morocco, travel and the itinerary:* jane@holidays-with-heart.co.uk or (UK) 01239 615499.

Natural Happiness & Sufi Wisdom programme: Contact Alan data@workingvision.com, 07976 602787 or Jilani jilanicordelia@gmail.com, 07966451534

