

I N V I T A T I O N
S U B S C R I P T I O N N O W O P E N
J U N E, 2nd - 9th 2018



We are so happy to invite you for the upcoming retreat on the beach of Morocco in a simple and elegant hotel de charme. Our first retreat together will take place here from June 2nd – 9th. At this time of the year the sun is out ten hours a day with an average temperature of more than 23°C. This is great for enjoying the sea, sand dunes and the swimming pool and at the same time a perfect temperature to work on your mind - body balance.

Are you ready for some time off? Do you want to break out of your busy life? Do you need some silence to reflect? Do you want to slow down to re-open your gates to innovation and creativity? Do you want to address your back, neck and shoulder pains and other maladies? Do you want to feel more calm physically and mentally? Are you interested to learn and exercise how you can relax more deeply and be more satisfied with what is in your life? Are you interested to get input on how you can deepen your practice at home? Or are you looking for new inspiration or a new travel adventure? Whatever your motivation is, know you are welcome to join this retreat and that we are more than 100% committed to make this experience the best you have ever had.

We aim to bring an international group of people together. So apart from reconnecting with your nature in nature and taking quality time for yourself it will be exciting and inspiring to meet other people from around the planet who have taken this opportunity.

R E T R E A T O N T H E B E A C H I N M O R O C C O



Do you have a personal, a private, a public or a professional objective at this moment? We all know from our own experience that realizing an objective does take time, it takes a plan, planning, patience, courage and the right tools and the right people around you. In fact it works the same if you want to release tension, realize calmness, stillness, creativity, innovation. You need time, courage, the right tools and the right people around you. This is what you can expect from us in Morocco. We offer you the tools, we bring the right people together, create the right ambiance to slow down and to open your heart and to connect with your nature in nature. You have to create the time. And if you never make time you never have time. We invite you to discover the power of time off and to rely on your inner-coach.

A regular day consists of a daily yoga practice, a daily dynamic dance meditation, healthy food and drinks, enjoying the sun and the beach and the swimming pool and discovering the local culture and nature. The yoga practices will be a mixture of yin yoga, gentle vinyasa, vipassana meditation and alignment of your asana postures. So you get a taste of everything. The dynamic dance meditation will be a time to connect and update the memory cells in your body to the present moment, where you can align to your inner flow. This will allow you to relax deeper and fully let go, release blockages and tune in to your inner voice and needs. From here more creativity and lightness can arise.

No obligation to join all classes, it is your time off so you can decide on the spot if you want to join or take a walk or enjoy the beach. But you can be assured we will provide you with the right practices at the right moment.

YOU DO NOT NEED YOGA EXPERIENCE



The pictures you often see from yogi's are at the extreme. It looks as if yoga is a practice to create the perfect body or to become an acrobat. About 200 years before our era the oldest texts with thoughts and instructions about yoga had been written. Yoga and meditation are tools on the path to enlightenment. Enlightenment is not something you reach at the end of your life. You can find it in many (little) moments in your life. To notice it, the things you need are awareness and consciousness. Therefore it is important to be still inside, to have a high sense of alertness and to be in the present moment. You need inner strength and wisdom too and the ability to forgive. These qualities enhance spiritual growth. You need to practice a lot and you can expect from us that we provide you with guidance on your own path of growth. And maybe, after many exercises and practices you do get the perfect body 😊.

To join this retreat you can be an experienced yogi and we will guide you on how you can deepen your practice. If you have little or even no yoga experience this is OK too. You do need to have an open mind and a will to surrender to what is awaiting for you and we will introduce you to yoga. You will be with two experienced yoga teachers so there will be personal attention for everybody, whether you are a beginner or an expert.

YOU DO NOT NEED TO BE A DANCER



You do not need to be a dancer for this retreat. We invite you to bring openness to move, to listen to your body and to bring a playful mind. Our body is our instrument on our earth-journey that holds the key for balance and healing. You will be invited into a space where you can become more conscious of your inner flow and needs. You will be guided gently and joyful into a dance journey that can transform your life. Where you can tune in to the creative flow of your body and heart and allow yourself to move freely into a new space. You can open to the deeper language of your body and allow it to be expressed in authentic movements.

Whatever you will need in this moment will be part of that journey. You will have the space to be who you are, to explore, to let go, be playful, silent, wild or creative. You can have interactions with the group if you feel so or you can move and dance for yourself.

The Dynamic Dance Meditation is a modality that combines free form dance, mindfulness, body-work, healing art and yoga movements.

