



Revitalise, tone up and chill out at the Bamboo Fitness Retreat in Morocco.

We have an inspiring set up at the beautiful Villa Mandala with stylish accommodation, fitness sessions, Yoga and Pilates classes in a stunning building with its own roof top studio overlooking the Atlantic Ocean. The villa is a short walk to vast open sandy beaches, near to traditional villages but tucked away from the hustle and bustle of the local markets. It's the perfect place to get fit, lose a few pounds and energise after the stress, daily commute and unpredictable UK weather.



Our coastal location is only a 30 minute road transfer from Agadir international airport and 2.5 hours from Marrakesh. Wherever you choose to fly to, we can organise your transfers to ensure uncomplicated stress-free travel.



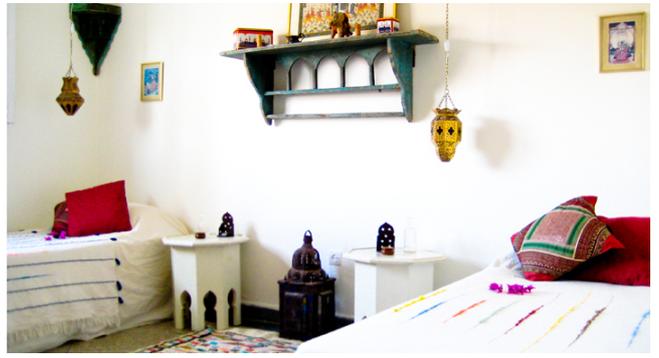
Villa Mandala itself is a 10-minute walk from Aourir or "Banana village" (famous for its small sweet bananas and lush river valley) and 5km south of Taghazout - renowned for its great surf and laid back friendly atmosphere.

The Accommodation

Villa Mandala stands out as the best accommodation in the region -bougainvillea flowers provide colourful shade for the front terrace and outside dining area, and there is plenty of space for basking in the sunshine whether curled up with your favourite book, playing backgammon or lazing by the ocean-front swimming pool.



There are nine beautiful bedrooms (the majority en suite). All of the bedrooms are authentically designed to an individual theme using local artisanal decorative techniques, colours and artefacts. There is a cosy lounge area to chill out in - atmospheric yet spacious- with books, music and films at your disposal. At night enjoy the candlelit room for chatter and dinner, during the day lounge in dappled sunlight taking in the striking ocean views. Outside the sweeping sun terraces create a haven of tranquility and calm.



Pilates - Fitness - Yoga - Explore - Chill



Looking out over the Atlantic Ocean, the Pilates, fitness and Yoga classes are held in the shade of the rooftop studio with its huge windows and polished wooden floor. We are fully equipped with mats, bricks, belts, thick blankets and bolsters for all guests to use during the retreat.

After the morning exercise session with Pete or Brigitte relax over breakfast taken together on the large oak table. This is where Helen will guide you through the array of activities on offer including surfing, horse riding, hiking and excursions to the local markets. You can choose how active you want to be, do as much or as little as you want.

At sunset Brigitte will lead you through a calming and restorative yoga session. It is a truly magical experience, the red sun easing behind the horizon, locals taking their horses across the sands and the Muezzin can be heard calling the faithful to prayer.

Our exercise sessions include Pilates, core stability classes, circuit training on the roof top terrace, running and the evening Yoga session.



Delicious healthy eating



Healthy breakfasts, lunches and evening meals are provided using only the finest and freshest local produce, the team of talented local chefs make each meal a taste sensation. Begin each new day at a sun filled breakfast table where you can enjoy sensational smoothies, freshly squeezed juices, cleansing teas and Moroccan coffee, hot bread from the village bakery, local honey, yogurts, eggs, crepes and a rainbow platter of seasonal fruits. The perfect way to ease into the day.

Typically, lunch is served using fresh colourful salads, local flatbreads, energy boosting treats and fresh fruits.

