



Surf
and
Soul

MOROCCO
EST 2018

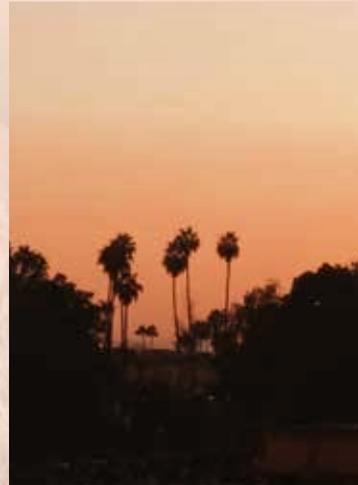
Welcome...

to your 200km playground!

Located just a few meters away from the beach, **Surf and Soul Morocco** is a surf, SUP and yoga school open to all surf lovers, from beginners to advanced.

Our packages include several options: group surf lessons, individual surf lessons, surf workout training, yoga instruction and so much more (all with or without accommodation).

Depending on your level, and the swells, our instructors will be happy to guide you through an area of 200 km, enabling you to enjoy the best surf conditions available every day.



Imagine Morocco...

A land of sunshine,
where mountains bow down to the sea and where the desert gently embraces the ocean. A land of world famous surf spots, wild beaches and perfect waves. It's a place where scents and cultures meet, where warm desert winds carry a hint of spice and the freshness of mint, where roads wind through villages lost in time. A place where genuine is more than just a word.

If you love surfing and adventure, and you want to discover a new culture where time has another meaning, where there is so much to see, to hear, to feel, to taste, then visit Surf and Soul Morocco.

We have the means and the expertise to make your entire experience truly inspiring.

Our values

For us, every detail matters, it's our definition of service. That's why we have tested every service we're offering. With the added advantage of in-depth local knowledge of the region, and an extensive network of experts in every related field we have the advantage of being able to offer more than just a holiday. To meet your needs and help enrich your experience, our team speaks French, German, English, Spanish, and Arabic.

Surf a 200 km playground!

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Discover Oualidia

Situated on the beautiful Atlantic coast of Morocco, the village of Oualidia is a hidden gem just waiting to be discovered.

With surf beaches surrounding it and a large tidal lagoon at its heart, there are few places in the world that can match it for its serenity, natural beauty and sheer magic.

At one end, natural oyster farms beckon with the promise of fresh ocean produce, while wild wetlands play host to a range of local bird species. Watch the flamingos bask in the beauty of a North African sunset, or take a boat trip around the lagoon to explore the cool, dark depths of abandoned pirate caves.

Trek the beach by horse, donkey or quadbike, and visit the Saturday village market, just 15 minutes walk from our home.

Partake of a traditional tagine cooked over an open fire, visit the Hammam or simply chill out on our large roof-top terrace.

If you want to go further afield, embark on a journey to visit the souk in Safi, where you can purchase pottery, spices and leather goods.

Excursions

Oualidia is a great base for day trips.

Nearby Safi is the pottery centre of Morocco.

To the North, Azzemour is a small city perched on the left bank of Oum Er-Rbia River.

El Jadida is an old port city famous for its Portugese walls of hewn stone, and its fusion of European and Moroccan culture.

Essaouira, Casablanca and Marrakech can be visited with an overnight stay.

Transport can be arranged for all these destinations.

Stand Up Paddle

NOUVEAU ! STAND UP PADDLE TOURS

Half day 45 € / pers — Full day *** 70 € / pers

*** without catering
at least 2 people required

Sunset tour 30€ / pers
at least 4 people required - (July/August)

Are you interested in discovering a new way of gliding, and learning a new discipline? Stand Up Paddle (SUP) consists of standing on a large, wide board and using a paddle for movement.

Accessible to almost everyone, SUP is an excellent way to stay in shape and to discover a new water sport. It can be practiced in both still water and the open ocean. Our team will accompany and instruct you in the practice of this popular activity.

Yoga on the Paddle Board

SUP and Yoga go hand in hand, they have a natural synergy - allowing the mind, body and spirit to renew, cleanse and integrate in natural harmony.

Our yoga instructors can instruct anyone, from the total beginner to the advanced student. For the more adventurous, we have the pleasure of offering yoga lessons while on your Paddle Board – simply paddle out and do the class in the middle of the ocean. If you are already staying with us and you wish to try it, we offer group and private lessons. Please contact us for availability, schedules and rates.

Stand Up Paddle and Yoga Package Rates

Packages include: All SUP equipment and transportation to SUP venues for our daily SUP surfing or SUP flatwater guided session with coaching. Daily unlimited use of paddle boards and paddles - while with us or on your own - SUP Instructor/Guide, SUP lessons, coaching and guided tours, at least one photo/video session with a Photo/Video Analysis Coaching Session for every 3 nights that you are here.

We can also accommodate one optional activity from our list (per person) on stays of 4 or more nights instead of SUP boarding, if you prefer, to have some rest and recovery time.

SUP and Yoga

You will participate in the SUP program of your choice (SUP surfing, flatwater or a mix of both for Beginner, Intermediate or Advanced levels) plus a yoga class daily. Yoga on the Paddleboard is available at least once for the 4-6 night packages, and at least twice for packages of 7 nights or more. SUP Yoga is entirely your choice, if you prefer your yoga lesson on land there is absolutely no problem.