ENJOY MOROCCAN VEGETARIAN KITCHEN



The Moroccan kitchen is well known for being healthy and pure with its herbs and fresh vegetables. Apart from being healthy the food often looks like art with its many colours. And it does taste fantastic with its many flavours. For this retreat we work together with the two chefs de cuisine from the hotel who have extended experience in preparing healthy meals for yoga retreats. They have a lot of experience in buying the right, fresh ingredients and turning these into amazing dishes for your enjoyment and well - being. The groceries are coming from the land around the hotel and from the local souks. Together with the chefs de cuisine we have designed a menu, that will detox and energize your body, without alcoholic beverages. A menu that complements your daily program and practices. This way, you will enjoy your retreat even more and after one week you will feel healthy and energized. And who knows you will be inspired to bring your favourite recipe to the table at home?

PERSONAL ATTENTION @HOTEL DE CHARME



All suppliers we work with are locally selected. To start with the secluded hotel de charme, which is 100% Moroccan managed. All the staff members live in Morocco and some come from the nearby fishing village Tafedna. The hotel generates it's own solar power. The drivers we work with live in the area and depend on the tourism that is now being discovered in this part of Morocco. The hotel manager told us he went fishing in Tafedna and envisioned an elegant hotel de charme in this untouched nature. It is a magical place, a place to dream and to make a dream come true. He shared his dream with a French doctor and they started to create this little paradise. The hotel is located in nature, a not too long drive from the airports in Morocco. The girls in the hotel are multi-talented. Apart from cleaning the rooms and managing the household of the hotel they also can give you a henna tattoo wherever you want on your body. Customer focus is as natural as it can be here. And last but not least the hotel itself is a gem. It is simple but elegant. All the rooms have a fireplace (which you do not need in June) and a terrace with a view to the sea and it is just a stroll to arrive at the splendid beach for a long walk, only encountering mules and maybe a fisherman or a lonely surfer. The swimming pool is welcome at hot days and a nice place to read your book or to just take a siesta.

E S S A O U I R A SPARKLING UNESCO SITE



The medina of Essaouira, an UNESCO heritage site, formerly named Mogador ('small fortress'), is an outstanding example of a fortified town of the mid-eighteenth century, surrounded by a wall. When entering one of the monumental gates of the old city you find yourself in the midst of an animated and joyful crowd. There are no motor vehicles here, everything is carried by carts sometimes drawn by mules. What fascinates are the white-washed house walls, the blue doors and windows which are reminiscent of Mediterranean islands. Owing to the straight main streets, you will have no problem finding your way and even if you get lost in the numerous small lanes, sooner or later you will find a main street again... or a dead-end. Under the market arcades you can find all kinds of merchants selling vegetables, spices and seeds, carpets, pottery and argan oil. To get away from the hustle and bustle of the marketplace, a glimpse at the ocean view from the Scala - the fortified place of the city - is breathtaking with its beautiful battery of canons pointing out to the sea. Sooner or later, you will come to Moulay Hassan Square lined by trees and coffee bars where you can drink a peppermint tea and watch the coming and going of the Souiris, the inhabitants of Essaouira, who are very fond of this square.

In the past, Essaouira attracted poets, artists and other creative talents, but modern art and especially painting have found here again a favourable environment. It would not be exaggerated to speak of an 'Essaouira School' representing a mixture of modern and naïve art. Apart from galleries you can find shops selling typical Moroccan items such as carpets, blankets, babouches (maroccan shoes), iron or copper articles, pottery, ceramic, tables covered with tiles and more.

IT IS EASY TO GET THERE



Flights

You can book a flight to the airport of Essaouira, Marrakech or Agadir.

Here are some suggestions from European airports to Morocco. From Schiphol airport, Amsterdam, you can fly directly to Agadir and Marrakech with Transavia. From Luton there are direct flights to Essaouira with Easyjet. From Geneva, Dusseldorf, Frankfurt, Oslo, Brussels there are direct flights to Marrakech with respectively Easyjet, Ryanair, Norwegian, Brussels airlines. From Brussels you can also fly directly to Agadir with Swiss. This are only some suggestions and there are more possibilities to fly into Morocco.

Airport transfers

Your transfers from / to the airport, on June 2nd and on June 9th are included in this package. We will also arrange your airport transfer on another date than June 2nd or June 9nd and you will be charged extra.

Transfer times

The transfer time to/from Essaouira airport to the retreat is about one hour, 65 km.

From/to Marrakech airport it is about two and a half hours, 230 km.

And from/to Agadir airport it is about two hours, 137 km.

Transfer times are an indication.

PROFIT FROM THE ART OF COLLABORATION



In this retreat you will profit from the art of collaboration as we bring 20 years experience in guiding retreats in Hawaii, Norway and Greece together with 20 years experience in organizing events and incentive travel worldwide.

