



# NOURISH YOUR FEMININE POWER

2th-9th November 2019/Morocco





# 7 DAY NOURISHING JOURNEY INTO YOUR EMPOWERED WOMANHOOD

WITH AISTE ANANDI & PATRICIA  
RODRIGUEZ





# NOURISH

## YOUR FEMININE POWER

YOU ARE INVITED TO AN EMPOWERING GATHERING OF INSPIRING WOMEN IN THE SACRED LANDS OF MAMA AFRICA: MOROCCO. THIS WILL BE A POWERFUL AND INTENSIVE WEEK FILLED WITH STRONG AND GENTLE MOMENTS WHICH WILL ALLOW EACH PARTICIPANT TO TRULY DIVE INTO THE TRUE ESSENCE OF HONOURING THE BOND THAT IS WOMANHOOD.



## OFFERINGS:

- **Feminine Yoga** to learn to cultivate, channel and transmute sacral & solar plexus energy
- **Daily journaling**/ writing activities to help dig deep into your inner world and facilitate self-expression
- **Ecstatic dance** to empower your inner Goddess to move freely as she pleases
- **Cacao Ceremony** with chants to open our sacral, throat and heart centres & connect to the crown connection
- **Feminine Archetypal Teachings**
- **Conscious Menstruation Teachings**





## OFFERINGS:

- **Red Tent / Full Moon Ritual**
- **Throat Opening practises** to speak your truth
- **Guided breath work** to cleanse and rejuvenate our cells
- **Intimate sharing circles** and discussions to bond, learn and heal
- **Hammam Visit** (bath house) to cleanse fizical and spiritual bodies
- **Cultural Excursions**
- Optional trip to Paradise Valley to connect with Mother Earth
- Optional Womanhood Celebration photography





# WHAT TO EXPECT?

- Opening Cacao Evening + 5 Days of Practices and Rituals
- Practical Tools and Teachings to connect to the Feminine Archetype
- Special Red Tent Ritual Evening
- Natural Beauty & Healing Practices
- Sharing Circle of Sisters
- Beautiful Retreat Villa, in Tamazirt (40 min from Agadir) set in the beautiful Atlas Mountains
- Time to Relax and Recharge in our private pool & sundeck - or taking hikes to enjoy glorious nature
- Holistic Vegetarian & Gluten-free Meals
- Agadir Airport pick up and drop of (set time)





## WHERE THE MAGIC HAPPENS ?

We invite you to visit us in Mother Africa – Morocco. This magical retreat space is hidden away from Agadir in the traditional Moroccan Berber village of Tamazirt overlooking the majestic Atlas Mountains and Atlantic Ocean. The retreat villa provides a wonderful environment for your yoga practice and connects you to the wild and untouched nature in a way few places can.

## TAMAZIRT BY AMAYOUR

The venue offers unforgettable holidays with five comfortable rooms, a swimming pool, cooling garden area and a large Yoga Shala on the rooftop.





MORE INFO:

<https://www.facebook.com/tamazirtbyamayour/>





SHARED ROOM 6  
BEDS



SHARED ROOM 3  
BEDS



3 PRIVATE ROOMS

WHICH ONE WILL BE YOURS?



## INCLUDED IN YOUR STAY:

- Seven nights accommodation in a beautiful Moroccan Villa
- Three organic, vegan meals per day
- Unlimited tea and water
- Private or Shared accommodation (your choice)
- Hammam, Scrub, Massage
- Organised transportation to and from Agadir Airport (set times)
- A completely immersive, transformational intensive experience
- All ceremonies + rituals

# What's Included?





# What should I take care of?

## NOT INCLUDED

- Flights
- Insurance
- Transportation to/ from other airports than Agadir



## ENERGY EXCHANGE

- € 790 per person shared space (6 beds dorm room)
- € 890 per person shared space (3 beds dorm room)
- € 1290 per person private space.

If you are comfortable sharing a Queen sized bed with a friend that is attending with you, you can share a private suite for only €1600 for both of you!

Deposit to reserve a either spot: €300

Very Early Bird Discount €100 off the price (Valid until 1st of July)

Early Bird Discount €70 off the price (Valid until 1st of September)

Investing in yourself  
is the best  
investment you will  
ever make.