Important

We offer SUP packages without the Stay Accommodation included. For services without accommodation please see our „à la carte“ tours, lessons and rentals page.

Special Rates

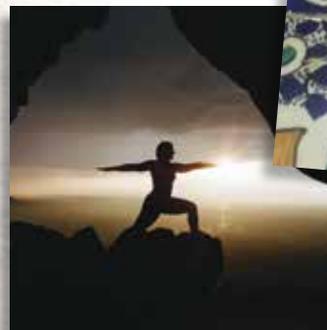
Non-SUP partner, friend or family member. If you have a partner, friend or family member that does not wish to participate in the SUP activities but would like to come and enjoy a Moroccan vacation with you, they will only need to pay a share room charge, airport transfers and breakfast. Stand Up Paddling and other additional activities, such as Yoga, can be arranged for your companion and you would pay for them “a la carte”. If your companion wishes to come to some of the other beaches that we go to for SUP surfing or flatwater paddling, it would be subject to space availability in the vehicle, plus a transportation fee of €15 per trip. For more than one non-SUP companion, or if you want to bring your family but you are the only SUP boarder, please contact us as we have various options for you.



Breathe Easy

The concept at the very heart of our business is the reconnection of mind body and soul.

With our deeply-held philosophy of re-engagement, we encourage you to find your inner peace with a serene morning or evening yoga session. Take the time to meditate on the spacious terrace or enjoy the gentle movements of your yoga practice on the sandbanks of the Lagoon. Take the time to connect with all that nature has to offer and, more importantly, reconnect with yourself as you benefit from this holistic approach to life in stunning surrounds.



Home is Where the Heart is

Our laid-back approach to life is reflected in the stunning simplicity of the camp's accommodation. Natural clean lines in the shared rooms allow the mind to rest and relax, stylish yet simple, they are a haven of calm and your home away from home. Kick back in the chill-out areas, both in the apartment or on the spacious terrace, whilst you listen to your favourite tunes, enjoy the ocean breeze or simply take in the scenery.

Surf and Soul Morocco is a 150m² house designed in a traditional fashion with a comfortable, modern ambience.

- Apartment
- Free Wi-Fi, satellite TV
- Large rooftop terrace
- Share Kitchen
- Shared rooms/Double rooms
- Laundry service
- Moroccan breakfast (special Moroccan menus prepared on request)

Packages and Prices

Yoga Retreats / Yoga Teacher Training

Arrange your own Retreat or Teacher Training

If you are a yoga teacher interested in running your retreat or teacher's training here, please send us an enquiry or email us at info@surfandsoulmorocco.com and we'll send across all information and availability.

The yoga terrace is fully equipped to support you and your practice with: mats, bricks, belts.

We also have (for independent surfers):

- 7 nights with breakfast - 210 EUR/pax (Share Room)
- 7 nights with breakfast - 245 EUR/pax (Double Room)
- 1 night with breakfast - 35 EUR/pax (Share Room)
- 1 night with breakfast - 40 EUR/pax (Double Room)
- Transfers Airport (Round trip) - 190 EUR (seats 6)
- Car Rental - 35 EUR/day

Board + Wetsuit Rentals

- Surfboard/2h: 20 EUR
- SUPboard/2h: 35 EUR
- Wetsuit/2h: 8 EUR
- Surfboard/week: on request
- SUPboard/week: on request
- All rates are per person.

Board Fixing

In case your board gets damaged, we can fix it for you. Prices on request.

Extra Activities: Prices on request

- SUP Surf / Flatwater SUP Tour
- Yoga
- Surf Workout - Cardio & Balance Circuit Training
- Camel ride (beach or mountain)
- Horse or Donkey ride (beach or mountain)
- Quads or buggies (beach or mountain)
- Hamam
- Trip to Safi
- Motorboat trip in the Lagoon
- Skate board rental and much more...

Activities	The Yoga Retreat	Surf/Yoga Package	The Surf Package	Independent Surf Package
Yoga - Dynamic morning flow (1 hour or more depending on the group)	😊			
Yoga - 1 hour class		😊		
Yoga - Restorative yin evening practice (1,5 hours)	😊			
All yoga equipment	😊	😊		
Surf lesson (2 hours every day) taught as a progressive course	😊	😊	😊	
All surf equipment hire	😊	😊	😊	😊
Transport to beaches and surf breaks	😊	😊	😊	😊
Breakfast	😊	😊	😊	😊
Bottled water, tea and fruit	😊	😊	😊	😊
Accommodation including cleaning service	😊	😊	😊	😊
A visit to the Souk, Oualidia	😊	😊	😊	😊
A traditional Hammam with Gommage	😊	😊		
Night Music & Barbecue	😊	😊	😊	😊

Overnight Stays

Prices in € (with taxes included)

5 Nights	670	565	450	365
7 Nights	840	735	595	510
10 Nights	1.140	1.020	835	700
14 Nights	1.550	1.355	1.120	950

Special low season prices, 10% off all packages from November to March. We have special group offers, please contact us for detailed information.



NOU YOU
Founder



LUCCI
Co-Founder

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