

March 21st – March 28th 2026

WELCOME TO THE
8-DAY LOMAR LEARNING
RETREAT IN MOROCCO



ABOUT THE LOMAR LEARNING RETREAT

The LoMar Retreat is an 8-day instructional retreat which introduces a blend of massage techniques based on the Lomi Lomi and Ayurvedic Marma Point principles.

A journey of rejuvenation!

We are excited to invite you into the welcoming walls of Riad Dar Sarah in Taghazout, Morocco. You will find yourself in a safe space surrounded by the serene sounds of the sea in which you can learn about and experience the power of "getting in touch" with your self again.



The combination of the **ancient Hawaiian and Ayurvedic massage techniques** offers a range of therapeutic benefits through deep tissue flowing wave-like movements and manipulation of **Marma Points**. These techniques will enable you to address specific physical, emotional and energetic imbalances effectively. You will experience a deeper sense of well-being.



Supported by our expert guidance and presented in a step by step manner, this retreat is suitable for anyone wanting to learn more or add new techniques to their massaging skills.

You will start feeling the results of this unique sensory experience from the get-go, and you will be able to take it with you wherever you go and pay it forward to whoever may benefit from your newly acquired knowledge and skills.

This retreat will transport you into a realm of holistic revitalisation and health. Through the rituals of ancient therapies, conversation and touch you will be able to embrace, connect and take better care of your body, mind and soul.



Our experience has proven that an **8-day immersive learning retreat** with a small group of participants is the perfect scenario for a calming and healing environment. Other activities include **basic yoga and meditation** with conscious breathing; beach walks, short excursions to Agadir, or a one-day trip to either Essaouira or Marrakech.

We will be using local Argan Oil products for the massages and delight in the home-grown flavours of Morocco at meals.

Allow yourself to embark on a journey that will leave you feeling fabulously restored.

YOU DESERVE THIS!



IS THIS FOR YOU?

- » This retreat is suitable **for anyone** who wants to know more about personal healing
- » If you are interested in massaging; a wellness massage therapist or a professional therapist who wants to **learn and add new techniques and therapy methods** to your existing skills, this is perfect for you



DATES & LOCATION

March 21st – March 28th, 2026

Location Accommodation:

Riad Dar Sarah

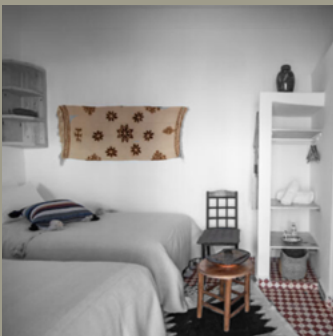
Address:

Ait-Bihi, Taghazout, Morocco



ACCOMODATION

There are **seven rooms** available at the Riad Dar Sara which can be booked as **single rooms** or **double/twin rooms**.



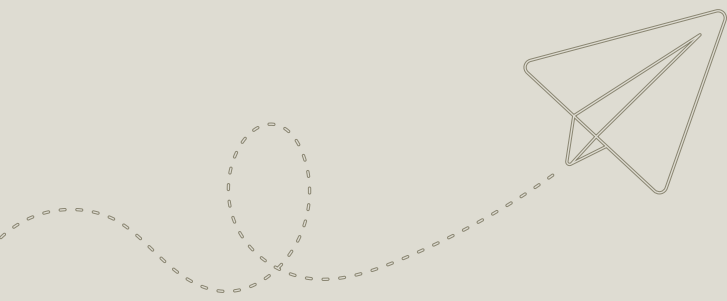


MEALS

Two meals (breakfast & dinner) are included in the price, including snacks (fruit). We will offer **Moroccan cuisine**. Please let us know in advance if you have any dietary requirements (vegetarian or vegan), or allergies.

ARRIVAL

Flights are to be arranged by yourself, but please do not hesitate to ask if you need assistance. It is **advisable** to book a **direct flight** (if possible) as there are long waits between flights.



PROGRAMME

- » **Retreat begin**
with a welcoming dinner ~6 p.m.



PROGRAMME

Sunday

Monday

Tuesday

Thursday

Mornings

» *optional basic Yoga*

» breakfast 9 a.m.

» LoMar session 10 a.m.

Lunchbreak ~12³⁰ p.m.

Afternoons

» LoMar session ~2 p.m.

» Free time ~4³⁰ p.m.

Evenings

» dinner ~5³⁰ p.m.

» evening round
of conversation & reflection

PROGRAMME

Time to explore!

Taghazout offers several daytrip options. You can choose from*:

A bus trip to Agadir including the Medina. >>



approx.
€ 12 p/p

approx.
€ 12 p/p



<< Paradise Valley which is located inland and known for its natural beauty, pools and waterfalls.

PROGRAMME

Essaouira: >>
the UNESCO
World Heritage
Medina, vibrant
Souk and
fishing port.



approx.
€ 30 - € 40
p/p

approx.
€ 50 - € 60
p/p



<< Marrakech:
A longer day trip
offers the experien-
ce of this bustling
„red“ city. Famous
for its Souks and
other historical
sights.