## PAYMENT DETAILS

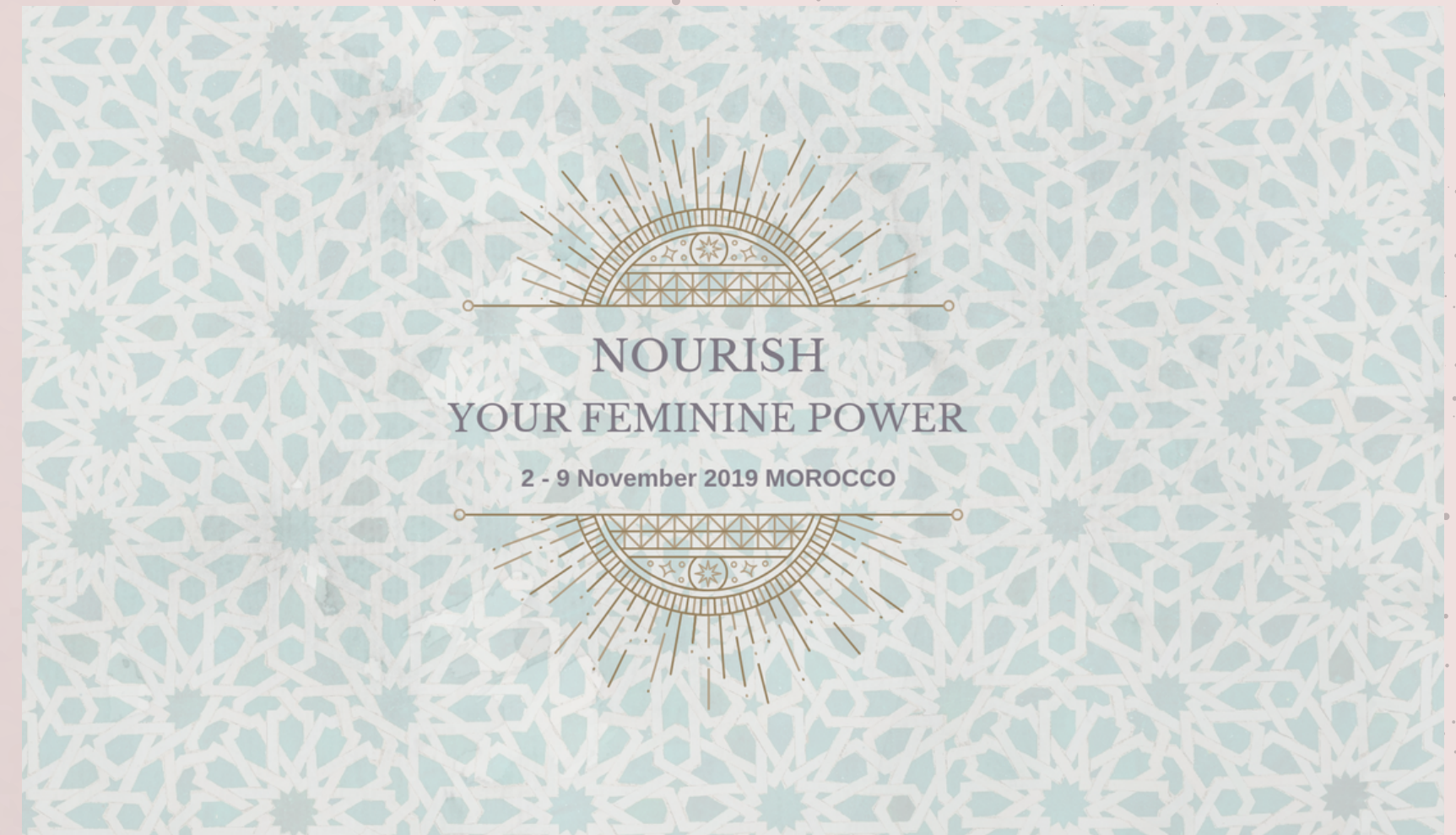
Bank account number:  
LT627300010105992683

Bank name: Swedbank

Bank address: Birutes St. 4, Kelme,  
Lithuania 86163

Bank SWIFT or ABA routing number:  
HABALT22

Name: Aiste Visockaite



PLEASE INCLUDE YOUR NAME AND THE EVENT  
"NOURISH" YOU ARE REGISTERING FOR AS THE  
SUBJECT OF YOUR PAYMENT.

YOU WILL RECEIVE A PAYMENT CONFIRMATION AS SOON  
AS YOUR PAYMENT HAS REACHED OUR ACCOUNT.



## HELP WITH THE FLIGHTS

The retreat hosts and travel managers Aiste Anandi and Patricia Rodriguez are at your disposal if you need assistance finding deals on flights. They are both travelers and some may even say miracle workers when it comes to finding good deals!



GOOD THINGS COME TO THOSE  
WHO BOOK FLIGHTS...



# NOURISH Your Feminine Power Retreat Schedule

2 - 9 November, 2019 MOROCCO

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# Our Team

GET TO KNOW US



AISTE ANANDI

Women's Wellness & Yoga

[www.aisteanandi.com](http://www.aisteanandi.com)



PATRICIA RODRIGUEZ

Yoga

[www.mypretentlife.com](http://www.mypretentlife.com)



SHIRAZ KSAIBA

Venue Host

[www.amayoursurf.com](http://www.amayoursurf.com)



FOR COMMENTS,  
QUESTIONS, OR  
SUGGESTIONS

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# Contact & Bookings