

3 night 'yoga and surfing holiday' at Paradis Plage, Morocco

Fly out on Saturday morning from Heathrow and arrive at Paradis Plage, 30 minutes north of Agadir on Morocco's gorgeous Atlantic coast, in time for a late lunch. In the afternoon, you will enjoy your first yoga class. Stay in a large and comfy Junior Suite, rising on Sunday morning for a 90 minute yoga class with Nico Shanti in the stunning yoga studio on the beach. After breakfast, make your way down to the 'surf shop' to be fitted with a wetsuit and to choose your surf board, before heading out for your surfing lesson.

In the evening, you might decide to book yourself in to the hotel's charming boutique spa in order to soothe your tired muscles with a restorative massage. You can then choose to have dinner at one of the hotel's restaurants or around the camp fire on the beach, listening to the waves and staring at the stars. On Monday, you have two yoga classes. Choose from an 08.00, 11.00 or 17.00 start. In between classes, you can relax by the pool, enjoy long walks down the beach or, if you're now hooked on surfing, hire a board and head out in to the waves again.

After a leisurely breakfast on Tuesday morning, you will be transferred to the airport for your 11.30 flight back to London.



Programme Details

Length 3 nights

Cost From £550 per person based on 2 sharing or from £725 for single occupancy

Includes

- 3 nights in a Junior Suite on a B &B basis
- 1 surf lesson each (90 minutes, includes board and wetsuit hire)
- 3 yoga classes per person
- Returned scheduled flights
- Local airport transfers
- All local taxes

If you would like us to include half or full board, add some spa treatments or make any other variations to the itinerary outlined above, we would be happy to do so.

If you would like us to include half or full board, more or less spa treatments or make any other variations to the itinerary outlined above, we would be happy to do so. Our team can be contacted on 0845 458 0723 (international callers: +44 208 968 0501) and would be very happy to discuss any aspect of your holiday with you. Or please just email us at simon@thehealthyholidaycompany.com

We promise to look after you every step of the way!

The Healthy Holiday Company is ATOL protected by the Civil Aviation Authority

Our ATOL number is 6142

Always make sure that you are financially protected, whatever your holiday

