



Kasbah du Toubkal

YOGA WITH PERUMAL RETREAT AND HOLIDAYS in
High Atlas Mountains of Morocco
Summer 2017

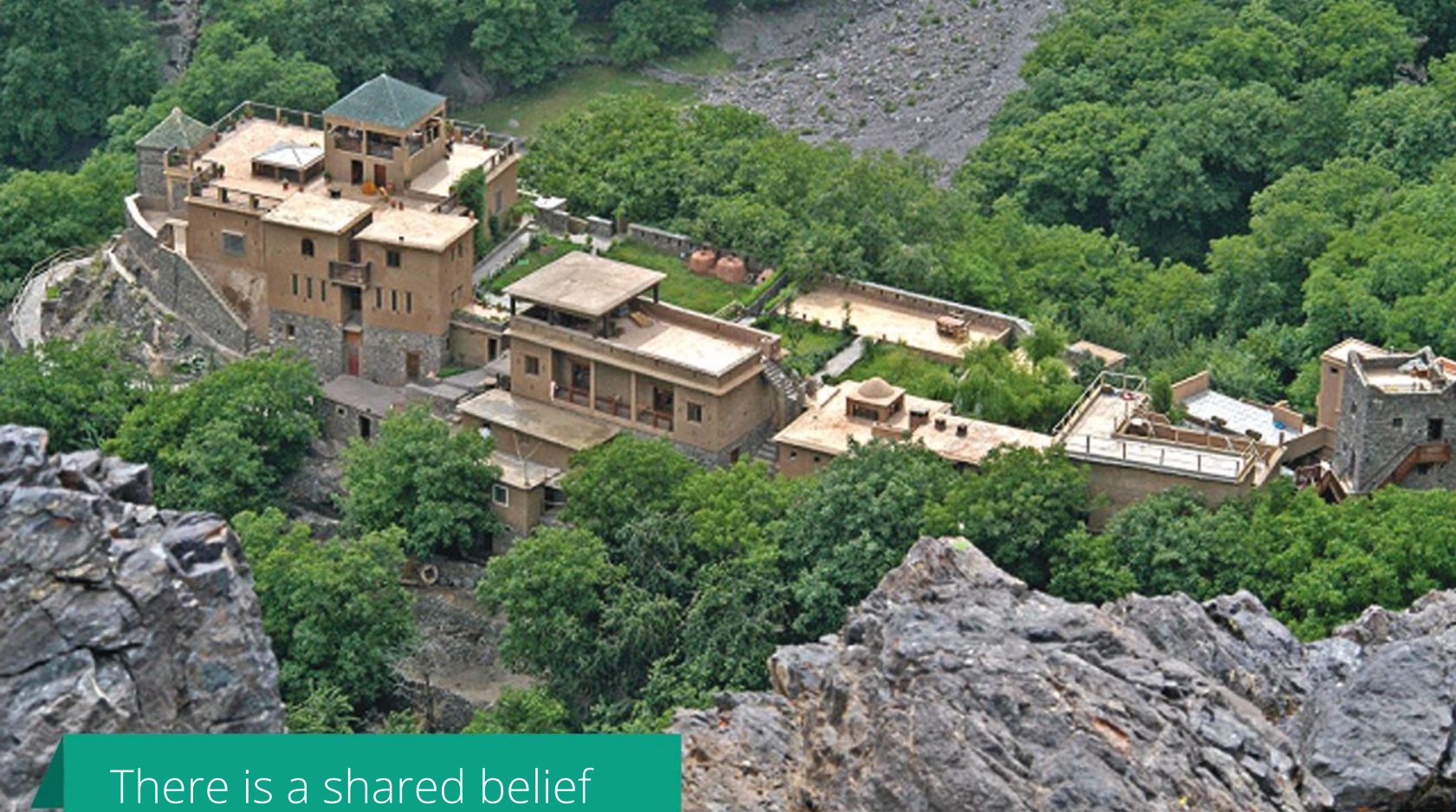


Dreams are only the plans of the reasonable.

Kasbah du Toubkal is an extraordinary venture, the product of an imaginative Berber and European partnership. Stunning scenery combined with warm hospitality of the Berbers who run it, creates a special environment for yoga practitioners.

"With the best rooftop views in North Africa...this is the country's first and foremost mountain retreat."
Condé Nast Traveller

The Kasbah was chosen by Martin Scorsese for his film "Kundun" to represent the Dungkar Monastery in Tibet where the 14th Dalai Lama spent time in his early years before escaping to India. It was also selected to reproduce the serenity of Tibet at that time as this is reflected in the surrounding countryside.



