

MANU THE PORTUGUESE BUDDY

7-DAY RETREAT

# YOGA *in*

AGADIR

MOROCCO

18.03.2024  
*To*  
24.03.2024

with  
MANU  
School of Yoga · Precision & Flow

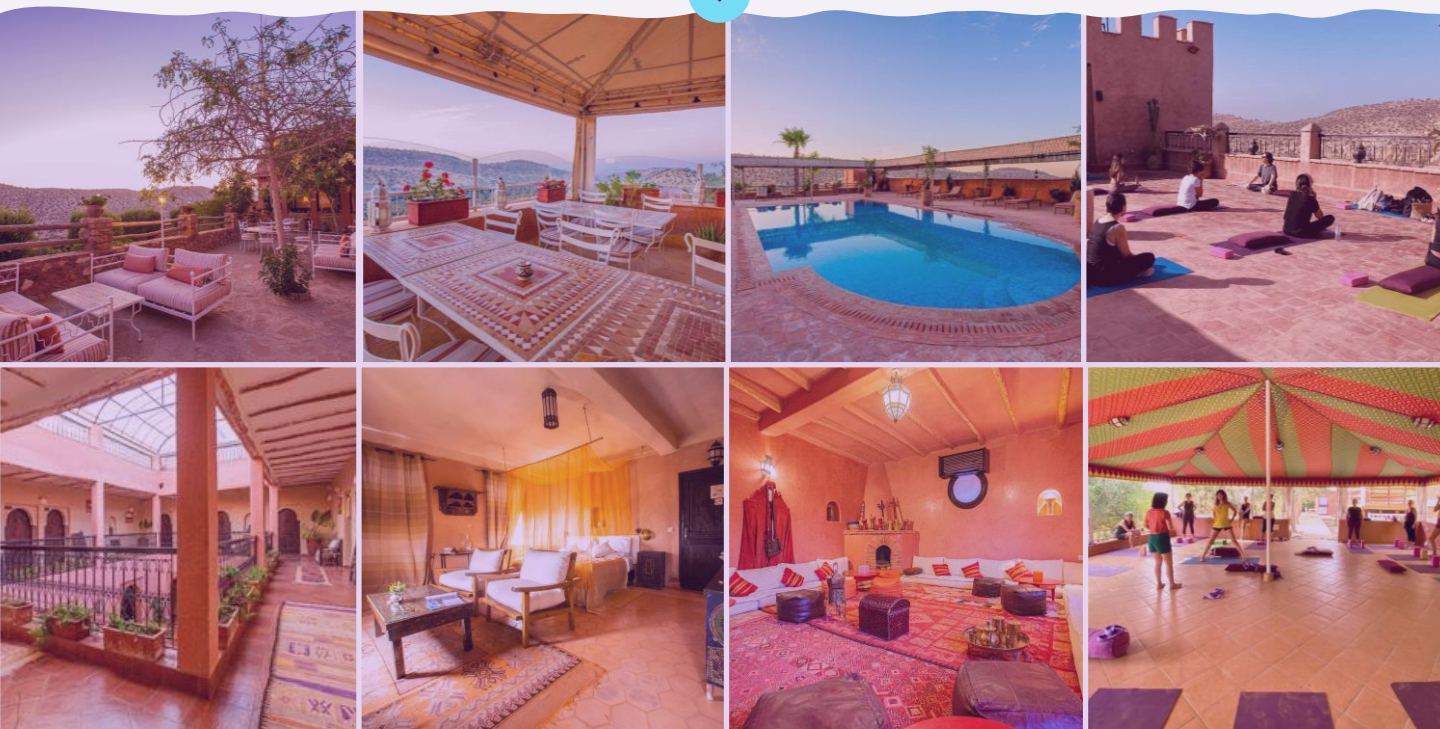


This fantastic experience will have place on the

# ATLAS KASBAH ECOLOGDGE & SPA

an old castle transformed into a dream hotel, among the **Atlas mountains**, considered a **UNESCO heritage site**, and having already been **awarded as a place of excellence**.

Just **3km from the Agadir airport and the city center**, where you can appreciate the Berber art of living, in a stunning and peaceful haven.



