

RETREAT



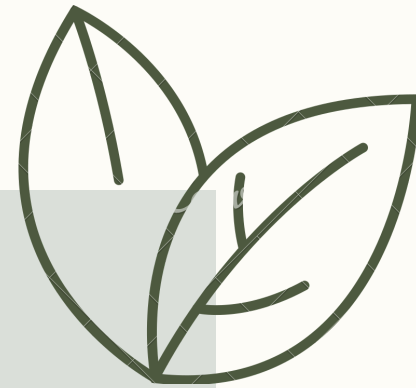
MOROCCO

10th - 15th November 2022

Warrior Evolution Retreat

**A transformational mindfulness & yoga retreat
to help you evolve through self discovery and
self love to awaken your authentic nature.**

**Ignite your truest potential and unleash your
inner warrior - an empowered soul with definite
sense of self.**



MANIRA PALM

Marrakech



Our Mission

To create a safe, serene hub for healing that will nurture and empower inquisitive souls on their transformative journey back to themselves.

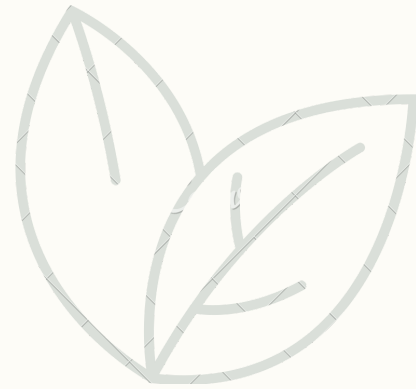
Offering...

A 5 night immersive & intimate adventure for 8 sacred souls who are ready to rebalance & reconnect to their power within.

A thoughtfully designed retreat to allow for deep exploration of self. An opportunity to heal self limiting beliefs and bring forgiveness, compassion and self love into your everyday. This 5 night transformation will welcome integration and reflection to step into your authentic power 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. Enrich your soul and reconnect.

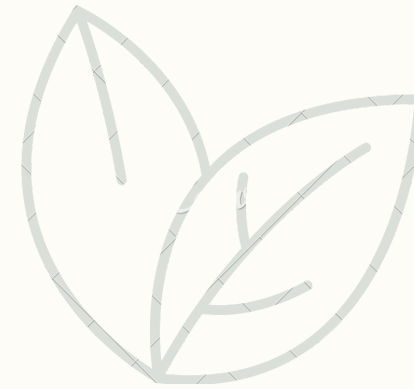


What to expect:



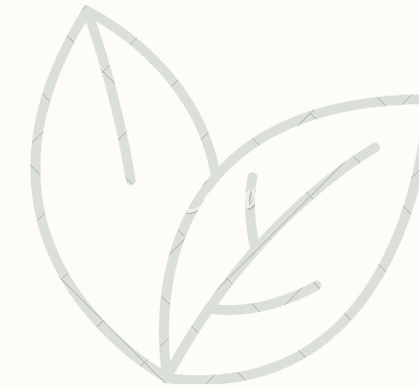
Sacred Practices

Daily Yoga & Mindfulness
Full Moon Ceremony
Celebration of Self Ceremony



Healing

Limiting Beliefs Workshop
Cycle Awareness Workshop
Self Love & Empowerment Workshop