There is a shared belief that the beauty of the Toubkal National Park should be accessible to all who respect it. To this end the Kasbah has been transformed, using traditional methods, from the home of a Feudal Caid into an unprecedented haven. The Kasbah is a welcoming environment for those seeking comfortable mountain refuge and for those who wish for superb rooms in a stunning setting.





The cuisine is based on the local dishes and vegetarian options are available as are fish dishes.

We are happy to cater for vegetarians and would suggest mentioning that you are vegetarian to staff on arrival.

It has been consciously decided to avoid the appointment of foreign cooks and instead generate the maximum amount of local employment including management to the local community.



Yoga with Perumal incorporates:

- 01 Pranayama
- 02 Preparation
- 03 Salutation
- 04 Strength
- 05 Stretching
- 06 Meditation and or Relaxation



The 6 parts of Yoga with Perumal are combined into sequences focused on particular areas. Every lesson experiences a different sequence. Each session flows into the next in a synergistic manner. Classes progress from simple to complex allowing the body and breathe to open gradually. This minimizes injuries, enables the novice to learn with the experienced, while maximizing results. Following are some examples.





Core Series:

A detoxifying session. Remove the head and limbs and what remains are mostly core muscles. A session to focus the back and abdominal muscles in order to stabilize / activate the core. This series sets the foundation to limb based postures. Deep abdominal breathing exercises along with joint preparation sets are also emphasized.



Leg Series:

Hips, gluteus, hamstrings, quads and calves are well used. Postures range from lightning / chair, double warrior, Warrior 1 – 3, heel raises and various balancing sequences. Those with lower back issues benefit immensely with this fluid yet challenging series.





Arm Balances

Focuses on upper body postures in order to train the shoulders, chest and arms.

These postures range from plank, side plank, single leg plank and crow to chaturanga along with their variations. There is a strong emphasis on preparation for joints followed by isometric and then isotonic movements synchronized with breath.

Depth of progression into a sequence depends on the individual or group.

Above sample sessions focus on specifics body areas. This enables progression without overtraining.

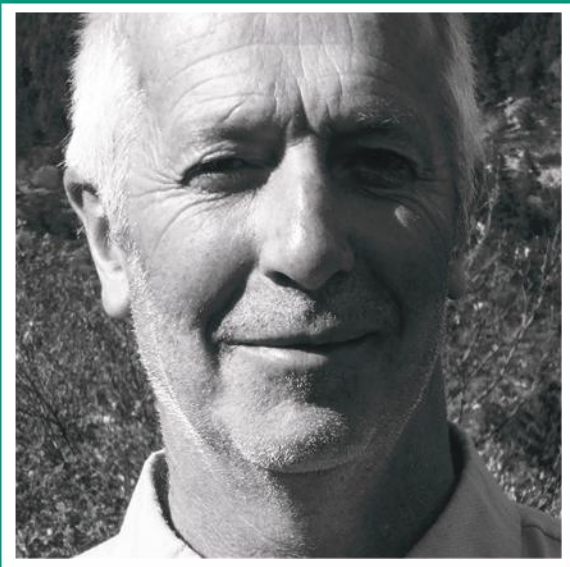
Additional sequences include rejuvenation sessions, pranayama and meditation and combining sessions with vinyasa flow are just some of many practices.





Additional Activities *(As a Supplement):*

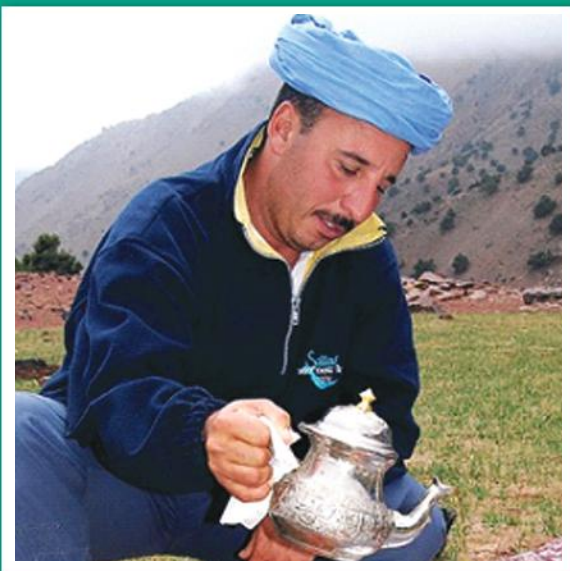
- Massage
- Hammam
- Local Villages
- Mountain Biking
- Cooking Classes
- Guided Walks and Treks