After the day's exertions and sunset Yoga it's time to sample the delectable display of tapas and aperitifs in the lounge area, followed by an irresistible array of traditional and contemporary Moroccan and international dishes. From aromatic tagines, subtly spiced couscous to fresh local fish, vegetarian delights and divine desserts. Each evening a mouth-watering feast is presented. The cuisine can be adapted to accommodate individual requirements, allergies and preferences.

Additional optional extras

Surfing

Surfing lessons are available with fully qualified and experienced instructors. All levels catered for and include board and wetsuit hire, transport to and from the beaches. Packed lunches are provided and non-participating spectators are welcome to come along to enjoy the beach and take photos!



Treatments

A Hammam can be arranged locally and has proved very popular amongst our guests, both male and female. This is a perfect rejuvenating treatment to loosen and relax muscles, deep cleanse the skin and leave you feeling deliciously smooth and fragrant. It traditionally includes an exfoliating all-over massage scrub, a clay body mask followed by an hour-long body massage using renowned Argan Oil. This heavenly afternoon treat allows you to fully unwind. Transport to and from the local Hammam is included in the price.



Horse riding

We can arrange for you to take in this dramatic coastal and hillside region on horseback. Beautiful horses and friendly English speaking local guides are available to suit all abilities, from one-hour taster rides for the beginner to day long treks for the more experienced rider, the excellent local stables can cater for all at very good rates. Packed lunches are provided for the day rides. Camel rides are also available.

Day trip to Essouaria

This lively and artistic town makes for a popular mid week break. An ideal place for shopping, eating and experiencing a bit more of magical Morocco.



Services

- Accommodation in the enchanting Villa Mandala.
- Pilates, Yoga, core stability classes, running sessions, roof top fitness, postural analysis and nutritional advice.
- Three delicious meals per day prepared by our innovative private chefs (save one evening per week, when we can travel to the local Taghazout restaurants and bars)
- Unlimited fresh fruit, local sweet snacks, teas, coffee and mineral water throughout the day.
- Exclusive use of the roof top Yoga studio, swimming pool, lounge areas and sun terraces.
- Daily cleaner service.
- Free Wifi access.
- Organisation of additional activities and day-trips.
- Airport transfers to Agadir. (Transfers to Marrakech can be arranged at a small additional cost).

Prices

- Double room en suite - £799 per person.
- Double room - £749 per person.
- Triple room en suite - £699 per person.

- Single room supplement of £200 is available.

Payment plans are available. Please contact us for more information.

Prices are based on 2 or 3 people sharing unless paying the single supplement.



Contact information

To book or if you have any enquiries please do not hesitate to contact us.

Email address - info@bamboofitness.co.uk

Phone number - 07968 348 504

Website - www.bamboofitness.co.uk



Testimonials

'The whole experience was a great balance between fun and fitness, down to Pete and Brigitte's relaxed, friendly, but professional approach. As a student Pilates teacher, I particularly enjoyed Brigitte's Pilates and Yoga sessions - I picked up a huge number of tips for more effective teaching, and was inspired by her superb delivery style. Thumbs up all round!'

Max Bower

2013

"This place is amazing, the most beautiful studio I've ever been in. Fantastic food, top teaching, great atmosphere - can't wait to go back! "

Thien Tran

2013

'Before the trip, I was a bit worried that I might not be 'fit' enough to blend in with the group, but Pete and Brigitte soon put my mind at rest, as their inclusive teaching style allowed everyone to get involved at a level that was appropriate for them. I particularly enjoyed Pete's outdoor sessions, which were really creative and fun.'

Christine Davidson

2013

'The Retreat was the perfect location for relaxation and exercise. A great winter tonic and great fun too. There were so many activities on offer from massages to surfing but also no pressure to do everything. I loved the horse riding on the beach and the day trip to Essaouria. The villa is beautiful and the food was delicious and varied. I left feeling really revived and everyone seemed to comment on how well I looked on my return. Overall this is a very highly recommended trip!'

Victoria O'Brien

2013