Combining Antje's expertise as a naturopath, coach, healer and hatha yoga teacher and Ingrid's expertise as a yin - & vinyasa yoga teacher, creative and business leader, you may expect a high quality and special retreat where you will discover the power of time off and be able to re-connect with your inner coach.

We met on a nature retreat in the snow covered mountains of Norway last year. There was an instant click and we discovered our common passion for nature, health and travel. Now we are combining both our expertise and passion to create a unique experience with impact for you. We will be your hosts in Morocco. From this moment your journey has begun and you are invited to connect with us any moment to make this retreat a personal and valuable one.

'INGRID CREATES A SAFE ENVIRONMENT'



Ingrid, Amsterdam. I am a yogi with a background as an entrepreneur and director in the corporate world. I practice yoga for over 25 years, I have participated in many retreats all over the world. I am a 500 hrs certified yoga teacher in yin and vinyasa yoga with specializations in slow flow and back, neck and shoulder issues.

From my own experience I can say I do believe in the power of time off. I used to take one year off about every seven years; I traveled around the world twice, I did spend some time in a cloister to write a book about a great great aunt and I took some months of just to be at home with my little children (at that time). I know what it is to go that extra mile to achieve your objectives and dreams in your professional and personal life. I also know the value of being conscious in taking time off to rebalance and rejuvenate.

I have over 20 years experiences in creating events and incentive travel for corporate clients all over the world. My passion has always been to connect people. In my business life I connected people with brands and organizations. Now I have sold my company to an international group and have taken some time off, I have decided to start all over again, from scratch. Now I can profite from past experience and integrate my passion to guide people to connect with themselves by creating an experience with impact. Yoga for me is a beautiful tool with physical exercises that are very healthy for your body. And valuable because of the mental, energetic and emotional growth and healing that yoga makes possible.

What people have been given back to me from my yoga and meditation classes is that I am able to create a safe environment. So you can let go and surrender to whatever is coming and going. I got this feedback from businessmen who have never done yoga to hip youngsters in their twenties as well as from women aged 30 up to over 70 years. I feel this is very beautiful feedback and I am proud to share it with you.

If you never make time, you never have time. I encourage you to make time for yourself, at least one week yearly. I invite you to join our retreat and to discover the power of time off. I

know from my own experience it will help to be (-come) the leader of your personal, private, professional and or public life. For years I have been telling my friends, family and colleagues one day I will create and guide retreats for people and organizations in nature. Now this day has arrived and I hope you will be with me in June to enjoy this new beginning in my life, together.

Namasté,
Ingrid

‘WITH ANTJE YOU DANCE & TRANSFORM WITH JOY’



Antje. Berlin. Oslo and Greece. I grew up in Berlin but feel at home in many places in this world. I love to travel and have lived in different countries, since I was a child. Living and working in Germany, Russia, Hawaii, Norway and Greece has enriched my life tremendously and gives me a deep knowing of the connectedness of all people. If I look at my life today it feels like a dance between different cultures, places and thought-streams. I enjoy these multicultural differences and harbor a feeling of unity through this awareness.

I love to bring people together in the Dynamic Dance Meditation where they can explore their own inner natural flow and rhythms. This experience opens us to new creativity and the feeling of togetherness.

Inner Coaching was born in 2002 as the result of my constant work and experiences with clients as a naturopath, yoga teacher, healer, personal coach and trainer. I have been practicing and teaching yoga and meditation for over 20 years. I have been exploring different styles of conscious & free form movement and transformative dance. At the same time I have been creating retreats for people in nature, where they could reconnect with their own inner nature, to find healing, deep relaxation and rejuvenation. My passion is to create a space where people can transform through movement and stillness and to find the gifts of the present moment.

Since I was small I asked myself the deep questions of life. What am I doing here? Why do I live if I have to die...What is life all about? There was always the longing to understand and connect to the source within, to understand the power of the mind and consciousness. From here grew a deep interest in metaphysics, consciousness and holistic medicine. I looked for deeper answers. Through my experiences and life challenges I found the connection and my inner voice that has been guiding me since.

The feedback that I have had from my clients is that I have been a catalyst for transformation in a gentle and joyful way. People share with me my gift is to hold space for healing processes to occur and that it comes from my deep sense of trust in life.

Through my own experience and love of being in nature and from the results I have seen from all my retreats I always motivate people to take time off for themselves. To take a break and to give quality time for yourself to rest and renew. We live in a time of so many and fast changes and a constant information flow all around us all the time - that we need more than ever time for ourselves to listen to our own inner voice and to cultivate healthy habits for our mind and well – being.

I look forward to this new retreat and destination in Morocco where Ingrid and me together will collaborate and create an uplifting experience for you!