The retreat will last for **7 days**, and the **cost of the experience will depend** on the **type of accommodation**. It includes:

- **Yoga Retreat** with **MANU**  
**2 daily classes**, based on a **specific program** that **includes several yoga practices**, adapted to all intensities: **from beginner to advanced**.
- **Accommodation**  
 6 nights
- **All Meals included**  
 Brunch, Snacks and Dinner for all types of diet, including vegan. Water and tea available all day
- **Practical Moroccan Cooking Class**  
 Lunch included
- **Surprise Activity**
- **Yoga Props**  
 Eco-friendly TPE yoga mats; Foam bricks; Wooden bricks; Straps; Round bolsters; Rectangle bolster; Wooden back benders
- **Transfers**
  - Daily Free Transfers to the Agadir City Centre and/or Beaches
  - From & To the Airport
- **Logistics & Production Support**  
 During the entire trip



**SINGLE ROOM**  
 2.100€/PERSON



**DOUBLE ROOM**  
 1.550€/PERSON



**TRIPLE ROOM**  
 1.290€/PERSON

**Manel's** first contact with yoga was in 1994, but only when he moved to S.D. California, he dedicated full time to yoga.

He started **teaching in 2004** in USA, and in 2010 came back to Portugal, **teaching all over Europe and beyond.**

In 2016 Manel founded **Manu School Of Yoga** with his method **Precision & Flow.**

**PRECISION**, requiring teachers to have a **clear and profound understanding** of all aspects of yoga

**FLOW**, **creative and dynamic expression** of each practice & teacher



This retreat will be a true and authentic **Journey into the world of Yoga**, guided by the **Professor Manel Rodrigues**, where some subjects will be addressed, over the several sessions, such as:

- **ASANA PRACTICE**  
smart, dynamic sequences integrated into everyday concepts
- **PRANAYAMA**  
breathing work
- **PURYASTAKA**  
journey to the energetic body or mental emotional body
- **SOFT FLOW**  
calm, restorative & nourishing Asana practice
- **YOGA NIDRA**  
deep relaxation yoga
- **MEDITATION**  
techniques and tools for meditation
- **MYTHS**  
storytelling
- **PHILOSOPHY**  
rooted in Tantra



The **Portuguese Buddy**, a company specialized in tourist experiences, teamed up with **Manel Rodrigues** for a unique experience:

## a **Yoga retreat in Agadir, Morocco**, between the **18<sup>th</sup>** and **24<sup>th</sup>** of **March 2024**

**“PRECISION & FLOW ”** is the **key signature** of **Manu School Of Yoga** and it is intended to create an **authentic community of people with a positive approach to life**, who aim to be **less judgmental and take more conscious action**.

The intent is for this community to uplift one another and to develop a deep and authentic practice.



**18**  
**MAR**

**19**  
**MAR**

**20**  
**MAR**

08H

09H

10H

11H

12H

13H

14H

15H

16H

17H

18H

19H

20H

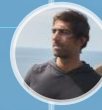
21H

22H

23H



Morning Class \*



Morning Class \*

Brunch

Brunch

- **Meeting Point:** Marrakesh/Agadir airport
- **Transfer** to Agadir

Free Time

Free Time

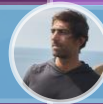
Check the available activities [here](#)

Check the available activities [here](#)

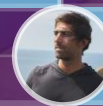
- **Arrival** at the Hotel
- **Check in & Welcome Drink**
- **Room** Assignment
- **Group Reception**, by Professor Manu



