

OHSO
YOGA
retreats

Souk & Soul

Mystical Morocco Wellness Retreat

CONNECT WITH YOUR BREATH, BODY AND SPIRIT
IN THE PLACE WHERE EAST MEETS WEST



ABOUT *the retreat*

Immerse yourself in the rich culture of Marrakech and the awe-inspiring tranquility of the Atlas Mountain Desert.

This 5-day retreat is designed for those seeking wellness, adventure, connection, and balance—a perfect fusion of exploration and relaxation.

Begin your journey in a beautiful Riad in Marrakech, where you'll be surrounded by vibrant souks, exquisite cuisine, and the city's enchanting energy. Then, retreat into the vast serenity of the Atlas Mountain Desert, where luxury desert tents, yoga, stargazing, and cultural experiences await.

MEET *your host*



STACEY HOWE

With over 15 transformative retreats led across Greece, South Africa, and the UK, Stacey is deeply passionate about creating space for women to reconnect with themselves through the power of travel, mindful movement, and soul-nourishing experiences.

Her retreats blend adventure with stillness, designed to inspire deep connection, self-discovery, and lasting transformation.

Trained in Ashtanga Vinyasa, Mandala Vinyasa, Yin Yoga, Aerial Yoga, Pregnancy Yoga, Meditation, and Sound Bath Facilitation, Stacey weaves each of these practices into her retreats with a focus on intuitive movement, embodied awareness, and energetic balance.

Having owned and run several successful yoga studios, she has witnessed the profound transformation that happens when women gather with intention. Whether practicing under the sun-drenched skies of Greece, meditating to the sounds of the South African bush, or journalling beside the waves in Nicaragua, Stacey's retreats offer more than just yoga—they offer a space to remember who you truly are.

WHAT *to expect*

Each day begins with guided vinyasa flow and grounding yin yoga, helping you reconnect with your body through mindful movement and breath.

Stacey will guide you in mindfulness and meditation practices including a sound bath under the desert stars, teaching you how to bring presence and intention into your everyday life—even off the mat.

This retreat is for you if you're ready to:

- » Step away from stress and reconnect with your true self
- » Build meaningful relationships with like-minded people
- » Get out of your head and into your body
- » Cultivate tools for a more balanced, intentional life
- » Experience a unique, off-the-beaten-path cultural adventure

Expect time to explore, play, and connect—all while feeling safe to show up as your truest self. Leave feeling recharged, inspired, and more deeply connected to yourself and the world around you.

THE *Accommodation*

A place where tradition meets luxury, and the desert wind whispers a slower pace of life. Whether you're dreaming of sunrise yoga in the dunes, sipping mint tea under the stars, or simply unplugging in total stillness, this venue offers a soulful home for unforgettable retreats.

MARRAKECH *riad*

2 nights at the Marrakech Riad located just outside Marrakesh. Our Moroccan retreat venue blends timeless Berber architecture with modern comforts.

At the authentic Riad every corner is infused with local charm and intention.

Curated by a Swiss-Moroccan couple passionate about cultural harmony - these venues offer both authenticity and elegance. With insider tips, warm hospitality, and a deep sense of care, they help make every retreat a true journey.

One of the most colourful experiences of your lifetime in the heart of Marrakesh, in the historical Medina. A place full of history, traditions, culture, art and handcrafts - where the past meets the present and the present meets the past.





The Medina, a place that constantly inundates your senses is also a place that can offer you some of the most peaceful and authentic spaces to relax feeling like you are in a Moroccan oasis. Our wonderful and traditional cosy Riad is located in the middle of this colourful scenery with its colourful tiles, traditional textiles and abundance of plants providing the perfect ambience and space. Picture yourself in the plunge pool refreshing yourself after a Yoga session in our beautiful studio, or in one of the several lounges and shaded areas on the rooftop relaxing.

Here you will experience an authentic and unique place full of local history, tradition, art, and food. Share this fascinating world full of textures, sounds and smells ranging from incense, aniseed, rose, mint and spices. Our venue will provide you with the peace you deserve at any given time of your retreat relaxing at the hammam spa with a massage and some oriental essences, or just chilling within its gorgeous and traditional interiors or terraces.