With love and joy,
Antje

RAW ELEGANCE ALL INCLUSIVE PACKAGE



The price for this raw elegance all inclusive package, sharing a room, is Euro 1.575,- per person

Included in the price:

- Airport transfers on June 2nd and June 9th
- 7 nights in the elegant hotel de charme on walking distance from the beach
- Overnight in a large double room, sharing. All the rooms are elegant and beautiful in its simplicity. Every room has a terrace overlooking the sea and the nature, every room has a fireplace (which you will not need this time of the year), every room has a bathroom with shower, every room has two single beds. If you like you can even sleep outside on the rooftop terrace so you have separate sleeping place with two persons in one room. Supplement of Euro 225,- if you want to book your own single room.
- All your meals are included. We prepare vegetarian meals, prepared with fresh ingredients from the garden of the hotel and from the local souks
- Tea, water, fresh fruit in the hotel is available for you all day
- One night you enjoy your dinner in a private villa
- Transfers and visit to Essaouira including dinner in a French-Moroccan local restaurant and a 30 minute foot massage in a traditional hammam
- Daily yoga classes, featuring different yoga styles so you get a taste of yin yoga, vinyasa yoga, slow flow, basic alignment
- Daily dynamic dance meditation practices
- Daily guided meditation practice
- Yoga mats and bolsters are available
- Full use of the facilities of the hotel, including the yoga room, restaurant, terrace, garden, swimming pool
- All taxes are included
- Two senior facilitators, Antje Korth and Ingrid Valks, so you will have a lot of personal attention whenever needed

This price is all inclusive, you do not need to worry about anything from the moment you arrive at the airport in Morocco until and including the transfer to the airport for your departure.

Not included are your flights, your insurance. This you need to arrange yourself. We provide you with enough food and beverage but if you still want to order extra soft drinks this is at your own expense.

We can provide you with an invoice for your company. Just let us know and you will receive the invoice for this personal empowerment leadership retreat.

SEND AN EMAIL TO SUBSCRIBE



You only need to send email to ingridvalks0101@gmail.com or to korth@innercoaching.info

We will send you an invoice. Once we have received your payment, your booking in this retreat is confirmed.

For any questions do not hesitate to contact us by email, phone or whatsapp. Ingrid Valks M +31 (0)651097805. Antje Korth M +49 1606271991

You will receive an intake form some weeks before the retreat, so we can learn about your personal motivation. This helps us in creating a personalized experience with impact for you.

You arrange your insurance, book your flight to Essaouria, Marrakech or Agadir, arriving Saturday June 2nd. And from here you do not need to worry about anything anymore. We will take care of you from the moment you arrive at the airport until and including your transfer back to the airport of your departure on Saturday June 9th.

TO BRING & TOP 5 TO TAKE HOME



What to bring is simple. You only need to bring comfortable clothes and sunglasses. Do not bring your whole wardrobe to look fancy. This is not necessary. Bring your swim gear, slippers, yoga outfit, comfortable dress and/or jogging pants, just how you feel happy. No holiday stress. You do not need to go shopping weeks before your arrival to this retreat.

Top 5 to take home

1. You will have an energized body and a calm mind after being spoiled with wonderful beach walks, yoga, meditation and dancing practices.
2. You will feel reconnected with your own nature so you can continue to live from your heart and less from your head
3. You will go home with phone numbers from new friends around the globe, a way to open yourself to other worlds and new ideas. However if you do not want to talk to anybody the whole week it is fine too!
4. You will be inspired by two chefs de cuisine and take home recipes from new favorite dishes
5. You have found an new holiday destination for your family and friends as you want to come back to this elegant place, so close to the still undiscovered city of Essaouira

THE POWER OF TIME OFF RECONNECT WITH YOUR INNERCOACH



travel - nature – good health - inspiration - people from around the world - swimming pool - sun, sea, beach – time to sleep – time to read - healthy kitchen - delicious food - dynamic dancing - yin yoga - gentle vinyasa yoga – meditation – move – dance – transform - Essaouira – Unesco site – hammam – carpets – argan oil – pottery - sand dunes – introduction to yoga – energize – rejuvenate – rebalance – time to relax – mindfulness – time off for yourself – feeling free in your body – calm mind – alignment of body & soul – get in touch with your true self – personal attention – release stress – learn to relax – learn to appreciate what is – open your senses – listen to your body – letting go – calm down mentally and physically – maintain your body and mind – inner peace - more flexible body – become still - simplicity – comfortable – sustainable location – local people – vegetable garden – argan oil – hotel de charme – personal attention – elegance – raw – hospitality – reconnect with your inner coach – the power of time off

Ingrid Valks M +31 (0)651097805 E ingridvalks0101@gmail.com
Antje Korth M +49 1606271991 E korth@innercoaching.info