



# Inner Element Retreat Marrakech

15th - 19th October 2026

The Inner Element Retreat invites you to step into a sacred inner passage—one that unlocks wisdom, serenity, joy and deep peace.

This retreat has been lovingly created for women who feel called to recalibrate their nervous systems and reconnect with a renewed sense of self, held within a spacious and tranquil oasis.

Over five days, we will journey together through an immersive experience of connection, healing, and self-awareness. In this nurturing space, transformation is not forced, but gently unfolds—allowing your true essence to naturally take the lead.

My vision for this retreat is one of transformation and radiance. Whatever you are carrying, trust that it can soften, shift, and evolve—like light refracting through a diamond—into something brighter, more expansive, and beautifully aligned. This is the heartbeat of our gathering. Together, we will re-emerge as more luminous, joyful, and embodied versions of ourselves.

Most importantly this is your time and your sacred space. Retreats give you the opportunity to spend time with yourself, to move at your own pace and cultivate a deeper relationship with your body, your energy and your heart. Spend time in solitude, listen to the birds and embody a deep sense of gratitude for gifting yourself this time. There are many opportunities to bond with the other women throughout the day and you will more than likely create new friendships that will last a lifetime.

# About

Fawakay Villas is located 20 minutes drive from the Medina and about 45 minutes drive from the airport. It is a stunning oasis with 13 en-suite bedrooms, a private pool, a rooftop overlooking the Atlas Mountains and plenty of space for you to enjoy.

The villa grounds are surrounded by beautiful rose gardens and the owners have several pets including 2 donkeys and 3 friendly dogs.



## Itinerary

A typical day on this retreat will include  
**Morning Yoga & Meditation Practice**

**Buffet Breakfast**

**Leisure time & treatments**

**Lunch**

**Leisure time & treatments**

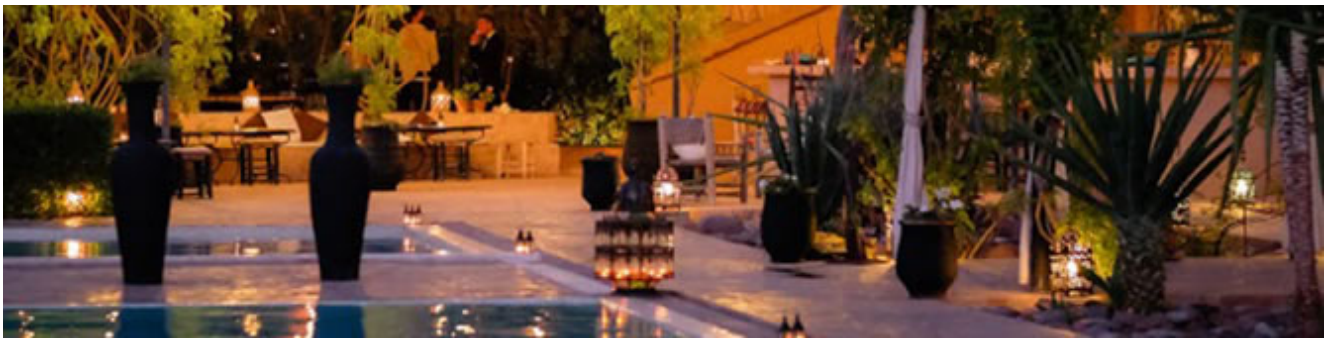
**Afternoon Workshop (Breathwork/  
Soundbath/ Cacao Ceremony)**

**3 Course Dinner**

One day will be dedicated to going on a group excursion either to the souks or to the Atlas Mountains.

Airport transfers normally pick you up around Midday on arrival day and we begin our opening circle around 4pm.





## What's Included

Airport Transfers

4 nights accommodation

All classes, workshops and sound baths

4 x Buffet Breakfast

2 x Lunch

4 x 3 course Dinner

Complimentary full body relaxing massage with a spa therapist

## What's Not Included

Flights and insurance

Transfers on the excursion day

Lunch on arrival day and the excursion day

Soft drinks and alcoholic beverages

Additional treatments at the spa

One to one energy healing with Veronica



# Exchange

£1261 pp Private En-Suite

£1111 pp Shared En-Suite

Room preferences are offered on a first come first served basis.

To secure your space a 50% non-refundable deposit will be required.

The remaining balance is due by the 3rd September 2026.

For more enquiries and to make your payment please email [veronica@earthgold.co.uk](mailto:veronica@earthgold.co.uk)



## Guided by Veronica Youdell

Retreat Host & Lead Facilitator

Veronica Youdell is a CMA-accredited sound healer, somatic alignment practitioner, and yoga teacher. She blends sound healing, somatic breathwork, and movement to support physical, emotional, and energetic wellbeing.

*“Returning to Marrakech for the forth time to host a retreat feels incredibly up-lifting. I am delighted to be welcomed back once again and excited to invite you to join me.”*

