



Adam Keen – Ashtanga & wellness retreat 3 – 10 October 2026 | Taghazout - Morocco

A NEW LOOK AT ASHTANGA YOGA

The point of your yoga practice is that it works for you in the here and now. Especially, because if it doesn't it's unlikely to work in the future either. On this retreat you will learn some basic rules that can put you in the driver's seat, enabling you to navigate a practice for yourself that's both safe and also effective for not only physical progress but also a deeper sense of daily peace

Retreat Schedule

- **Saturday 3 October**

15:00 — Check-in

18:30 — Apéro dînatoire: buffet-style aperitif dinner

- **Sunday 4 October**

6:00-8:00 — Mysore self practice

A self-practice class following the traditional Ashtanga sequences with verbal instruction and light physical assistance. Adam does not believe in forcing people into postures and focuses on safe and non-intrusive assistance, he offers directions for you to experience asanas in a comfortable and stable way. All physical abilities are welcome and it's OK if you need practice sheets, props or to modify asanas to suit your own needs. Beginners will benefit the most if you have memorised the sequence of the sun salutations and first few standing asanas.

8:30-10:00 — Tapas: Yoga's Unique Stretch Techniques

What differentiates yoga asana from regular stretching? Although they look similar, on the inside it's very different. Yoga engages a 'right tension' rather than simply flopping. The deeper meaning behind the term tapas is to create heat and pressure in the body to transform the mind and here we will explore how that will also transform your practice.

10:00 — Brunch

Afternoon — Free time

17:00-18:00 — Breathing Practice, Introducing Two Types of Meditation

18:30 — Moroccan dinner at Beef & Reef

Followed by a fire camp experience at the beach club with traditional Moroccan tea & local desserts

- **Monday 5 October**

6:00-8:00 — Mysore self practice

8:30-10:00 — BENEFITS OF ‘RIGHT TENSION’

Using postures from the standing sequence, it will become clear how to take the energy we might usually dissipate away from ourselves in stretching our limbs and focus it back towards our centre. This is to make yoga an energy practice, not simply an exotic form of concentrated stretching.

10:00 — Brunch

Afternoon — free time

17:00-18:00 — History of Mysore Ashtanga

18:30 — Dinner at the Tapas restaurant

- **Tuesday 6 October**

Morning — Mysore self practice

10:00 — Brunch

Afternoon — free time

18:30 — Dinner not included (a chance to explore the charming local village restaurants)

- **Wednesday 7 October**

6:00-8:00 — Mysore self practice

8:30-10:00 — Transformational Techniques: Same Same, But Different

A streamlined introduction to the postures of the Primary Series, focussed on the understanding that they are subtle ways to release the deep muscles of the spine rather than a rather long-winded way of stretching your hamstrings.

10:00 — Brunch

Afternoon — free time

17:00-18:00 — History of Modern Yoga

18:30 — Italian dinner at Peper Moon

- **Thursday 8 October**

6:00-8:00 — Mysore self practice

8:30-10:00 — Intermediate Series for Everyone

The first students to Mysore in the 1970s and 80s learnt to build their version of Intermediate Series alongside working on their Primary Series. Unfortunately, due to increase in student numbers, this way of teaching changed in Mysore. Adam believes it makes more sense and everyone who attends can do a version of Intermediate and get the benefits of doing so.

10:00 — Brunch

Afternoon — free time

16:00-17:00 — History of classical yoga

17:00-18:00 — Sound healing immersion with Ihssane

18:30 — Dinner at Morimoto Restaurant

- **Friday 9 October**

6:00-8:00 — Mysore self practice

09:00 — Brunch

12:00 — Check out

What it includes

- **6 nights in a 5-star beach-front sanctuary, thoughtfully designed to nourish your body, mind and soul**
- **A luxurious welcome gift, infused with intention and the spirit of Moroccan tradition**
- **Daily healthy treats and fresh fruits, delivered to your room with care**
- **All morning practices and workshops listed in the schedule**
- **A sound healing experience for deep relaxation**
- **All dinners are three-course meals, lovingly crafted by 5-star chefs, with fresh, nourishing ingredients**
- **We happily accommodate all special diets (vegetarian, vegan, gluten-free, allergies, and more) — please inform us in advance.**
- **In-room coffee and tea, for morning prana or cozy evenings**
- **Premium yoga equipment provided.**
- **Unlimited access to the spa sanctuary: sauna, steam room, magnesium pool, jacuzzi — plus 20% off all spa treatments**
- **Full use of hotel amenities: swimming pool, private beach club, and more spaces to relax, unwind, and connect**

Optional Add-Ons

To enhance your retreat experience, we offer a selection of services you can book before or during your stay:

- **Airport transfers (private or shared)**
- **Massages and wellness treatments**
- **Excursions and cultural visits**
- **Private sessions (yoga, sound healing, etc.)**
- **Extra nights (upon availability)**

We're happy to assist with all bookings and recommendations.

Please note: Flights, travel insurance, and personal expenses are not included.

Rates (excluding teacher fee)

- **Shared room: €1650**

+ Teacher fee: €350 (paid directly to the teacher through a stripe link)

Single room supplement: +€950

We'd love to hear from you

If you have any questions or would like to secure your spot, feel free to email us at: lestudioyoga@gmail.com.

To confirm your booking, a minimum 30% deposit via link payment or bank transfer is required.

We look forward to welcoming you soon!