

YOGA . MEDITATION . WALKS . HEALTHY FOOD . LOTS OF FUN

FEEL THE VIBE MARRAKECH  
PEACOCK PAVILIONS HOTEL  
SOHAM X AFROVIBE X PROJECT SOAR

NOV 4TH TO 8TH 2020

Maryam Kaba +33 6 14 18 78 92 - [maryamkba@gmail.com](mailto:maryamkba@gmail.com)  
Soraya Francisco \_41 79 895 48 59 [soraya@studio-soham.com](mailto:soraya@studio-soham.com)





# SORAYA FRANCISCO

After 3 years in Rio Soraya created SoHam studio in Geneve, a place of sharing through a physical, mental and spiritual practice. Soraya is a personal trainer, yoga teacher, ginastica natural ambassador and meditation mentor

She is formed in jujitsu and box and she's always trying to learn and teach more about movement

Her studio offers different disciplines : Yoga, Boxing, Judo, Ginastica Natural, Afrovibe, Juice Bar & Boutique.

Join the Vibe !



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Afrovibe™ is a fun and intense cardio - afro dance discipline. Afrovibe™ is built around African dances, squats and standing muscular reinforcement/strengthening. An excellent way to burn calories, sculpt your body, gain flexibility and let it all out / give it all / go all in on the latest afro beats.



## MARYAM KABA

Bachelor in STAPS from the University Paris V, in fitness and Rhythmic gymnastic Maryam is a certified personal trainer. France [rhythmic gymnastics] National Champion in 1992 and 1994. She followed african dances trainings and became a choreographer and dance professor. She decided to use her knowledge of Sports and the Body to build her career becoming an independent sports coach. In this context, together with Doris Martel, she created her afro'fitness concept: Afrovibe™.



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# FEEL THE VIBE

WEDNESDAY 4TH	THURSDAY 5TH	FRIDAY 6TH	SATURDAY 7TH	SUNDAY 8TH
	8H AWAKING SUNRISE	7H YOGA GINASTICA NATURAL	7H30 AWAKING SUNRISE	8H AWAKING SUNRISE
	8H30 - 11H30 VOLUNTEERING PROJECT SOAR YOGA / AFROVIBE	8H30 BREAKFAST	8H - 9H30 YOGA MEDITATION	8H30 - 10H YOGA
9H - 12H AIRPORT TRANSFER TO PP	11H - 12H PILATES FUSION	10H TRANSFER PP TO KASBAH DU TOUBAL	9H30 - 11H00 AFROVIBE	10H - 11H30 AFROVIBE
13H HEALTHY BRUNCH	12H HEALTHY BRUNCH	13H LUNCH AT KASBAH DU TOUBKAL	11H30 HEALTHY BRUNCH	12H - 13H00 BRUNCH
14H - 17H CHILL AT PP	14H - 17H30 TRANSFERT PP TO MAJORELLE AND MEDINA OR CHILL AT PP	15H GUIDED HIKE	15H - 17H HAMMAM + MASSAGE LES BAINS DE MARRAKECH	14H DEPARTURES
17H - 18H AFROVIBE	17H30 - 18H30 PILATES FUSION	17H TRANSFER TO PP		
18H - 19H YIN YOGA	18H30 - 19H30 YOGA	19H DINER AT PP	19H00 DINNER IN TOWN	
19H30 DINNER AT PP	20H DINER AT PP	20H OUTDOOR CINEMA		

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## SIGN UP

- 1/ FILL THE FORM & SEND IT SIGNED
- 2/ PROCEED TO PAYMENT (YOU CAN PAY IN 2 TIMES BEFORE THE 30/09/2020)
- 3/ BOOK YOUR TICKET TO MARRAKECH!
- 4/ WAIT AND DREAM WITH THE DAY THE

## FEES

**5 DAYS : 1300€ IN SHARED ROOM\* [ BIG ROOMS SEPARATED BEDS]**

**THIS PRICE INCLUDES :**

THE ROOMS

THE MORNING SNACK, BRUNCHES AND DINNERS AT PEACOCK PAVILLON

THE CLASSES SCHEDULED IN THE PROGRAM

THE TRANSFER TO THE VILLA

HAMMAM DAY

**NOT INCLUDED :**

THE « EXTRA WELLNESS&BEAUTY » ACTIVITIES

THE FLIGHT TICKETS

## PEACOCK PAVILIONS HOTEL

Kilometers 18, Route de Ouarzazate,

Douar Ladaam, Marrakech, Marocco

[https://www.peacockpavilions.com/  
wehv01c7u6jj7fdk0p6nvdm116qlcs](https://www.peacockpavilions.com/wehv01c7u6jj7fdk0p6nvdm116qlcs)

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- HOW DO I GET TO THE HOUSE AFTER ARRIVING AT MARRAKECH AIRPORT?  
TRANSFERT INCLUDED

- **IS A CERTAIN LEVEL REQUIRED IN ORDER TO PARTICIPATE TO THE RETREAT?**  
THERE ARE NO REQUIREMENTS. THE PROFESSORS WILL ADAPT THE CLASS OR ACTIVITY ACCORDING TO YOUR LEVEL.  
CHANGES AND FINE-TUNING WILL BE ORGANIZED/MADE DEPENDING ON YOUR NEEDS (pregnancy, injury...)

- IN CASE I ARRIVE BEFORE THE SCHEDULED TIME, WHERE CAN I LEAVE MY LUGGAGE?  
YOU CAN COME ON YOUR OWN TO PEACOCK PAVILIONS

- IS IT POSSIBLE TO HAVE A PRIVATE ROOM?  
IT IS NOT POSSIBLE TO HAVE A PRIVATE ROOM AT PEACOCK PAVILIONS HOTEL  
THE ROOM ARE HUDGE AND VERY LUXURY





SWIP TO THE RIGHT



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