

RETREAT

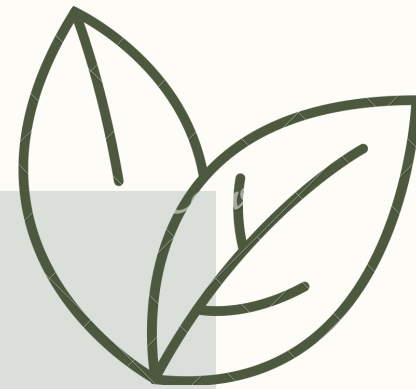


MOROCCO

8th - 12th December 2022

Womb Warrior

Discover a sense of empowerment, liberation and relief as you align with your body and bring yourself back in balance when you attune with your cyclic nature and learn to flow through life feeling like a goddess with new levels of inspiration and authentic potential.



MANIRA PALM

Marrakech



My Mission

To create a safe, supported and non-judgement space to allow souls to embody their warrior spirit, step into their truest power and be guided back home to themselves.

Offering...

A 4 night immersive & intimate adventure for 8 sacred souls who are ready to rebalance & reconnect to their power within.

A thoughtfully designed retreat utilising the current moon energies to drive you into your own personal and present cycle. Learn how to heal the wounds of the womb to free up space for your divine creation to shine its light. Allow for deep exploration of self through pleasure pathways, re-aligning with you feminine flow and taking your power back. This 4 night transformation will welcome integration and reflection to step into your authentic radiance and express who you are with openness and celebration. There is also a chance to embrace the culture and magic Morocco itself has to offer.

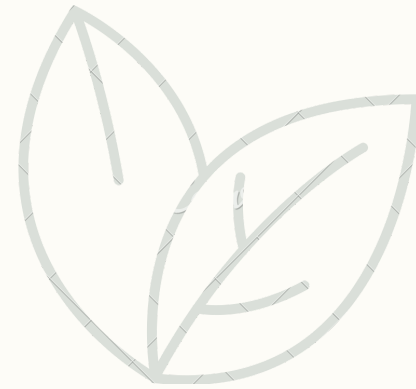


What to expect:



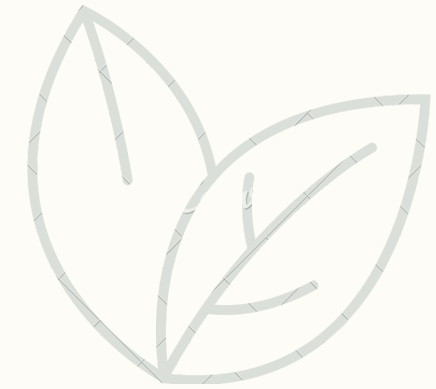
Sacred Practices

Daily Yoga & Mindfulness
Full Moon Ceremony
Sound Healing



Healing

Womb Healing & Yoni Steam
Inner Critic Workshop
Massage



Adventure

Cultural Immersion
Dance, Pleasure & Play
Cyclical Living & Creation

Here to heal...

| | DAY ONE | DAY TWO | DAY THREE | DAY FOUR |
|-----------|---|--|--|--|
| MORNING | <div>Cleanse</div> <div>Arrival</div> | <div>Connect</div> <div>Yoga Practice</div> <div>Brunch</div> <div>Free Time / Massage</div> | <div>Empower</div> <div>Yoga Practice</div> <div>Brunch</div> <div>Free Time / Massage</div> | <div>Liberate</div> <div>Morning Meditation</div> <div>Brunch</div> <div>Free Time / Massage</div> |
| AFTERNOON | <div>Welcome Circle</div> <div>Intention Setting</div> <div>Free Time / Massage</div> | <div>Cyclical Living Workshop</div> <div>Free Time / Massage</div> <div>Pottery Workshop</div> | <div>Inner Critic Workshop</div> <div>Free Time / Massage</div> <div>Yin Yoga</div> | <div>Womb Alchemy Workshop</div> <div>Sound Healing</div> <div>Free Time / Massage</div> |
| EVENING | <div>Evening Meal</div> <div>Full Moon Fire Ceremony</div> | <div>Evening Meal</div> <div>Free Time</div> | <div>Sunset Desert Dinner</div> | <div>Evening Meal</div> <div>Celebration Ceremony</div> |



Meet Nads...

