

THE THOUGHTFUL YOGI • RETREATS



The Inner Sanctuary

Four days of coming home to yourself in Marrakech

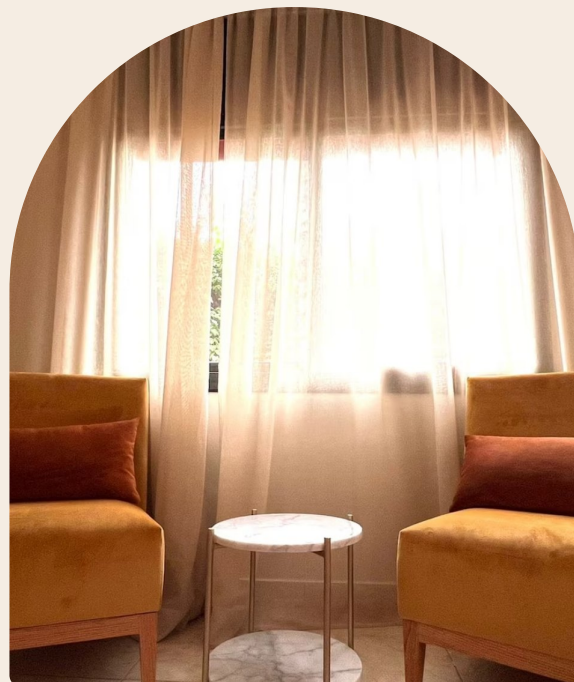
MARRAKECH • 4-8 NOVEMBER 2027

THE IDEA

Every riad keeps a secret. So do you.

From the street, a Marrakech home gives nothing away: a plain wall, a heavy wooden door. Step through, and the noise falls quiet. There is a courtyard, a fountain, a garden open to the sky.

The yogis described us in just the same way. Beneath the busy outer life sits a still inner room that has never once been disturbed. She has been there all along, patiently waiting. These four days are about finding the door back to her.



ROOTED IN YOGIC WISDOM

Guha THE CAVE OF THE HEART

The Katha Upanishad speaks of the true Self resting in a hidden chamber of the heart. Not something to build or earn, simply somewhere to return to.

Pratyahara TURNING THE SENSES INWARD

The fifth limb of Patanjali's path. The Bhagavad Gita pictures a tortoise gently drawing in its limbs. We don't shut the world out; we choose where our attention lives.

Hridayakasha THE SPACE WITHIN THE HEART

The yogic teaching that the inner space is as vast as the sky itself. Like the riad's open roof, your sanctuary has no ceiling.



YOUR JOURNEY

From the threshold to the open sky

DAY 1

The Threshold

Pratyahara · drawing inward

Arrive, exhale and cross in. We let the outside world stay on the other side of the wall and give your nervous system permission to land.

DAY 2

The Fountain

Prana & Santosha · nourishment

What truly fills you up? Breath, rest, water and warmth. A day of replenishing, not achieving, and remembering what enough feels like.

DAY 3

The Garden

Svadhya & Sankalpa · self-study

What is quietly growing in you, and what needs tending? Gentle inquiry and journalling lead to a heartfelt intention of your own.

DAY 4

The Open Sky

Ishvara Pranidhana · trust

Softening into trust, then stepping back out through the door. She comes home with you: practices to keep your sanctuary open.

Ancient wisdom, modern evidence

The yogis knew it from the inside. Researchers are now measuring it from the outside. Here's what they're finding.

Weeks, not days

An ordinary holiday's glow usually fades within one to three weeks of getting home. Retreats built around meditation are different: research reviews show falls in stress, anxiety and low mood that are still there at follow-up.

Blasche et al., PLOS ONE, 2021

7 days

A 2025 study found a week-long retreat of meditation and mind-body practice was linked to shifts in brain connectivity, immune and metabolic markers, and the body's own natural opioids. Small, but striking.

Jinich-Diamant et al., Communications Biology, 2025

20 minutes

Sitting or strolling somewhere that feels like nature for 20 to 30 minutes gave the steepest drop in the stress hormone cortisol. The garden and pool are right outside your door.

Hunter et al., Frontiers in Psychology, 2019

Inside out

Interoception, your ability to sense what's happening inside your body, supports emotional balance. A 2025 meta-analysis found mindfulness training strengthens it alongside lower distress, and yoga research points the same way.

Scientific Reports, 2025

Research summarised in plain language. This retreat supports wellbeing and is not a substitute for medical or psychological care.

YOUR SANCTUARY

A private villa behind rose-pink walls

Cypress and palm trees, a jade-tiled pool, a long table under the parasols and a traditional salon lit by lanterns for our evening circles. Calm, light-filled bedrooms to rest in between. Five guest rooms, two with private balconies.



