

**General information:**

**Yang + Yin Yoga and Yoga Therapy for everybody**

**Daily schedule:**

**Morning section**

7-7.30 Meditation

7.30 - 8.30 Yoga

8.45 - 10 h Breakfast

**Spare time:**

10.30 h - 16.00 h Spare time

**Afternoon section**

17-18.30 h Yoga

19 h Dinner

Information about the locations:

**Dar les Epices** Marrakech Medina ([www.andyouarehome.com](http://www.andyouarehome.com))

The riad is conveniently located 500Mt away from the Bahia Palace and the Museum Si Said amidst one of the more picturesque quarter of the Marrakech Medina. It offers 3 comfortable bedrooms all with self-contained bathroom and equipped with air cond and heater. Free wi-fi in all ambiances



**Dar Yasmin** Marrakech Medina ([www.andyouarehome.com](http://www.andyouarehome.com))

The riad is ideally located in the Mellah quarter, alongside the Royal Palace El Badi. It offers 2 large comfortable bedrooms all self-contained with air con and heater. 2 terraces and 1 hamman. Free wi-fi in all ambiances



### Short bio of the yoga teacher

Jutta Jaeger: <http://www.j-jaeger.de/>



German yoga teacher, with more than 500hrs teacher training, specialized in Yoga Therapie and Yin Yoga. Her Yoga is soft, deep and fits for beginners as well as for experienced Yogis. Even if you have problems with your back, knees or hips you will find a way to participate. She is also ThaiYogaMasseur, specialized in Belly Massage. Her beloved teachers are Jordan Bloom (USA), David Lurey (USA), Mirjam Wagner (Spain), Stefanie Arend (Germany), Dirk Bennewitz (Germany), Josh Summers (USA), Krishnatakis (Greece), SpirosAspiotis (Greece). Teaching in german, english and French

Between one yoga class and the other, Jutta has another great passion: aquarelle painting.

Up on request, Jutta will be happy to organize painting classes

**Available dates:**

**2017**

**6-10 November**

**2018**

**29-31 January**

**1-3 February**

**23-28 April**

**Package includes:**

Sunrise meditation 7-7.30

2 yoga sections

Complimentary breakfast

Accommodation on half board (dinner)

Herbal teas and seasonal juice on each yoga section

Herbal tea or tisane after dinner

**Souk tour**

Available, complimentary yoga mats

**Package does not include:**

Airfares

Insurance

Taxi from/to airport

Personal items

**Cost**Eu**100** per person per day