Adventure

Cultural Immersion
Dance & Play
Creation

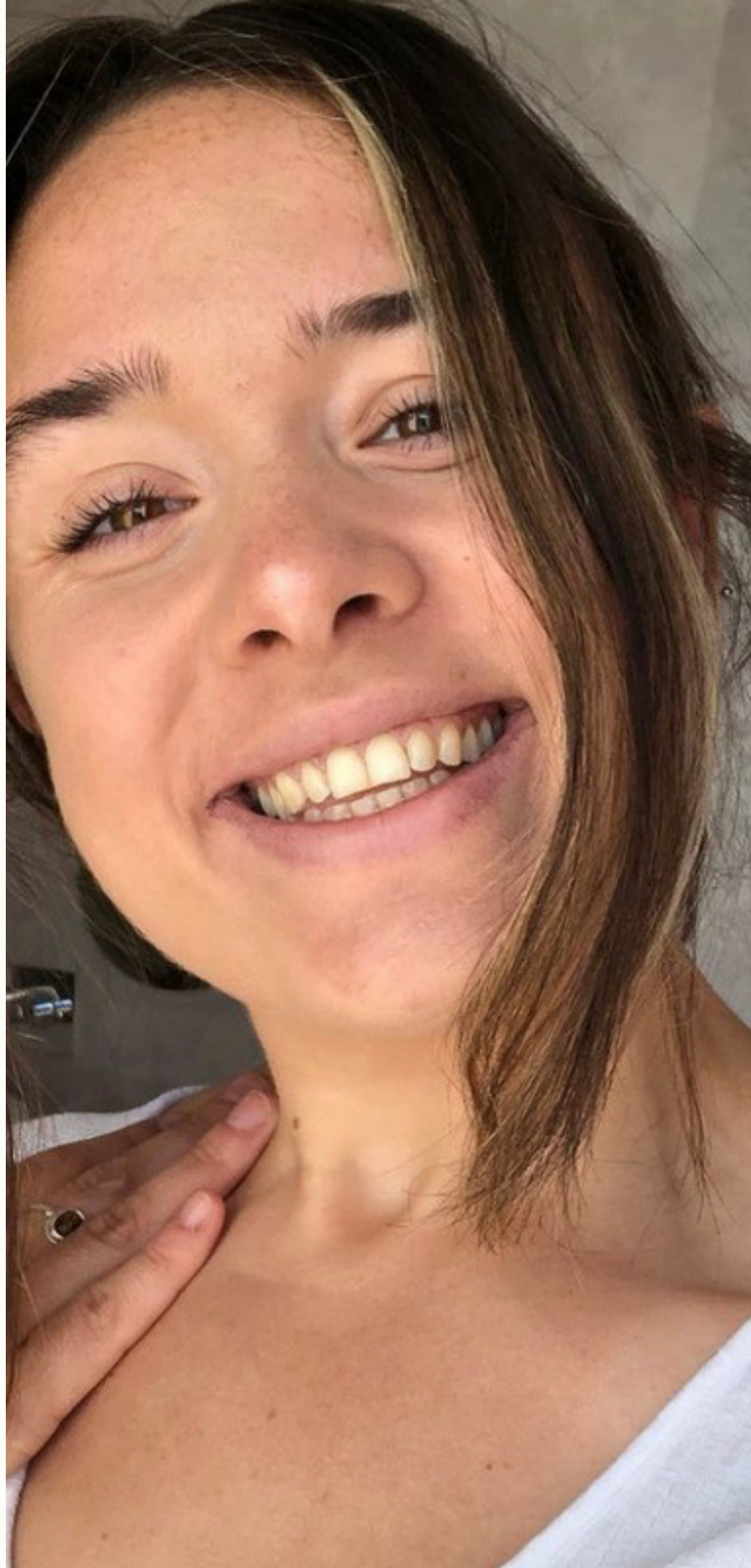


Meet Nads...

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



Meet Lorna...

A vibrant soul shining full of love, energy and wisdom. Passions deep rooted in self-love and empowerment, paving the path of personal power and freedom.

VALUES:

Authenticity | Connection | Freedom | Fun | Love

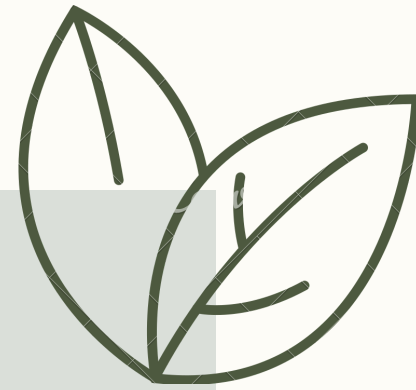
Location

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 5 sensational nights in luxury eco accommodation and 6 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, fruit and two nourishing & traditional meals per day, plus welcome dinner & departure breakfast.

SACRED PRACTICES

There will be sacred practices on offer daily including yoga, meditation, journalling, sharing circles, dance & play. You will receive a 1 to 1 session with both Lorna & Nads to really personalise your retreat experience. There will also be a series of workshops to deepen that connection with sef.

EXCURSIONS

All excursions are an opportunity to immerse in Moroccan culture, in turn supporting local people & charities. A full day excursion to an traditional Amazigh village in the High Atlas will be included as well as a half day soul enriching surprise.

Why journey with us?

