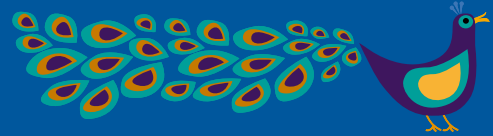


# Holistic pilates retreat at FAWAKAY VILLAS



Where private villa meets boutique hotel



**WORLD  
TRAVEL  
AWARDS**



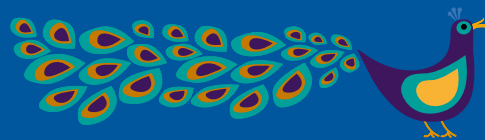
**WINNER 2018**  
Morocco's Leading  
Green Hotel



[www.fawakayvillas.com](http://www.fawakayvillas.com)

For further information about our pilates retreat, please contact  
**Dawn Boys-Stones** E [fawakay@gmail.com](mailto:fawakay@gmail.com) T +212 (0)673 187346

# Holistic pilates retreat at FAWAKAY VILLAS



Where private villa meets boutique hotel

Oozing authentic Moroccan glamour, Fawakay is a relaxed, secluded and enchanting hotel situated just a 20 minute drive from both the heart of Marrakech Medina and the airport - the perfect spot for pilates and relaxation.

The hotel cleverly combines the very best of a boutique hotel and private villa holiday and was voted Winner of the 2018 World Travel Awards for Morocco's Greenest Hotel.

Run by owners Dawn and Francis Boys-Stones, the Fawakay complex is set in 3.5 acres of lush, rose-scented gardens, through which winding pebble paths lead to each villa – and where you are likely to meet the two friendly resident donkeys (Norman and Freddy).

The gorgeous swimming pool area has extensive, luxurious poolside seating for both shade and sun lovers, as well as an expanse of grassy lawn with more seating and table tennis. The fabulous, expansive rooftop terrace with views over to the Atlas Mountains is the perfect spot for sun salutations. At Fawakay it is always easy to find your own space.

In addition to the pilates classes, Fawakay has a hammam and massage room as well as a small shop selling Moroccan clothing, homewares and beauty products. Meals are served either poolside, in the villas or the outdoor dining area. Vegetarian and vegan dishes are available - please just ask when making the booking.

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## **Rosalind Hoyes**

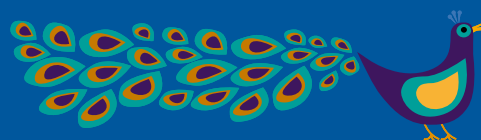
### **Body Control Pilates Instructor**

Since qualifying in 2004 with Body Control Pilates, the gold standard of teacher trainers, Rosalind Hoyes has been teaching pilates in many different environments.

After many years running a busy pilates studio in Northamptonshire, she moved areas and, fascinated by the link between mind and body, embarked on teacher training in Mindfulness for Stress Reduction at the University of Bangor, which has an international reputation for the quality of their teacher training programme.

Since 2013 Rosalind has travelled extensively in the UK and abroad running pilates and mindfulness retreats, holidays and workshops, teaching her unique blend of these skills to enable people to take a relaxing break in good company whilst improving mobility and strength.

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## ITINERARY

### DAY ONE

Transfers from airport  
Lunch for early arrivals (payable and on request)  
17:45 Welcome cocktails  
18:30 First pilates session  
19:45 Dinner

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### DAY TWO

9:00 Breakfast  
10:00 Pilates session  
13:00 Lunch  
17:30 Pilates session  
19:30 Drinks and dinner

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### DAY THREE

9:00 Breakfast  
10:00 Pilates session  
13:00 Lunch  
14:30 Afternoon excursion - (optional but included in the price)  
This will be to the Yves St Laurent museum and the Majorelle Gardens in Marrakech  
18:00 Pilates session  
19:30 Drinks and dinner

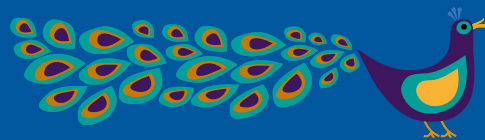
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### DAY FOUR

9:00 Breakfast  
10:00 Pilates session  
13:00 Lunch  
18:00 Pilates session  
19:30 Drinks and dinner

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# Holistic pilates retreat at FAWAKAY VILLAS



Where private villa meets boutique hotel

## DAY FIVE

- 9:00 Breakfast
- 10:00 Pilates session
- 13:00 Lunch out (included in the cost)
- 18:00 Pilates session
- 19:30 Dinner

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## DAY SIX

- 9:00 Breakfast
- 10:00 Pilates session
- 13:00 Lunch
- 18:00 Pilates session
- 19:30 Drinks and dinner

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## DAY SEVEN

- 9:00 Breakfast then departure

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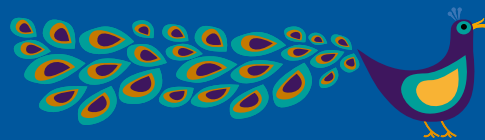
## PRICE

- £1300/person – single occupancy
- £850/person – double occupancy

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If you would like to extend your stay with us, either before or after the pilates week, please get in touch with us for a B&B price.

# Holistic pilates retreat at FAWAKAY VILLAS



Where private villa meets boutique hotel

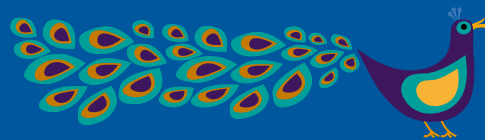
## WHAT'S INCLUDED

- Accommodation for 6 nights
- Full board when at the villas
  - Breakfast
  - Lunch
  - Pre dinner canapés
  - Dinner

- 
- Water, local wines and beer, soft drinks throughout the week
  - Welcome cocktails on 1st night
  - Welcome gift per person

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- Return airport transfers from Marrakech Menara Airport
  - All pilates sessions for the week
  - Any organised trips according to the itinerary
  - Tourist taxes
  - Any excursions/entry fees as per itinerary
  - Trip to souk in the Medina followed by lunch out on the last day including transport
-

# Holistic pilates retreat at FAWAKAY VILLAS



Where private villa meets boutique hotel

## WHATS NOT INCLUDED

- Flights
  - Insurance
  - Staff gratuities
  - Any transport outside the itinerary
  - Any extras (e.g beauty treatments, laundry etc)
  - Cocktails/specialist/imported drinks (smoothies etc other than the first after each morning session)
  - Lunch on day of arrival/departure on request depending on flights
- 

## EXTRA SERVICES (payable) AVAILABLE DURING THE WEEK

### ON-SITE

- Moroccan cookery classes
- Beauty treatments
- Traditional hammam and massage facilities
- Henna

### OFF-SITE

- Souk trip
  - English speaking guides for shopping/historic visits of the souk etc
  - Dune buggies
  - Camel rides
  - Horse-riding
  - Golf
  - Trips to Atlas Mountains
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