

## **Exceptional Yoga Retreats at Es Saadi Marrakech Resort – 2025**

Es Saadi Marrakech Resort is proud to announce the two final yoga retreats of 2025, offering an immersive and rejuvenating experience in a magical setting. Enjoy a unique stay combining serenity, well-being, and revitalization, guided by renowned experts in an exceptional environment.

**Yoga Nidra, Yin Yoga, and Pilates Retreat – May 16 to 19, 2025 with Pema Aglossi**  
From May 16 to 19, the prestigious Es Saadi Marrakech Resort will host Pema Aglossi, an internationally renowned expert, for an immersive retreat that harmoniously blends Pilates, Yoga Nidra, and Yin Yoga. This retreat promises a soothing and restorative experience, where each practice supports inner balance and strength.

Pema Aglossi, a master of deep relaxation and gentle strengthening, offers a holistic approach centered on body awareness, mindfulness, and energy balance. It's the perfect opportunity to rediscover your serenity in an idyllic setting.

**Ashtanga and Vinyasa Yoga Retreat – November 21 to 24, 2025 with Samuel Ganes**  
From November 21 to 24, dive into the dynamic energy of Ashtanga and Vinyasa Yoga under the guidance of Samuel Ganes, a yoga and Ayurvedic therapy expert. Drawing inspiration from his travels in India and Thailand, Samuel Ganes will guide you towards a perfect balance between strength, fluidity, and serenity through dynamic postures, conscious breathing, and meditation.

This retreat is the ideal opportunity to awaken your energy and restore harmony between body and mind, in an environment conducive to inner transformation.

### **INFORMATION & RESERVATION**

The retreats include:

- 2 yoga classes per day, for a total of 6 classes (90 minutes/class)
- Full board with organic and Slow Food cuisine (vegetarian and gluten-free menus upon request)
- A traditional Marrakech hammam with exfoliation and a 50-minute Signature massage
- An outdoor city tour
- Detox juices and infusions available at all times
- Free access to the Oriental Thermae® of the Palace Spa

Book now for these exceptional moments of well-being and treat yourself to a transformative getaway in the heart of Marrakech.

*For more information and to reserve your spot, contact us at [info@essaadi.com](mailto:info@essaadi.com)*