An earthling embarking on a tropical adventure from the inside out. Living amongst the land has taught me the importance to sustainability for the soil BUT in preserving life on earth it got me thinking about how to preserve life within us. I am dedicated to guiding humans to unleash their inner warrior through sustainability for the SOUL.

VALUES:

Freedom | Harmony | Transparency | Strength | Abundance



EKG_MASSAGE

Meet Ellen...

A bodywork therapist with a desire to assist you in being the best version of what you can be. Working with individuals to help ease tension whilst bringing back awareness to their body is central to my practice. What we expect from our bodies can change throughout our lives. I am aware of how we move can have profound impact on our mental health, not just our physical.

Location

Manira Palm – A Hub for Healing.

An elegant villa on the outskirts of Marrakech providing authentic Moroccan experiences in eco luxury.

Their mission: To protect the planet and the people we share it with. Sustainability for soil & soul.

Culture | Community | Conscious Travel



MANIRA PALM

Marrakech

MANIRAPALM.MARRAKECH



Manira Palm

What's included?

ACCOMMODATION

Manira Palm will be reserved exclusively for the retreat, offering you 4 sensational nights in luxury eco accommodation and 5 peaceful days in serene surroundings overlooking the Atlas Mountains. Airport transfers are also included.

FOOD

All food will be locally sourced or fresh from Manira's organic garden and made with the best authentic Moroccan spices. You will receive morning juices, seasonal fruit and two nourishing, traditional & cycle informed meals per day, plus welcome dinner & departure breakfast.

SACRED PRACTICES

There will be sacred practices on offer daily including yoga, meditation, journalling, sharing circles, healing workshops, dance & play. Your own inner guidance leads you to a state of freedom. It enables you to reconnect with deep sources of wisdom and intuitive understanding.

BONUSES

Together we will introduce a traditional feminine self care ritual in Morocco which symbolises death & rebirth. A personalised 60 minute massage, a pottery workshop & dinner under the stars in Agafay Desert.

Why journey with me?

Through an experience of womb-conscious yoga, your own inner guidance leads you to a state of freedom. It enables you to reconnect with deep sources of wisdom and intuitive understanding. This empowering retreat is for any woman with a desire to support her own vitality, well-being, creativity, sexuality and spiritual consciousness. It is a way to encounter your power.

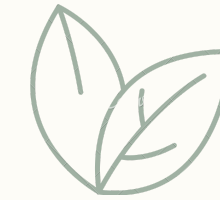
Allow yourself the opportunity to honour every part of you. Begin to learn, listen and be guided by your souls needs. As a result you will:

- Create a world for yourself that allows you to flow through life feeling like a goddess, with new levels of inspiration and authentic potential.
- Learn how to heal past trauma, release stagnant emotions and evolve in a supportive community of women.
- Discover a sense of empowerment, liberation and relief as you align with your body and bring yourself back in balance.

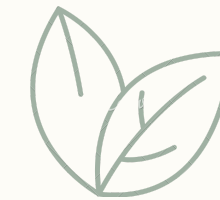


My promise to you

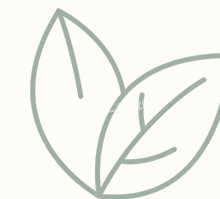
with this invitation is that you'll feel able to switch off from the outside & turn inwards to magical, wonderful you....



Learn new ways to
connect to yourself



Recognise,
understand &
befriend your inner
critic

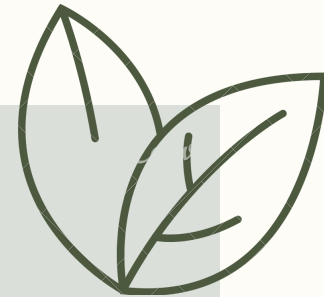


Learn to live to the
beat of your own
drum



Flow with your inner
seasons & rise in
your feminine power

Investment...



These are our Early Bird Prices which will increase by £111 after 31.10.22



Shared Twin Room

£777



Private Room

£999

A £222 deposit can secure your place. Payment plans available, send me a message for options.

MANIRAPALM.NADS

FIND OUT MORE:

www.manirapalm.com
[@manirapalm.marrakech](https://www.instagram.com/manirapalm.marrakech)

CONTACT NADS

manirapalm@gmail.com
[@manirapalm.nads](https://www.instagram.com/manirapalm.nads)



Connect to secure your place today...



Nads

(+212) 06 972 876 46



manirapalm@gmail.com



@manirapalm.nads

Womb Warrior Retreat

MOROCCO

8TH - 12TH NOV 2022