

# ESCAPE

A community getaway to unwind,  
recharge & rediscover your joy

8.09 - 14.09  
SEPTEMBER

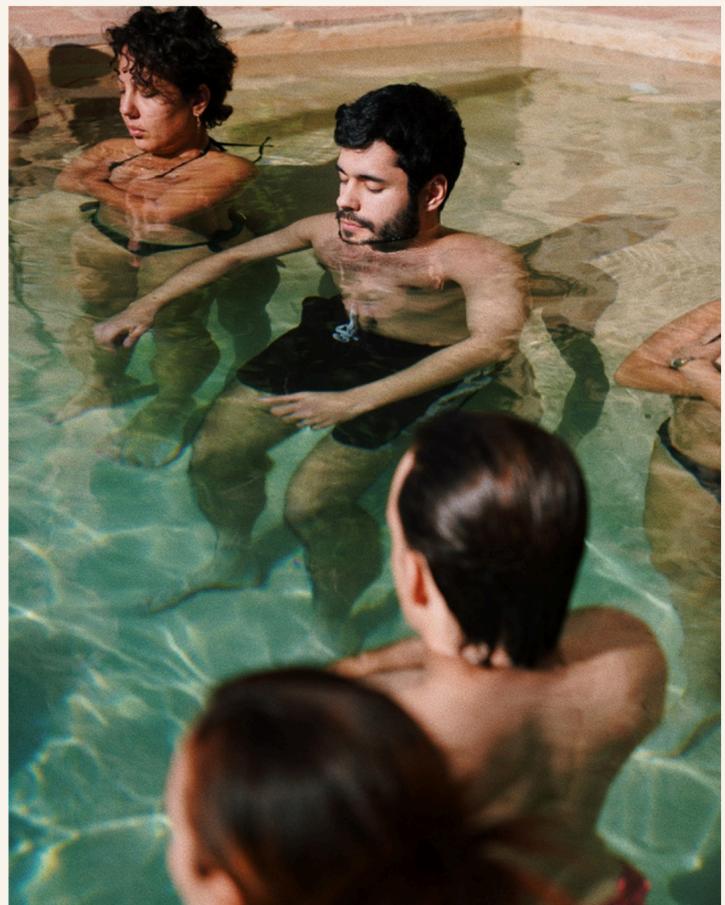
IMSOUANNE

SHOW UP

# ESCAPE

Escape is an opportunity to **disconnect** from the stresses of everyday life, **recharge** your energy and **fill up your cup**.

During this retreat you can expect to **slow down, unwind,** and **let your inner child come out to play**. You'll move your body, through surf, swim, yoga, and breathwork, and you'll get to explore Morocco's rich culture while spending quality time with old and new friends.



During your stay at ESCAPE, you'll have the opportunity to participate in a range of activities designed to help you relax, connect and play.

These include twice daily **breathwork**, **yoga** and **meditation** sessions, two **body movement workshops** and **ecstatic dance**. You'll also receive a **surf** board for your use throughout the week, as well as be taken on a **group excursion** at sunset to the desert dunes. Our daily group activities provide a chance for you to connect & have fun with community, while your free time gives you ample opportunity to explore with others or solo.

Join us for an unforgettable experience from the **8th-14th September**, and nourish your body, mind and soul.