LUXURY *desert camp*

2 nights in our in our luxury desert tents in the heart of Agafay stone desert! Picture a place where tranquillity meets stunning views amidst the Atlas Mountains.

Experience the desert's charm with a night in our comfy yurts, each combining coziness and charm. Don't miss the sunrise—it's unforgettable!

2 days of indulgence, adventure, and creativity. Lounge by the pool, savour a tasty lunch or dinner, and make the most of your day by booking a Spa treatment after your Yoga session. Take a Pottery class to enjoy with your group. Get to explore the dunes on a Quad or Buggy or finish the day with a sunset Camel ride.

Relax by one of our pools with a view of the dunes, perfect for unwinding. Grab lunch or dinner at our terrace restaurant, offering tasty meals that take you on a culinary journey. Engage in various activities, from adventures to quiet moments.

We invite you to embrace each moment, creating memories that will stay with you forever.





Food

We are focused on offering Moroccan flavours seamlessly married with creative vegetarian and vegan options. Our chef has designed a delicious & cleansing plant-based menu and all of our recipes are based around fresh, local, seasonal and healthy ingredients.





Day 1

WELCOME TO MARRAKECH

- » Arrive in Marrakech and settle into your beautiful Riad
- » Welcome, Introductions and Gentle yoga session
- » Relax and explore at your own pace or indulge in optional spa treatments
- » Welcome dinner featuring authentic Moroccan flavours



Day 2

EXPLORE & IMMERSE

- » Morning yoga & meditation in the peaceful courtyard
- » Breakfast at the Riad
- » Guided tour of the Marrakech souks & hidden cultural gems
- » Free afternoon for personal exploration, shopping, or a spa
- » Group dinner at a rooftop restaurant with city views



Day 3

INTO THE ATLAS MOUNTAIN DESERT

- » Morning yoga & nourishing breakfast
- » Private transfer to the luxury desert camp in the Atlas Mountains
- » Settle into your elegant desert tents and unwind by the pool
- » Sunset yoga session followed by a starlit desert dinner



Day 4

CREATIVITY & CONNECTION

- » Morning yoga & meditation in the desert
- » Breakfast with panoramic mountain views
- » Pottery class - connect with Moroccan craftsmanship
- » Free time to explore the desert or relax by the pool/jacuzzi
- » Farewell dinner under the stars with music & storytelling



Day 5

DEPARTURE & REFLECTION

- » Sunrise yoga & meditation for a grounding farewell
- » Final breakfast in the desert
- » Private transfers back to Marrakech & airport departures
- » Leave feeling rejuvenated, inspired, and deeply connected—to yourself and the world around you

Whats included (AND WHAT'S NOT)

Included:

- » **4 nights accommodation**
2 nights in a stunning Marrakech Riad & 2 nights in a luxury desert camp in the Atlas Mountains
- » **Meals**
2 meals per day included
- » **Yoga & Meditation**
Daily yoga & meditation sessions to ground and inspire you. Vinyasa Flow and Restorative Yin Yoga styles.
- » **Sound bath**
Relax deeply into a sound meditation under the stars in the desert. This is a sound bath like no other.
- » **Drinks**
Tea, coffee and water.
- » **Transfers**
To the airport and between venues

Not included:

- » **Flights to Marrakech**
- » **Massage**
Choice of Massage styles offered
- » **1 meal per day**
Meals away from our accommodation



Bookings

This retreat in magical Morocco is designed to help you unplug, unwind, and let us take care of the details.

Connect with like-minded souls, bask in the North African sun, and immerse yourself in the rich culture and natural beauty of this unforgettable land. Come home feeling recharged, inspired, and deeply nourished.

You'll be paired with another yogi unless you choose to come with a friend or partner.

5 days, 4 nights of soulful luxury in Morocco

Price per person: **£1,575**

With love and care from Stacey and the wonderful team in Morocco.

[BOOK A CONNECT CALL](#)



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