

# Yoga & Surf

with Katrien

April 6<sup>th</sup> – April 12<sup>th</sup>  
2027

Imsouane, Morocco

7 days.

No have-to's.

Only want-to's.



# Location

## Insouane

A place where time slows down.

Breathaking landscapes, stunning beaches, epic waves, untouched nature.

In this beautiful, small Moroccan fishing village, people live by the rhythm of the ocean.

**Slow . Peaceful . Community . Joy**

A few words to describe the perfect spot for several days of yoga, surf and rest.



## The Little Kasbah

The venue is not a standard retreat center.

**It is a home.** Elise and Mehdi created a space for us to live together for a week, like a small family.

Designed in traditional Amazigh architecture, our home has an epic rooftop terrace overlooking Africa's longest wave where we will practice yoga daily. **Pure magic.**

For a week, sharing yoga practices, surf sessions, meals, laughter and memories. Enjoying a sense of community within all the freedom of **slowing down** at your own pace.





# Program

## Day 1

Arrive . Welcome . Opening practice . Dinner

## Day 2

Vinyasa . Breakfast . Surf . Explore Imsouane . Yin yoga . Dinner

## Day 3

Vinyasa . Breakfast . Surf . Cooking class . Yoga Nidra . Dinner

## Day 4

Yoga (and dip) at the beach . Breakfast . Surf . Evening practice . Dinner

## Day 5

Vinyasa . Breakfast . Surf . Visit Taghazout . Dinner

## Day 6

Vinyasa . Breakfast . Surf or Hammam . Yin yoga . Rooftop dinner

## Day 7

Closing practice . Breakfast . Goodbye

This is a preliminary program and activities might still be changed around.  
None of the activities are obligatory, but they are included in the price.



# Prices

## Depending on type of room

4-bed dormitory with own bathroom: **€694** per person

Triple room with shared bathroom: **€694** per person

Twin room with shared bathroom: **€694** per person

Private room (kingsize bed) with own bathroom - 2 people: **€744** per person

Private room (kingsize bed) with own bathroom - alone: **€864** per person

♥ When the private room is booked for 2 persons, it has to be booked together

## What's included

Accommodation

Taxi from airport to venue on the first day

Taxi drive to and from Tagazhout

Guided yoga practices

6 breakfasts and 6 dinners

5 surf lessons (or 4 surf lessons and 1 hammam)

Cooking class

## What's not included

Lunches (breakfast & dinner are elaborate, your belly won't need much lunch)

In case a co-teacher joins, 1-on-1 sessions offered by her/him

Flights and taxi back to airport on last day

Travel insurance (obliged)



# Practicalities

## Airport taxis

On the day of arrival, 1 or 2 pick-up timings will be arranged from Agadir airport. This will be based on the arrival times of everyone.

## Rooms

The Little Kasbah is an incredibly cosy home. A space that makes slowing down easy. It houses one 4-bed dormitory with its own bathroom; one twin and one triple room with a shared bathroom; and two private rooms with a double bed and own bathroom. Every room has everything your heart and body needs. Only for washing your hair/body, bring your own favourite products.

## Payment

To secure a spot for the most epic week of 2027, you'll pay a non-refundable deposit of 160 euros. The rest of the payment will be done at least 2 weeks before the start of the retreat.

Once I have received your deposit (and my heart has made a happy dance of having you join for an incredible week), more details will come your way!

## I want to join!

Send me an email ([info@katrienyoga.com](mailto:info@katrienyoga.com)) with your room preference(s). You'll receive the info to pay the deposit. You're in. Whooop!

# Have a look!

4-bed dormitory



Triple room



Private double room



Twin room



Shared bathroom

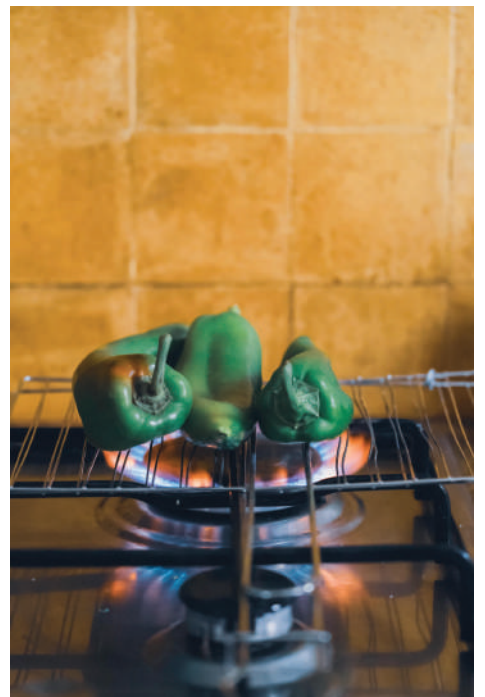


# Have a look!

Terrace + yoga space



Food (out of experience, I can confidently say the food is INSANELY good!!)



# Have a look!

## Vibe