Escape

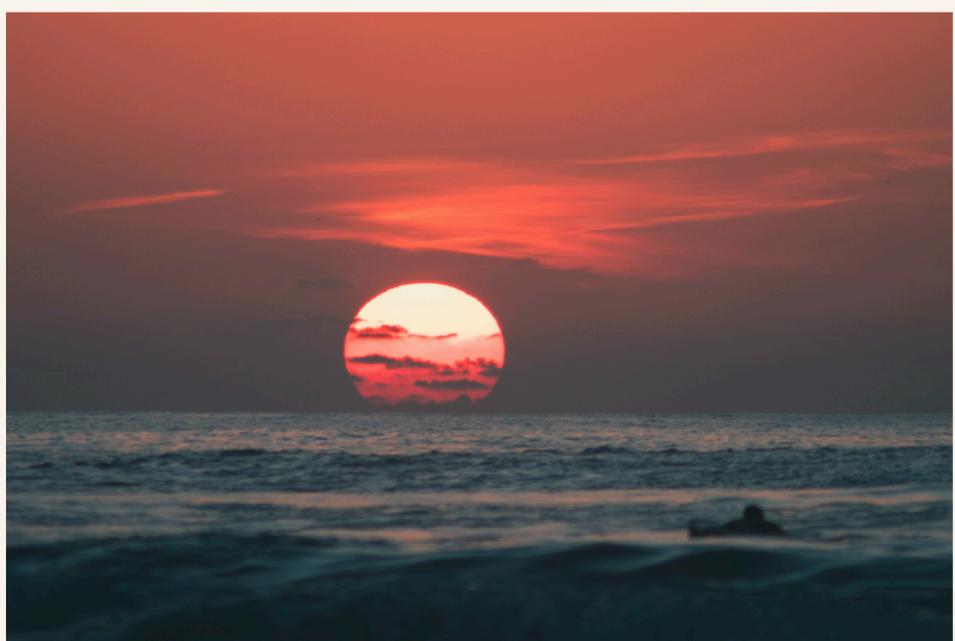
2024 Retreats



# LOCATION

Our accommodation is a beautiful boutique hotel located just a 6 minute walk away from the world famous 'Magic Bay' longboard and beginner surf spot and a 3 minute walk from the intermediate and shortboard wave 'Cathedral'.

Located on the coast of the anti Atlas mountains, Imsouane offers a tranquil and idyllic setting for your restorative **escape** from the hustle and bustle of city life.



Surrounded by stunning natural scenery, our hotel is the perfect location for a **rejuvenating and peaceful** escape with views of the Atlantic Ocean.

During your stay you'll also get to enjoy onsite add-ons, including a moroccan style hammam or massage experience, private yoga or osteopathy sessions. Perfect for **relaxing** your body after lots of surfing, paddling and travelling.