PROGRAMME

» Retreat conclusion after breakfast



TRAINING CONTENT

- » Gain an insight into the **ancient wisdom** of Hawaiian Lomi Lomi and Ayurvedic Marma Point Massages
- » Interactive discussion-based theory followed by hands on practical sessions
- » "Learn by doing" via an step by step routine - completing with how to do a full body massage
- » Acquire the knowledge of deep tissue flowing techniques along with knowing the body's key Marma Points
- » Work with breathing techniques, posture for personal selfcare

VIDEOS & SCRIPTS

- » Participants will receive access to **online videos** and a detailed **script** with photos





INVESTMENT

Retreat, Accomodation & two meals:

- » Single room € 1.730,-
- » Double room per person € 1.400,-

- » A **deposit of € 550,-** is required to secure your place.

- » The **final payment** for the course is due six weeks before the start of the course

Flights are to be **arranged by yourself**, but please do not hesitate to ask if you need help. It is **advisable** to book a **direct flight** (if possible) as there are long waits between flights.

We recommend bringing some "pocket money" for your personal spending, such as extra meals, shopping at the souk, excursions, entrance fees for sightseeing, taxis/buses, etc.

IMPORTANT INFORMATION

The registration deadline is
31st October, 2025.

The retreat will only take place if **at least six participants** have registered by the deadline on 31st October, 2025. If this minimum number is not reached, we reserve the right to cancel the retreat. In this case we will refund the deposit.

We therefore recommend you book your flight after receiving a retreat confirmation from us.

Once you have received your confirmation it will no longer be possible to cancel. We suggest taking out travel/cancellation insurance.



ABOUT US

Throughout history, massage has been an intrinsic part of Moroccan everyday life—a way to nurture physical health while fostering emotional balance. This sacred practice has been passed down through the generations.

Your therapists, **Hester and Sandra**, have combined key elements from the Hawaiian Lomi Lomi massage and the Ayurvedic Marma Point massage, naming it LoMar Therapy capturing an exquisite example of cross-cultural synergy for healing.





ABOUT US

More about Sandra

Sandra is a **social educator, counsellor and body therapist**. Her work is based on well-founded theoretical and "hands-on" body therapy.

The central element of her bodywork is the **Lomi Lomi massage** - which integrates physical, emotional and biographical element. It therefore goes beyond "classic relaxation". Through deep flowing rhythmic touch and movements, Lomi can initiate deeper underlying processes. Your body begins to release tension, control and possibly old belief patterns or negative memories and emotions.



ABOUT US

As a psychological counsellor and body therapist, she works with intuition and guides your "between the lines" process with sensitivity, clarity and respect for what is being revealed. Sometimes in conversation, movement or in silence - always with touch. She **creates a safe space for you** and with you to experience more freedom - internally and externally - in which you can **connect with yourself** purely in the present moment. Your development takes place not through pressure, but presence.

Sandra enjoys working with people who are curious and willing to go deeper. People who genuinely want to know themselves better - sometimes seriously, sometimes playfully, and always genuinely.





ABOUT US

More about Hester

Hester is a "personal mastery" coach with a (w)holistic approach. She examines the route to find the root of any issues causing dis-ease in your work, life and/or emotional well-being. This includes systemic coaching and/or life counselling, nutritional consulting and massage therapy.

Her career started in the early '80s in South Africa. She was involved in the international Beauty/Cosmetic and Pharmaceutical sectors. It was the pharmaceutical industry that got her to question the long-term effects of western allopathy.

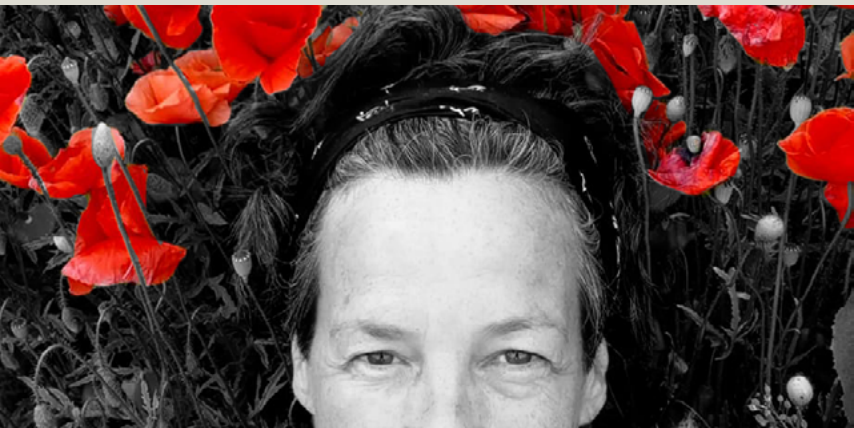


ABOUT US

In her mid-30's she relocated to Kuala Lumpur, Malaysia, where she was introduced to alternative medicine and ancient healing rituals.

She continued advancing her personal and professional development and in 2015 she moved to India with her husband where she studied Ayurveda and certified as an Ayurveda Therapist in 2019.

Among the various massage forms that Ayurveda offers, Hester is a firm believer in the powerful healing benefits of the Marma Point Massage.





CONTACT US

If you have further questions you can contact us:



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