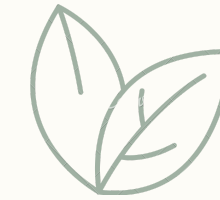
We believe this divine combination of mindfulness, yoga and adventure is a beautiful place to start learning, listening and reconnecting with the language of your body. Allow yourself the opportunity to be guided back home in a true state of power, in evolution of yourself and firm in your warrior spirit. This retreat will allow you to:

- Embody self love and compassion. Open your heart and mind to the possibilities of you.
- Freely, confidently and without fear fully express who you are.
- Feel gratitude for everyday, calling in an abundance of aligned opportunities.
- Understand your cyclic nature to live in a flow state of being.
- Start to shift your perspective, move out of things that are no longer serving you and into new levels of deserving, worthiness, creativity, insight, inspiration and empowerment.
- Feel better equipped to set, respect and honour your own boundaries. Trusting yourself more and in turn, others.

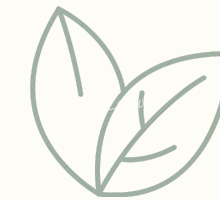


Our Promise to you

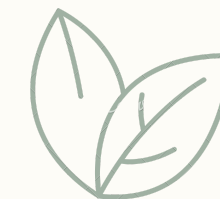
with this invitation is that you'll feel able to switch off from the outside & turn inwards to magical, wonderful you....



Learn new ways to connect to yourself



Identify how emotions manifest in the body



Activate your full potential



Nourish your soul

Investment...



These are our Early Bird Prices which will increase by £111 after 10.09.22



Shared Twin Room

£777



Private Room

£999

A £200 non-refundable deposit can secure your place. Payment plans available, send us a message for options.

MANIRAPALM.NADS
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FIND OUT MORE:

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CONTACT LORNA

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Find out more about your hosts...

Nads' story...

Once upon a time as an anxious soul, ants wriggled in her pants. The busy life she led was an avoidance strategy, a distraction from the abundance of what ifs and unrealistic imagination that flooded her mind and pounded in her chest. She worked in a chippy, a pub, in sales, as a support worker for the homeless & an analyst for a broadcasting company. She qualified with a degree in Psychology, then followed that with a Masters. Yet after all that, she still felt stuck & lacking direction.

So, she went travelling... (to find herself). And funnily enough, she did. Whilst the intercontinental adventures put things into perspective, it was the yoga along the way that brought her back to herself. 5 years prior, yoga was exercise. In India, it was her movement towards inner peace. By removing the notion yoga is based on touching your toes, she began to discover the presence within. She stopped chasing & started living.

Nads chose to complete her 200Hr TTC, not initially to teach but to dig deeper into herself & learn to live more in a flow state through life. But her world was transformed & yoga became a practice she was called to share. Happiness is where the heart is. Whilst this is an ongoing lesson aboard the cycle of continuous growth, her mind is now quieter & her worries are less. Nads' can sit in her own skin & be proud that she is brave enough to do so. All emotions welcome.

There is so much talk about sustainability for the environment, but what about sustainability for yourself? Us humans can burn out too. Nads dedicates her teachings to help people heal self limiting beliefs, believe in their power and achieve their potential. Most importantly, she creates space for people to SEE their inner warrior. SAFE. STRONG. RESILIENT. FEARLESS. FREE.



LORNAMCKENNA_

Lorna's story...

Having just graduated university, Lorna took one look at herself and thought something needed to change as she saw pictures of herself, and from that moment forwards embarked on weightloss journey believing happiness would be found in being slimmer (oh how wrong was she).

After two years of hard work, and 4 stone off, physically so much was different but inside nothing had changed and Lorna still felt incomplete. Deep rooted in unhappiness, feeling lost, questioning who she was, she knew there must be something more to life than this feeling. So she began to question...

Fast forward to the pandemic, a saving grace as it provided a chance to slow down, and face within. After joining an online company, the world of mindset appeared, and well lets just say the missing piece of the puzzle was revealed. Deep rooted in personal development, habits, and re-discovering who she was Lorna really began to learn that happiness truly does come from within, and the relationship with yourself is the most important one.

Lorna has been on deep path of investing in herself mind, body and soul and brings her depth of knowledge, experience and understanding to the work she does, as she empowers you to see your true nature and break free of your self-sabotage and become enriched in self-love.

After all, you have the longest relationship in the world with yourself so this will always be your greatest investment. Lorna dedicates her work to showing you how you can embody this, and lead a freedom lead life (it all starts in the mind), full of love and feeling empowered in the decisions you make.



Connect with us to secure your place today...



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