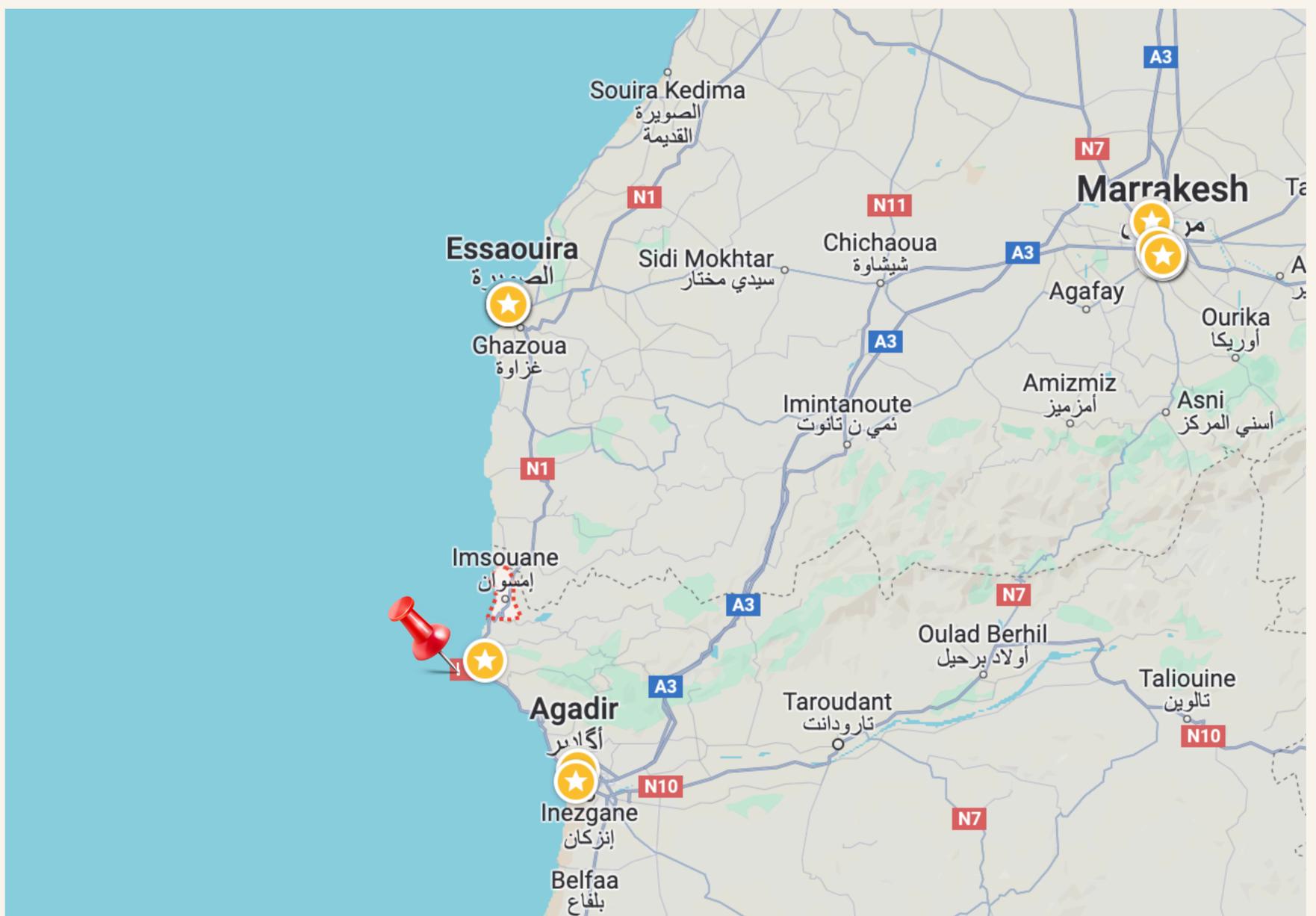


# HOW TO GET THERE?

There are several airports you can fly to to get to Imsouane.

- Agadir ( 2 hour 15 minute drive) - Recommended
- Essaouira ( 1 hour drive) - 2nd Recommendation
- Marrakech (4 hour drive) - 3rd Recommendation

We are happy to recommend companies that will arrange your transfer between the airport and the hotel.



# FOOD

Our chefs are committed to providing you with delicious and **nourishing** menu made with fresh, seasonal and locally-sourced ingredients. They will also cater for vegan, gluten and lactose intolerances.

You'll enjoy three meals each day, with a focus on mindful eating and conscious **nourishment**.

We believe that what we eat is an essential part of our **wellbeing**, and we're dedicated to providing you with nutritious and delicious food.



# SCHEDULE

## Sunday 8th

16 - 17	Arrival & Unpacking
17 - 19	Welcome Circle & Yoga
19 - 21	Dinner
21 - 22	Night Ritual

## Monday 9th

08 - 09	Sunrise Session
09 - 10	Breakfast
10 - 18	Surf / Free Time
18 - 19	Yoga
19 - 20	Dinner

## Tuesday 10th

08-09	Pranayama
09 - 10	Breakfast
10 - 18	Surf / Optional Day Trip
18 - 19	Inversions Workshop
19 - 20	Dinner

## Wednesday 11th

08 - 09	Sunrise Session
09 - 10	Breakfast
10 - 17	Surf / Activities
17 - 20	Sunset Dune Adventure
20 - 21	Dinner

# SCHEDULE

## Thursday 12th

08 - 09	Breathwork
09 - 10	Breakfast
10 - 14	Surf / Optional Day Trip
17 - 18	Yoga
18 - 19	Dinner
21- 22	Night Ritual

## Friday 13th

08 - 09	Sunrise Session
09 - 10	Breakfast
10 - 17	Surf / Activities
17 - 18	Movement & Control Workshop
18 - 19	Dinner

## Saturday 14th

08 - 09	Yoga
09 - 10	Breakfast
11 - 12	Ecstatic Dance
1 - 2	Packing & Goodbyes

# WHAT PAST PARTICIPANTS HAVE SAID ABOUT OUR RETREATS



**Anhelina**



"The Show Up team created such a safe environment for everybody... you feel very comfortable here, you feel very at peace and you really don't want to leave."



**Mo**



"Any person living in the 21st century with a very busy schedule should definitely invest in something like this... I've come out of it a much better man."



**Elyas**



"I reconnected with myself, and with strangers that feel like family now... This was probably the best experience I've had in my life."



**Chase**



"If you get a chance to do this, don't let it go... rich and rewarding beyond your wildest imagination."

# INVESTMENT IN YOURSELF

## €650-1250



## BOOK YOUR SPOT NOW

1.

Write to [retreats@showup.es](mailto:retreats@showup.es) and let us know which room you would like.

2.

Pay 500€ to reserve your spot (details below)

3.

