

A Unique Yoga & Hiking Holiday

Kasbah du Toubkal, Morocco

‘It might be reasonable to think that yoga and hiking are not really natural partners’

But do think again. They really are perfect complementary partners. When combined in the majestic environment of the Atlas Mountains, you have a holiday that provides something for everyone and everything for an invigorating, regenerative and soulful break.

Each morning your day will start with a stronger, invigorating practice to stretch and prepare for the day's hike, then on to breakfast, followed by our daily hike. The day ends with a restorative practice combining meditation and gentle yoga movements to stretch out and release the physical exertions of the day's hiking.

Therefore, I think yoga and hiking are a perfect combination and one that could very well change you well forever!

Lisa

For the first time Balanced Yoga is offering two holiday dates for the annual Yoga and Hiking Holiday to the majestic Kasbah du Toubkal in Morocco

April 25th - April 29th 2025
April 29th - May 3rd 2025

This is Kasbah du Toubkal

Kasbah du Toubkal is a multi award winning eco lodge located 60 miles from Marrakech. Situated at 1820m in the High Atlas Mountain village of Imlil, this unique mountain lodge sits on a hilltop with magnificent panoramic views across the Imlil Valley.

Nestled at the foot of Jbel Toubkal, the highest peak in North Africa at 4,167m, you are surrounded by endless blue skies,

magnificent mountain peaks and a peace and tranquillity that cannot be imagined - only experienced.

At the heart of Kasbah du Toubkal is the wonderful Berber hospitality with their friendliness and generosity and their genuine desire to share the beauty of the area with every visitor.

Your heart will be captured forever by this truly breathtaking place.





Yoga

In keeping with the tradition of Krishnamacharya, the yoga programme at Kasbah du Toubkal is suitable for all people no matter their yoga experience or capabilities. Lisa will ensure that your individual needs, whether emotional, physical or mental, are considered on each day and throughout the holiday.



On arrival day there will be a late afternoon practice and on departure day a morning practice. On the three full days of the trip there are two yoga practices a day. The Kasbah has a dedicated yoga room and provides mats, blocks and straps. The yoga room floor is heated for a comfortable class.

Three hiking sessions are scheduled. The hikes take us through the local villages and into the Atlas National Park. We are guided by qualified professional Berber Guides whose knowledge and pride in the mountains is second to none.

You will be mesmerised by the magnificence and scale of this beautiful mountain range and all that it has to offer.

On day one and three a 3-4 hour hike starts just after breakfast and brings us back to the Kasbah roof top for lunch in the early afternoon. This allows for some free time before the afternoon yoga session.

On day two a full day hike is organised taking us higher into the mountains where a traditional Berber picnic is prepared. Whilst this is a longer hike, the pace is very steady and we are always accompanied by a mule should anybody need a rest.

Hiking



About Lisa

Qualifying as a Yoga teacher in 2004, Lisa went on to qualify as a CNHC certified Yoga Therapist in the tradition of Krishnamacharya in 2009. Lisa is a Level 4 Yoga Teacher Trainer – the highest level of training available in the UK, a qualified Vedic Chant Teacher and a Vedic Chant Teacher Trainer. She is a member of the TSYP, CNHC and BWY.

Lisa's yoga practice follows in the tradition of Krishnamacharya. He is credited with bringing yoga from the East to the West, making yoga accessible across the world as we know it. At the centre of its philosophy, this tradition recognises each person as a whole, their individual needs, and aims to assist in their physical and spiritual development.

Lisa runs regular weekly yoga classes: face-to-face, online and one-to-one. Her combined love of yoga, travelling and the outdoors has been the inspiration for the yoga holidays. Having first visited Toubkal and the Atlas mountains with her family 15 years ago, Lisa was profoundly impacted by its magic and knew that this was the place she wanted to share. She has been taking groups to the Atlas Mountains in Morocco for over 10 years. She also takes groups to India.



Holiday Information

The Yoga and Hiking Holiday is a 5 day holiday

Day 1 Transfer from Marrakech Menara Airport (RAK) to Toubkal
afternoon Yoga

Day 2 Morning Yoga, ½ day hiking, afternoon Yoga

Day 3 Morning Yoga, Full day hiking, afternoon Yoga

Day 4 Morning Yoga, ½ day hiking, afternoon Yoga

Day 5 Morning Yoga, Depart Kasbah du Toubkal



Inclusive in Your Holiday

- All meals at Toubkal
- Return transfers between Marrakech Airport and Toubkal
- All yoga sessions (Total 8)
- Three hikes with a professional Berber Guide and mules
- Accommodation

Rooms and Prices

Room prices are inclusive of yoga sessions, hiking, meals and transfers.