Owner:

I wanted to avoid working in an office, so I formed Discover Ltd. and from 1978 I ran Land Rover adventure holidays in Morocco. It was then that I met local mountain guide Omar Ait Bahmed – and so began a friendship and business relationship continuing to this day. In 1986 Discover Ltd purchased a field study centre in France. 1990 saw the start of the process that led to the purchase of The Kasbah du Toubkal and it opened its doors in 1995.

In 2006 we formed the travel agency Mountain Voyage Morocco and a year later myself and others formed Education For All (EFA). EFA helps provide the opportunity of a college education for girls from rural Morocco. In 2013 the first annual cyclo-sportive, the Marrakech Atlas Etape (run in favor of Education For All) took place. Education For All now runs 5 boarding houses, which enables nearly 200 girls to gain the opportunity of a college education.



Ground Team

It was in 1978 that Mike, while travelling with a group through Morocco, stayed in Imlil a small Berber village below the ruined Kasbah at the foot of the highest peak in North Africa, the 4167-metre high Mount Toubkal. They were the guests of local mountain guide and respected leader of the local community, Hajj Maurice, with whom Mike built up a firm friendship over the years.

In this exceptional area live the Berbers, the original inhabitants of North Africa. Discover Ltd considered this an ideal location to develop a country lodge with the remarkable hospitality of the Berbers at its core. Accordingly Kasbah du Toubkal is a Berber Hospitality Centre, run by husband and wife Hajj Maurice and Hajja Arkia from Imlil and their Berber team. They act as our local point of contact for handling all guest needs.

Teacher:

Perumal Koshy's teaching career began at 13 while assisting a Kung-Fu master in Los Angeles. After 10 years of martial arts he began teaching yoga within the United Kingdom (2001–2004), Italy (2006–2010) and now in Morocco (2010–Present). His experiences lead to the authoring of articles on his methods for Italian, French and Dutch yoga magazines while conducting seminars, workshops and retreats. The lessons are thorough with theoretical arguments and easy to comprehend guidelines. His lessons, due to a progressive approach, allow participants to achieve the right state of flow in order to improve mobility, breathing and circulation while strengthening muscles, tendons and ligaments.



Partner:

Ines Stephan, often the point of contact, cofounded Yoga with Perumal Marrakech retreats in 2010. As a film producer over a 25 year period she realized over 100 commercials and documentaries in Morocco. After experiencing working collaborations with the Dalai Lama and Mikhail Gorbachev, Miss Stephan came to the realization of Yoga with Perumal Marrakech retreats.