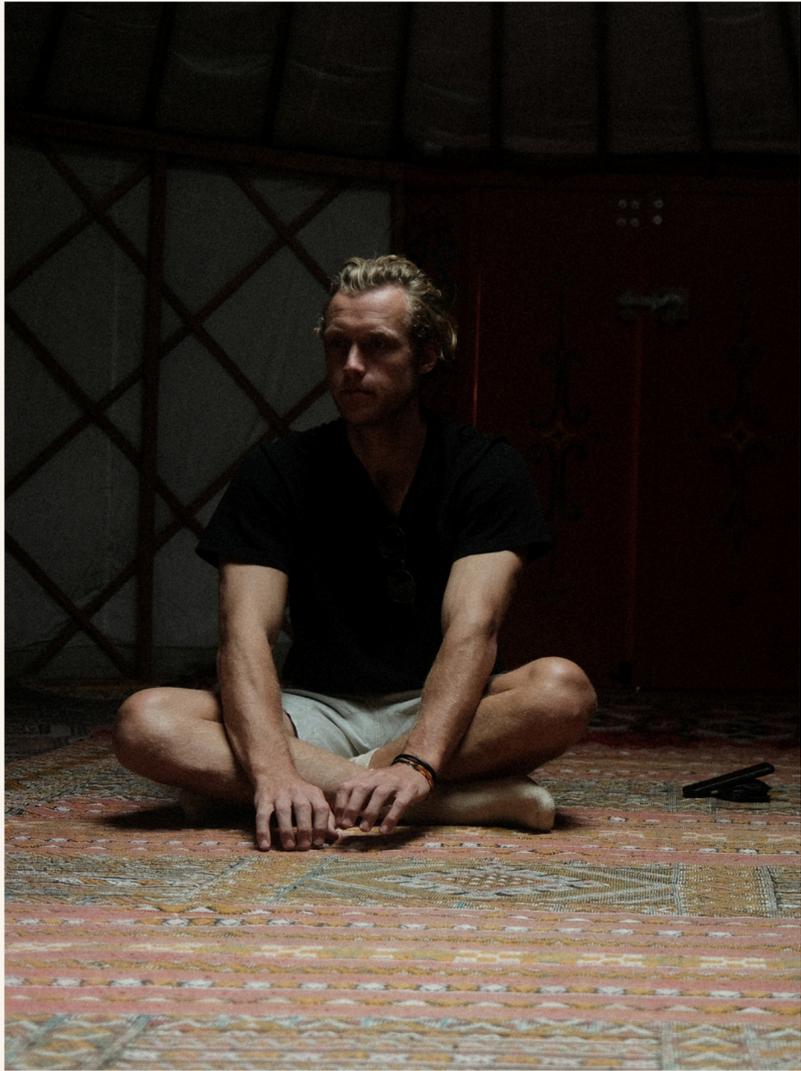
Secure the Trip.

We can recommend travel options.

# WHAT'S INCLUDED

- 6 x nights Accommodation
- 2 x nutritious Moroccan Style meals each day
- 2 x Professionally-led breathwork, meditation & yoga sessions each day
- 2 Professionally-led Body Movement Workshops
- Ecstatic Dance
- Sunset Dune adventure with Breathwork & Tea Ceremony
- Surf Board for your daily use
- Forever access to a connected community of likeminded people

# ABOUT US



## DR. JAKE WRIGHT

Jake is an Advanced Oxygen Advantage Instructor, Osteopath and Founder of Show Up, Jake is on a mission to make breathwork a normal part of our everyday lives.

Jake believes mindfulness contains something for everyone. Having worked with professionals seeking better stress management, individuals suffering from anxiety, professional athletes looking to improve performance and everything in between. Jake believes mastering your body and mind is the key to life, which is why he's so passionate about helping people reaching their true potential.

Jake works with clients globally online, as well as in person from his wellness centre - [Centre Movement](#) in Barcelona. As well as hosting corporate workshops and seminars on optimising ones health and mindset to be the best version of themselves.

## SIMONE TOPEL

Simone is a yoga teacher, confidence coach, retreat leader and speaker.

As a yoga teacher, she's taught students of all backgrounds from the beaches of Barcelona to private clients, children, in gyms, studios, and the offices of major corporate companies including Meta and PwC. A dedicated student of yoga herself, she has over 650 hours of training in Rocket, Hatha, Ashtanga and modern vinyasa and has done specialised training in Mindfulness-Based Stress Reduction, Pain & Injury Management, Yoga for Depression and Yoga for Running.

Simone is also a certified Personal and Professional Development Coach who leads personal development workshops for corporate groups and the public. She supports clients globally world through 1:1 coaching and is especially passionate about coaching women to thrive personally and professionally.



## INVESTMENT IN YOU

	Earlybird	Normal
A shared 6-bed dormroom	€650pp	€750pp
A shared 4-bed dormroom	€750pp	€850pp
A shared 3-bed room	€800pp	€900pp
Private double bedroom	€950pp	€1050pp
Private double bedroom w. ensuite	€1,050pp	€1,150pp
Deluxe private double bedroom w. ensuite	€1,150pp	€1,250pp

\*Earlybird offer available until July 21th\*

Couples in Private Room + €375

## OPTIONAL EXTRAS

Private Session:  
Yoga or Osteopathy

€80

Hammam / Massage

€20 / €60 - 80

Surf Lesson

€35 for 1 / €125 for 5

Essaouira /  
Paradise Valley

€25

## BOOK YOUR SPOT NOW

1.

