

RETURN TO SOFTNESS RETREAT, MOROCCO

Monday 8th -Monday 15th June 2026

Step back from the constant flow of doing, pushing, rushing and the pressures of your life to explore time to meet yourself again. Within we hold a power; a creative, expansive, nurturing and loving feminine energy often forced to the background by life. Embrace what lies within because she is YOU. Soften back into your essence and let intuition, self-love and authenticity rise.

7 night's Accommodation in a Beautiful Private Villa with Pool

11 X 90 minutes Yoga / Yin / TRE/ Breathwork/ Meditation

1 x 1:1 Seichim (Divine Feminine Energy) Session

Creative Session & Journalling

Time to BE

Daily Breakfast & Dinner, 4 Lunches

Return transfers to Marrakech Airport

Tea / Coffee

Free time to rest, relax and enjoy the villa, pool and sunshine.

Opportunities to explore the sights & sounds of exotic Marrakech,

take a trip to the Atlas Mountains or have a desert experience.



YOUR HOST & TEACHER: NATASHA KING

Practicing since 1999, I chose yoga as a healing path after a serious illness in 2014. Initially training in Yoga with Ayurvedic Yoga Therapy (2016), 2026 marks my 10th year teaching yoga. Good health is paramount for happiness; tension and trauma held in the body can lead to a variety of symptoms both physically and mentally, finding techniques to nurture the body and mind and aid in the journey to better health has been the primary influence in my work. Trained in Tantric Hatha Yoga (500Hours+), Yin Yoga, Yoga Nidra, Breathwork, TRE & Trauma Informed Yoga and Transformational Healing, these practices guide us inwards, from where we meet ourselves and self-love, intuition and fearlessness grow. Attuned to Seichim: Divine Feminine Energy Healing rooted in Ancient Egypt, this practice is subtle and has opened my intuition, self-trust and inner gifts such as claircognizance. Using these practices my life has transformed; in December 2024 I placed my belongings in storage and set about exploring the world, living from the heart, trusting I would find opportunities, people and places. In November 2025 I found myself in the Moroccan Desert for 2 months, it was this time that deep inner gratitude rose, beckoning a softening and deeper self-love, that inspired this retreat.



DAILY SCHEDULE

This is a sample schedule, and times and practices will vary



7.00 am	Tea /Coffee
7.30 am	Morning Practice: Yoga
9.00 am	Breakfast
10.30am	Journalling / 1:1/ Quiet time
1.00pm	Lunch*
2.00 pm	Free time
5.00pm	Evening Practice: Yin & Nidra
7.00pm	Dinner
8.30pm	Evening chats, reading, down time.

* Lunch is not included 2 days in the week to allow for day trips.



THE VILLA / ROOMS

Our beautiful, private villa is tastefully designed featuring Moroccan handicrafts paired with contemporary comforts, set in a mature garden with private pool, there are spaces inside and out to rest, relax, socialise or find a private space to be.

With 4 uniquely designed bedrooms with private bathrooms, offering Sole Occupancy Doubles or Shared Twin options.



PRICES

TWIN SHARE: £1365pp / €1575pp (4-6 spaces available)

DOUBLE SOLE OCCUPANCY: £1665 / €1925 (2 spaces available)



NOT INCLUDED

Flights

Day Trips / Excursions

Travel Insurance

OPTIONAL EXCURSIONS

Scheduled into the retreat week is time for you to rest, enjoy the villa and explore!

A short 20-minute taxi away is the exotic, colourful, thriving city of Marrakech. Allow yourself to wander the alleys of the ancient Medina, barter for a souvenir and take traditional Moroccan mint tea or lunch in one of the cafes or restaurants – many with roof top terraces. Or take a guided tour to make the most of your time.

Le Jardins Marjorelle and YSL Museum are creatively stunning and inspiring and worth a visit.



The beautiful Atlas mountains are easily accessible and days trips to various destinations such as Imlil and Ouarzazate are available, as well as trips to the desert for camel rides or quad biking.

Taxis, guided tours and excursions can all be arranged at the villa.



YOUR-TIME

This retreat is set away from the bustle of the city to offer peace and tranquillity, with the option to explore beyond completely your choice.

The weather in Marrakech June is hot and dry with clear skies and rain very rare.

As we move through the week, you will be encouraged to take time integrate the practices, slow down and settle into a new state of being.

BOOKING

To enquire about booking please contact Natasha King:

Call / Text / Whatsapp: 07812145050

Email: Natashakingyoga@gmail.com

Website: www.natashakingyoga.com

PAYMENT

Bookings confirmed upon receipt of 25% non – refundable deposit.

All payments can be made in either Sterling or Euro by bank transfer to £ /€ account.

Final balance due 30 days prior to arrival 8th May 2026

Cancellation policy / Travel Insurance

Cancellation before 8th May 2026 - loss of 25% non-refundable deposit.

Please ensure you have adequate travel insurance to cover the full cost, as cancelling after 8th May 2026 will result in loss of full payment.

Full terms and conditions on application for booking.

'Go within, escape from the world

Blunt your edges

Separate your entanglements

Soften your light'

LAO TZU