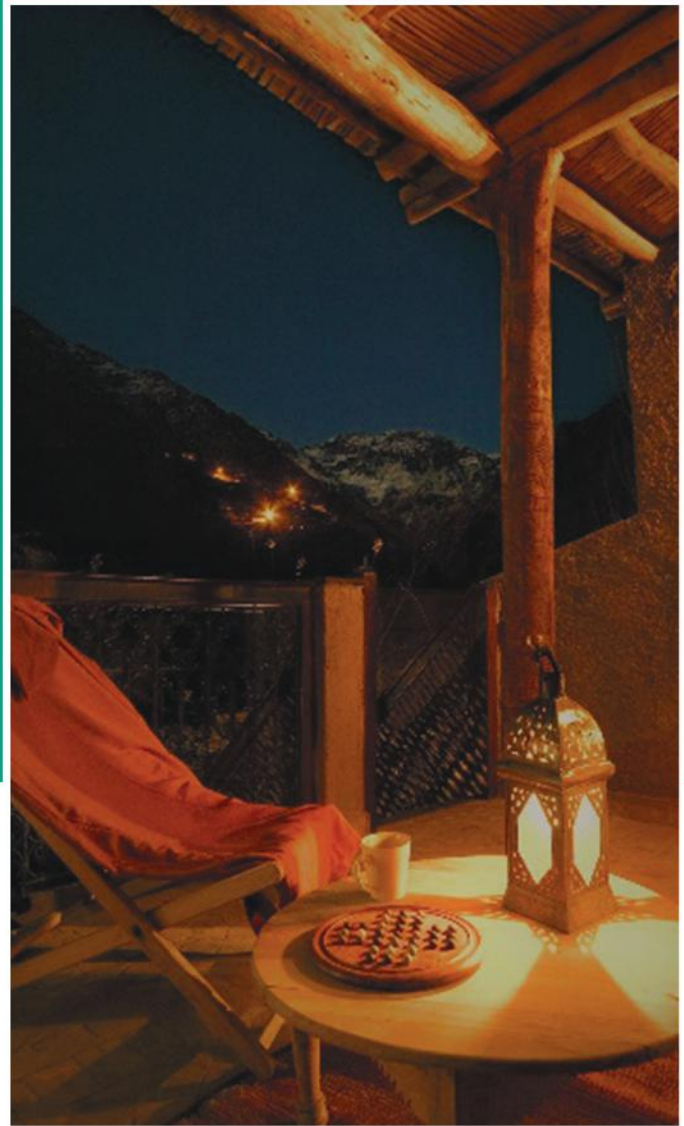
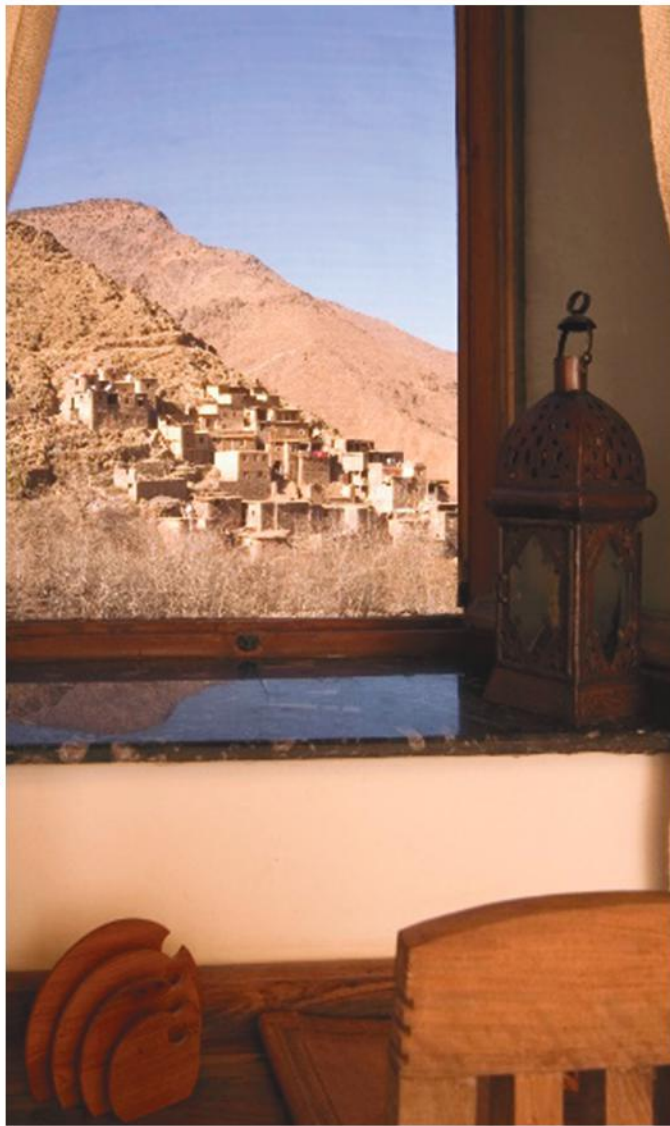
YOGA RETREAT HOLIDAY PRICES PER PERSON IN EURO

Half Board which is Breakfast & Dinner are included in the rates. Yoga classes are twice a day for 2 or more participants attending the retreat. One sole participant attending the retreat we teach one daily yoga class.

Rooms	3 nights	5 nights	7 nights
Double occupancy	€ 635	€ 1,073	€ 1,512
Single occupancy	€ 934	€ 1,540	€ 2,145

A 5% Levy is included in the price
for funding the Village Association and helping Education For All





INCLUDED IN PACKAGES:

- Meals in Half Board - Please keep us informed of your dietary choices (Vegetarian / Non Vegetarian) prior to and during the retreat.
- Transfers - From and returning to the airport. Participants reserving for 5 or more nights are collected from the airport at no charge. Otherwise it is 250 MAD or €25 each way. Please communicate arrival times in advance.

NOT INCLUDED:

- Travel Insurance
- Health Insurance & Repatriation
- Flights (Your destination is Marrakech)
- Alcohol





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