Write to  
retreats@showup.es & let us  
know which room you  
would like to confirm  
availability.

2.

Pay €500 deposit or pay in  
full to reserve your spot by  
bank transfer.

3.

The remainder of the  
balance will be due by  
August 7th 2024.

4.

Prepare for the **ESCAPE!**

Organise your travel,  
We will see you on the  
ground.

We offer payment plans. Please contact us to discuss your payment schedule.  
Your first payment will be a deposit of 500€ to reserve your spot. The final  
balance will be due by August 7th.

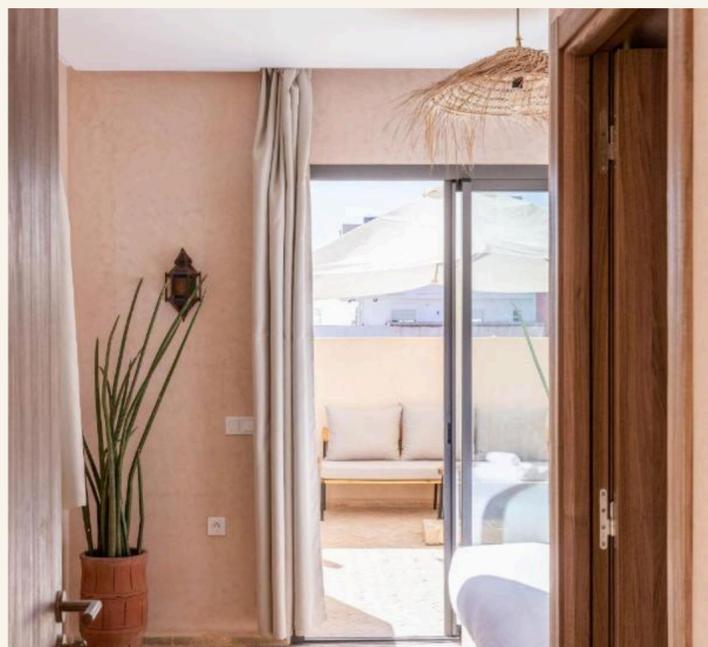


# ARRIVAL & WHAT TO BRING

Arrival is at 4pm on Sunday September 8th

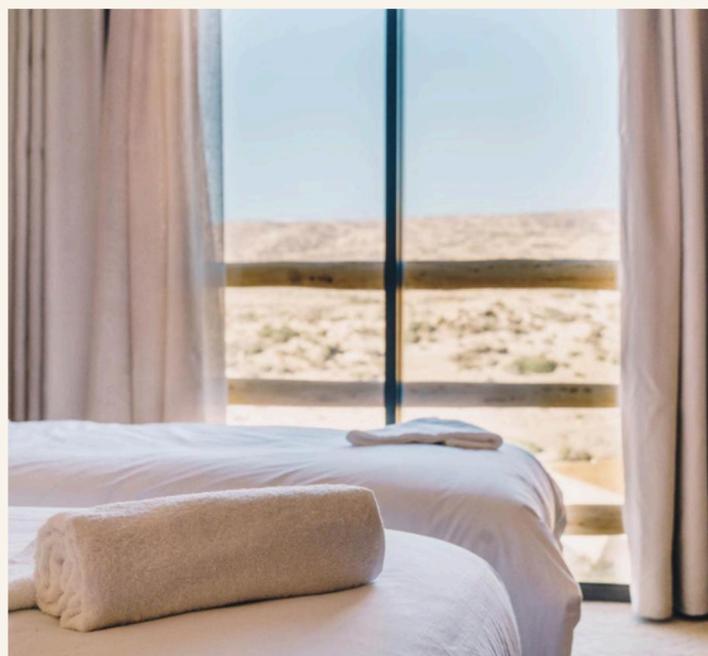
## OUR VENUE COMES WITH:

- Bathroom towels
- Bed linen
- Yoga mats
- Wifi
- Filtered water



## TO BRING:

- Journal and pen
- Toiletries
- Swimwear
- Yoga & workout clothes
- Comfortable clothes for workshops and daytime adventures



# COME JOIN OUR ESCAPE

in the magical Moroccan coast  
in Imsouanne!

08.09 / 14.09

SEE YOU THERE!



CANCELLATION POLICY