Five rooms, each with her own character

Every place includes the full retreat: four nights, all meals, daily practice, coaching circles and a treatment.

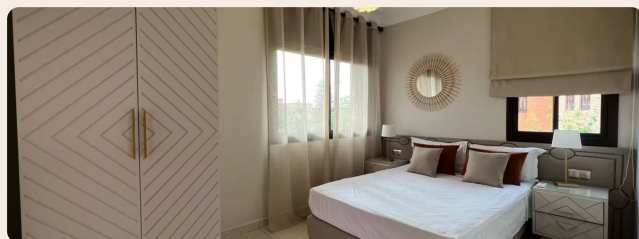


Majorelle

BALCONY

Our showpiece. The largest room, with its own balcony, a sitting corner of teal armchairs, a woven chandelier and a deep-blue Berber rug.

£1,295 private double



Atlas

BALCONY

Light and airy, with a private balcony, linen lantern and sunburst mirror.

£1,195 private double



Saffron

DOUBLE

Warm and cocooning: burnt-orange light, red velvet and a dressing table.

£1,095 private double

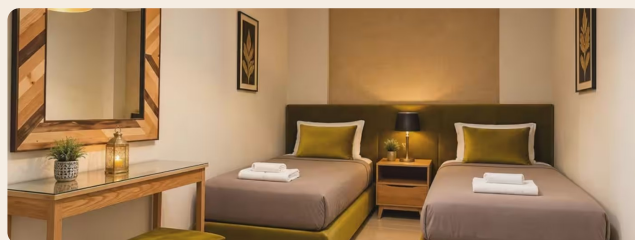


Rose

DOUBLE

A golden wire lantern, crimson cushions and a soft Beni rug underfoot.

£1,095 private double



Olive

SHARED TWIN

Two olive-velvet beds, shared with one other guest. Home of our Karma Seat.

£985 per bed



A DAY IN THE SANCTUARY

Morning	Yin yoga & meditation
Breakfast	In the garden
Late morning	Coaching circle
Afternoon	Long lunch, then pool, rest or the medina
Evening	Flow, journalling & lantern-lit games in the salon

WHAT'S INCLUDED

- ◆ Four nights in a private Marrakech villa
- ◆ All meals: vegetarian & vegan dishes by a private chef
- ◆ Daily yoga, meditation & breathwork with Jay
- ◆ Coaching circles & your journalling guide
- ◆ A Reiki or bespoke facial treatment with Sarah

Flights not included.

She's been waiting for you. Come home.

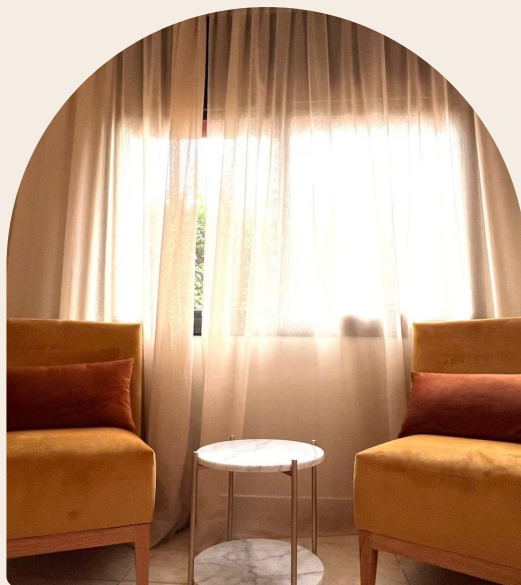
4–8 November 2027 · From £985

To reserve your place: [EMAIL] · [INSTAGRAM / WEBSITE]

The Karma Seat

Karma means action, and in yoga, the idea that what we give out comes back around. Every Thoughtful Yogi retreat holds one place for someone who would truly benefit from this experience, but for whom the full price is out of reach right now.

Yoga has never belonged to one kind of person. The Karma Seat is our way of keeping the door to the sanctuary open.



HOW IT WORKS

01 Exactly the same retreat

A bed in our Olive twin room, with everything included: the practice, meals, coaching, treatment and care every guest receives.

02 Pay what feels right

There's no set price. We'll agree an amount together that feels fair and possible for you, in complete confidence.

03 Apply in confidence

Send a short note telling us a little about why this retreat matters to you right now. No paperwork, no proof, no judgement.

04 Held with discretion

Other guests are never told who holds the Karma Seat. You will be welcomed exactly as everyone else is.

One seat per retreat. Apply to thethoughtfulyogi@gmail.com by 4 October 2027.

Applying doesn't guarantee a place, but every note is read with care. If the Karma Seat isn't for you but you know someone it would help, please pass this on.