Soft detox  
Yoga class



Soft Flow & Yoga  
Nidra




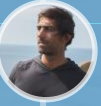







Pranayama,  
Meditation & Sunset



Dinner

Dinner

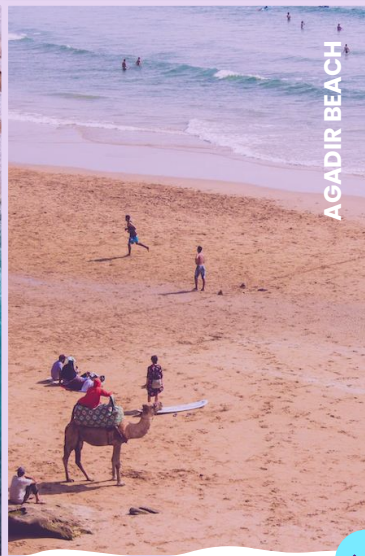
Dinner

	21 MAR	22 MAR	23 MAR	24 MAR
08H	 Morning Class *	 Morning Class *	 Morning Class *	 Morning Class *
09H				
10H	Brunch	Brunch	Brunch	Brunch
11H	Free Time Check the available activities <a href="#">here</a>			Check-out
12H				Transfer to Marrakesh/ Agadir airport
13H	Cooking Class Lunch Included	Free Time	Free Time	
14H		Check the available activities <a href="#">here</a>	Check the available activities <a href="#">here</a>	
15H	Free Time			
16H	Check the available activities <a href="#">here</a>			
17H				
18H	 Myths, Mantra & Meditation around the fire	 Soft Flow & Yoga Nidra		
19H			 Pranayama, Meditation & Sunset	
20H				
21H	Dinner	Dinner		
22H			Dinner	
23H			Surprise Activity 	

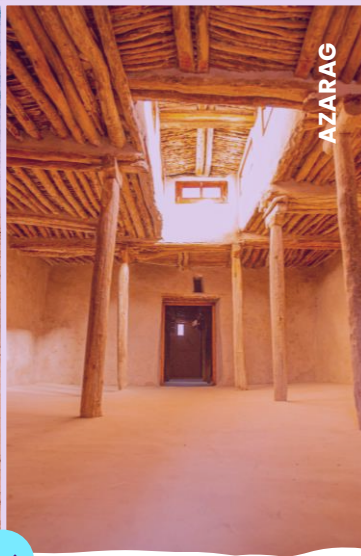




PARADISE VALLEY



AGADIR BEACH



AZARAG



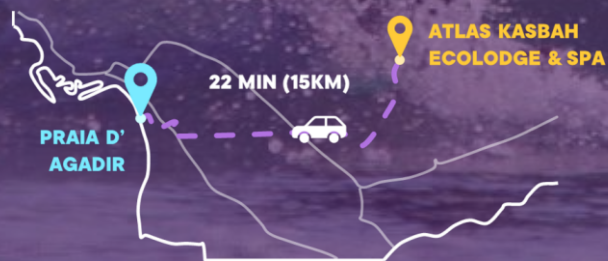
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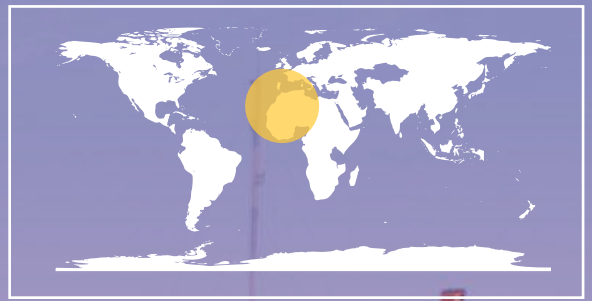
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In order **not to focus only on yoga practices**, this retreat also aims to make all participants aware of the **attractions of Agadir and its surroundings**:

- **Surfing**
- **Hiking trails** next to the hotel
- Visit to the **beaches of Agadir**
- Visit to the **city center**
- Guided tour of **Essaouira Fort**
- **Surf/paddle/bodyboard** lessons (2h)
- **Pottery** class
- **Spa & Massages**
- Relax by the **pool**
- And much more...



There will be a **daily free transfer service** that will **simplify the trips** to the center of Agadir and/or to other surrounding locations.



**AGADIR**



**18<sup>TH</sup> TO 24<sup>TH</sup> OF  
MARCH 2024**



**YOGA RETREAT**

# THE PORTUGUESE BUDDY

We are **THE PORTUGUESE BUDDY!**

Born and raised in Portugal, we are proud children of the good Portuguese wave. Easy and genuine smile, we have in our DNA the desire to show what our country has the best and embrace those who want to know us. The elders call it hospitality, we prefer to call it BUDDYSMO®.

BUDDYSMO® is the innate ability that the Portuguese must lead life with a smile on their face. It's to know how to receive someone, making you feel like one of us and taking you by the hand discovering the best that we have here. **THE WORLD NEEDS A PORTUGUESE SMILE!**

**Our mission is to take BUDDYSMO® across borders and spread the good Portuguese vibe around the world.**



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