



Villa Dinari

Marrakesh

Pilates & Yoga Retreat

3rd - 8th May 2024

Presented by Helen Pybus & Sue Woodd



Marrakesh 2024

Welcome to the ultimate Pilates and Yoga Retreat in Marrakech's luxurious 5-star Villa Dinari presented by Helen Pybus and Sue Woodd - Nestled within over two acres of lush, exquisitely landscaped gardens and serene terraces. A true oasis of calm and tranquillity, this haven will leave you feeling revitalized and rejuvenated having spent your retreat with us.

Your daily Pilates and Yoga sessions will be a pure focus on rebalancing the body mentally and physically, improving mobility and flexibility, well-being and just having 'time for you'.

Indulge in the epitome of wellbeing with our thoughtfully designed accommodations. We take pride in personally selecting every element for the 3 single ensuite rooms, 8 twin/double ensuite rooms, and even our unique glamping suites.

Each space exudes relaxation, making it challenging to tear yourself away from the comfort they offer. Inspired by the historic riad style, our retreat embraces a secluded ambiance away from the public gaze, creating pockets of privacy for your most special moments.





Marrakesh



Despite being just a short twenty-minute drive from the bustling city of Marrakech, Villa Dinari transports you to a world of serenity. The private gardens, complete with a heated swimming pool, outdoor Summer bar area provide an idyllic setting for unwinding and finding your centre. Additionally, guests can indulge in the delights of our private hammam and spa, allowing for a complete well-being experience.

One of the highlights of your stay at Villa Dinari is the culinary journey. Our Moroccan-inspired dishes come with a delightful Villa Dinari twist, promising a dining experience that will tantalize your taste buds. Furthermore, we cater to all special dietary requirements, ensuring every guest feels cared for and nourished. Throughout the day, we offer healthy mid-morning and afternoon snacks, adding to the overall sense of well-being during your retreat.





Pilates & Yoga Sessions

Pilates Flexband

Seasonal Yoga

Pilates Stretch

Loop Band Pilates

Meditation & Relaxation

Mindful Movement

Mobilise Your Spine

Happy Hips

Evening Talks





Villa Dinari





Facilities at Villa Dinari

Heated swimming pool

Summer bar

Moroccan cookery classes*

Dedicated gym area

Gift shop

Mini spa, hammam, massage & beauty therapy*
(arranged by appointment)

Minibars & tea & coffee facilities in all rooms

Hairdryers, bathrobes and pool towels

Excursions, both locally and nationally with
professional guides recommended by Abdellatif*

Local regular bus service to the centre of
Marrakesh every thirty minutes*

*Fees apply.



Your Room

Each of the 3 single and 8 twin/double bedded rooms at Villa Dinari has its own character, but they all have one thing in common – a seductive mix of soft colours, rich Moroccan textiles, and the best craft-work of local artisans. Lusciousness and luxury combined.

All rooms are ensuite and are located on the ground floor with stunning garden views.

All Rooms Include

Air conditioning and heating

Minibar*

Tea and coffee making facilities

Toiletries & pool towels

Safe

Hairdryer

*Fees apply.



What's Included in Your Stay

All Pilates, Yoga classes and evening talks

Full Board: Breakfast, midday and evening meal inspired by Moroccan & International cuisine

Mid-morning and afternoon snacks

Airport transfers

What's not Included in Your Stay

Flights - We will fly from four UK airports

Minibar

Moroccan cookery lesson

Excursions

Hammam



Your Presenters

Helen has been presenting, educating, and teaching the Pilates method for over 20 years and running international retreats since 2011

She has been trained and educated by some of the world's most renowned Pilates training providers and holds the UK's highest qualifications to give you the very best instruction in Pilates.

Helen also comes highly recommended by the medical profession and works closely alongside her local physios, chiropractors, and osteopaths.

A Master Trainer for both PureStretch UK and Pulseroll UK you can also see her pop up on your TV screens on QVC every now and again entertaining!

Helen Pybus



Sue Woodd

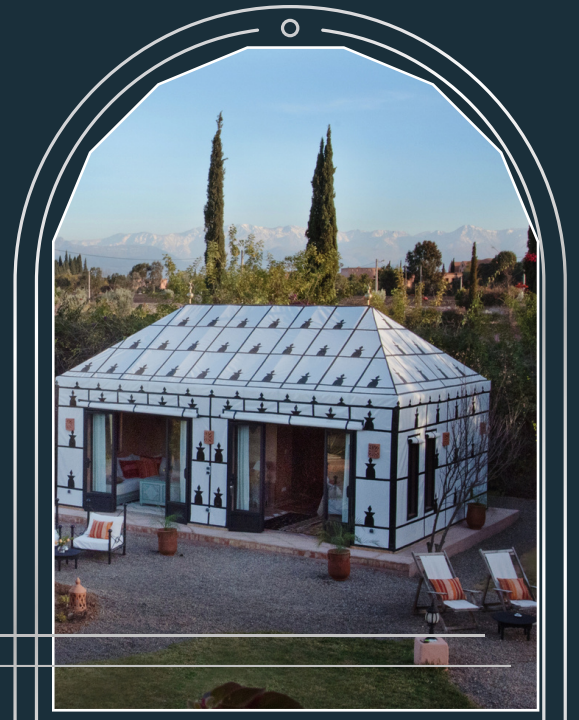


Sue Woodd is co-principal of seasonal yoga teacher training school and founder of Yo- Chi and exciting health program for young people. An author and initiator of exciting new companies and workshops that change lives.



Price for Five Nights

Twin/double ensuite room	£950.00pp
Single ensuite room	£1150.00
Twin/double ensuite as single occupancy	£1350.00



To Book Your Retreat

Please BACS £200.00 pp [non-refundable deposit] to book your space:

Helen A Pybus

Sort 40-35-75

Account 80006084

Payment 2 - £400pp 6 months prior to departure

Final payment - Three months prior to departure

Further payment plans available if required



Cancellation Policy

Cancellations made by the client within 3 months of retreat date will receive a 75% refund. Minus the deposit.

Cancellations made by the client within 2 months of retreat date will receive a 50% refund. Minus the deposit.

Cancellations made by the client within 4 weeks of retreat date will receive a 25% refund. Minus the deposit.

Cancellations made by the event organisers will receive a full refund including the deposit.

By paying your non-refundable deposit you agree with the terms and conditions and cancellation policy stated above.



Thank you

For further information – no question is too small! Please contact, Helen Pybus:

E- info@helenpybus.com

M - 07814 651 740

I look forward to meeting you!

Helen x

