



MOROCCO RETREAT

SATURDAY 21ST TO SATURDAY 28TH NOVEMBER 2026
TIGMI RETREAT HOTEL, MARRAKECH



**TIGMI IS THE BERBER WORD FOR "MY HOUSE",
AND WILL BE OUR HOME FOR A BLISSFUL 7 NIGHT YOGA RETREAT.
THE PERFECT PLACE TO REST, REFLECT AND RESTORE**

Tigmi is tucked away from the hubbub of Marrakesh on the outskirts of a traditional Moroccan Berber village and will redefine your idea of relaxation.

Set in the foothills of the Atlas mountains and 30 minutes drive from Marrakech, here you will find meandering corridors and courtyard paths lead to twenty-four authentically-furnished, comfortable rooms.

You'll enjoy plunge pools, secret terraces, charming gardens and a myriad of quiet corners in which to read and recharge as well as a fully equipped, traditional, Moroccan spa offering an array of treatments, from a traditional Moroccan Hammam to a relaxing massage, for the days that you want to just sit back and relax.

The first impression of Tigmi is of a lovely garden laid to lawns and paths, with banana palms, citrus and olive trees and a swimming pool with soft, jade-coloured water. The scents and colours of orange blossom and roses assail the senses. Fifteen tortoises live in this garden, adding to the unhurried feel of this tranquil oasis.

There are also two swimming pools, one of which is heated to 26 degrees throughout the year with sunbeds around the pool as well as plenty of shaded areas in the gardens, that are furnished with comfortable divans for those of you who prefer to lounge around out of the sun.

If you would like to find out more about the venue, visit their website...www.tigmi.com



Accommodation

Berber Rooms – these single, twin and doubles bedrooms are authentically Moroccan with generous, comfortable beds, cool cotton sheets, hand-woven covers and cushions, large bathrooms and a traditional seated area.

Many of the bedrooms have fireplaces and private terraces. Intimate and quirky in their design, all rooms are decorated with locally woven cushions, hand crafted furnishings, covers and wall hangings, and all rooms are stocked with specially made bath, shower and body products.

Meals

All meals are prepared in the newly fitted kitchens by master-chef Brahim and combine the best of Moroccan and French cuisine. Seasonal produce is delivered daily.

Breakfast – This will be served after our morning class and consists of mouth watering homemade juices, honey, yogurts, pancakes, cheeses, locally made flat breads, fresh fruit and cereals. Please note there is an extra charge for eggs.

Lunch – There will be a delicious colourful buffet salad daily..

Dinner – All of our evening meals are traditional vegetarian North African and French dishes. Fish can be requested at the teachers discretion and comes fresh to the hotel from the Atlantic..

Yoga and Other Things to do

There are two yoga spaces: a covered roof terrace with stunning views of Marrakesh across the plains and an indoor room that is light and airy, and we will enjoy each over the course of our stay..

Of course, the retreat will be filled with plenty of yoga practices, of various energies and styles, but there will also be plenty of time to relax. Between our yoga sessions, you can spend your days spent lazing Moroccan-style: lounging, reading or swimming in one of the two pools, playing backgammon or chess in one of the many gardens and courtyards or popping into Marrakesh using the hotel's free mini-bus service.

Tigmi also has its own hammam & spa, with a variety of treatments and massage therapists on hand.

There are a few bicycles available for the more energetic to explore the local area. Cultural treats are plentiful with mosques, museums, a visit to the famous square Jemaa el Fna with its acrobats, dancers and magicians, the Majorelle Gardens and the grove of 150,000 palm trees at La Palmeraie.

A visit to one of the souks in Marrakesh's old city is an art form in itself, and this will be included in the price. An experience not to be missed with busy market stalls and colourful displays of the traders' wares – local crafts, satins, silks, glittery shoes, leather wares, paintings, spices and food.

There will be other various day excursions further afield, arranged by the hotel. such as a visit to the Atlas Mountains.

So...what does it cost?

The price is £1100, based on 2 people sharing.
Single occupancy is also available on a limited basis for a supplement of £400

What is included in the price?

7 nights accommodation
Breakfast, lunch and dinner each day, and endless teas, coffee and spring water
All the yoga sessions and workshops!
A visit to the souks in Marrakech
Free wifi (though why not take the opportunity to disconnect completely for a while?)
A free minibus into Marrakech is available each day if you wish to explore solo!

What is not included?

Flights (nearest airport is Marrakech)
Transfers (though these can be arranged by the venue at a small additional cost)
There may be additional optional excursions - tbc.
Travel insurance (highly recommended)
Tips (though we will collect these centrally)
Additional snacks and drinks
Any spa treatments

How to book

Email me at tiffany@nilayaretreats.yoga, with the title "Morocco retreat 2026", and let me know you'd like a space, along with any particular requests for sharing/single occupancy.
I will then confirm your place and send you the bank details.
I will hold your space for 48 hours to pay the non-refundable deposit of £250.
(full t'c & c's available upon booking)

Ways to pay

Once your deposit is paid, you have 2 options:

Option 1: by 6 installments (**shared/single** as appropriate)
(by bank transfer)

by 1st June 2025 **£150/£250**
by 1st September 2025 **£140/£200**
by 1st December 2025 **£140/£200**
by 1st March 2026 **£140/£200**
by 1st June 2026 **£140/£200**
by 1st September 2026 **£140/£200**

Option 2: by 18 monthly installments (**shared/single**)
(by standing order)

1st April 2025 **£85/£60**
1st May 2025 to 1st September 2026 inclusive **£45/£70**

Of course, if you have any questions at all,
then please don't hesitate to get in touch.
And I look forward to sharing this exciting
adventure with you!