Room Type	Shared (price per person)	Single Supplement
Standard	£975	£1110
Superior	£1190	£1325
Deluxe	£1295	£1440

Note: Double beds can be separated into two singles and all rooms have en-suite bathrooms.

Flight Information

Return flights to Marrakech Menara Airport (RAK) are from Gatwick with either Easyjet or British Airways.

Flights are not included. Some people choose to extend their trip either before or after their time at Kasbah du Toubkal.

Please do not book your flights until your place is confirmed.



Meals

The food is all prepared fresh at the Kasbah and is sourced locally from the Imlil valley. Vegetarian options are available at each meal.

Breakfast includes a buffet of cereals, fresh and dried fruits, Moroccan yoghurt and the traditional local baked Berber bread, with daily options of pancakes, eggs and cake.

Lunch includes a meat and vegetarian option and salad or vegetables.

Dinner varies each night with a three course meal of soup, traditional tagines, grilled kebabs and dishes of lamb and chicken, vegetables or salads. The meal is completed with desserts and fresh fruit.

Traditional mint tea, tea and coffee are available throughout the day. Alcohol is not served at the Kasbah. Non-alcoholic drinks are available.

Money and Gratuity

Local Currency is the Moroccan Dirham. Euros are also accepted.

There is no cash required at the Kasbah as everything is included. At the end of the trip, we provide a gratuity to the Guide, and a general gratuity to the Kasbah. There are many small traders in the area with plenty of opportunity to support the local community by purchasing regionally grown and hand made products.

For the gratuity, we ask for each person to contribute approximately €25. With any additional gratuities at your discretion. Overall, we suggested that no more than €60 (or the equivalent Dirhams) is required. Money can be exchanged at the airport.

.... *and finally*

This is your holiday

In the true spirit of the Krishnamacharya tradition, this is a time for you and for your individual needs. Everybody who visits Kasbah du Toubkal with Lisa is entirely free to choose how they would like to enjoy their yoga and hiking holiday.

Do it all, do some – or do very little. Breathe the mountain air, sit and stare in wonderment at the magnificence of the landscape, wander down to Imlil village or make use of the Kasbahs' Hamman. It is all there for you.

Next Steps

Complete the Booking Form attached to secure your Yoga & Hiking Holiday place

or contact Lisa with your enquiries

lisa@balancedyoga.co.uk

07930 441487



Booking Form

Toubkal Yoga and Hiking Holidays
Atlas Mountains, Morocco

April 25th - April 29th 2025
April 29th - May 3rd 2025



Please complete this form and return by email to lisa@balancedyoga.co.uk
Places have historically filled quickly so please do not delay in returning your form.
There is a maximum of 16 people on each trip.

Name

Address

Postcode

Email DOB

Select the date of the trip you would like to attend

- ☐ ^{tick} I would like to attend April 25th - 29th
☐ I would like to attend April 29th - May 3rd

Room Selection

Please provide your first (1) and second (2) choice in the boxes next to the room price.

*There are a limited number of each room type so rooms will be allocated on a 'first come, first serve' basis. Room prices are inclusive of yoga sessions, hiking, meals and transfers.
All rooms are ensuite.*

Room Type	Shared (price per person)	Single Supplement
Standard	☐ £975	☐ £1110
Superior	☐ £1190	☐ £1325
Deluxe	☐ £1295	☐ £1440

Dietary Requirements Please indicate your dietary preferences

☐ Non-Vegetarian ☐ Vegetarian ☐ Allergies ☐ Intolerances

Bookings A non-refundable deposit of £500 is required to secure your place.
Final balance is due March 1st.

A full information package including local information, confidential medical form, suggested packing list, departure preparation and flight suggestions will follow after registration.

Please make BACS payments to
Balanced Yoga 40-18-02 51427458

****Please note this is not the same account as Lisa's yoga class account**

**Check your travel Insurance is up to date
You must travel with valid insurance**