



PRESS RELEASE



ARE YOU READY FOR #HARD- CORE #FITNESS...?

PALAIS NAMASKAR
LAUNCHES THE ULTIMATE
FITNESS CHALLENGE – A
SERIES OF FIVE DAY
PERFORMANCE
PROGRAMMES - IN
PARTNERSHIP WITH THAI
BOXING WORLD CHAMPION

- ‘Champion Spirit’ Retreats to be part of Palais Namaskar’s ‘Earth and Health’ wellness programmes which include Martial Arts and Tahitian dance retreats

From September 2014 to June 2015, Palais Namaskar in Marrakech will unveil ‘Earth & Health’; a series of hard-core fitness and wellness programmes in partnership with leading athletes and sport specialists.

Champion Spirit Fitness Retreats

Dates: 6th-11th November 2014, 19th - 23rd March 2015 and 30th April - 5th May 2015

Palais Namaskar will work with Abdoulaye Fadiga - World Champion Thai Boxer, acclaimed fitness consultant and founder of the famous ‘Champion Spirit Clubs’ in Paris. Fadiga will launch the third Champion Spirit Club and first outside of France at the hotel from September 2014 and host, hard-core fitness ‘5 Day Performance Programme 6th - 11th November 2014.

From sunrise to sunset, Abdoulaye Fadiga’s 5 Day Performance Programme will challenge fitness fanatics with a back to back schedule of intense circuit training, extreme core workouts, running, rock climbing, zip lining, hiking in the Atlas Mountains and extreme mountain biking. The end result will ensure guests leave fitter and stronger than ever before.

Martial Arts and Tahitian Dance Retreats

Dates: 28th September - 9th October 2014, 2nd -13th March 2015 and 25th-29th May 2015

In addition to the 5 Day Performance Programme and part of the ‘Earth and Health’ series Palais Namaskar will welcome Fred and Lila Evrard to run daily Martial Arts and Tahiti Dance sessions. All activities with Fred and Lila will involve meditation, stretching and workouts specifically designed to enhance mental and physical wellbeing. All classes with Fred and Lila Evrard will be offered complimentary to guests staying at Palais



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Namaskar.

During the retreats guests will improve their mental and physical strength, enjoy a special diet of healthy dishes designed by a nutritionist and prepared by Executive Chef Antoine Parray to enhance physical performance and wellbeing. All dishes will be prepared using organic produce gathered either from the hotel's own plantation or sourced from local producers.

A selection of organic detox juices will also be available including the Moroccan influenced 'Berber' which includes orange, avocado and almonds and the classic Master Clean, made with mineral water, organic lemon, maple syrup and Cayenne Pepper.

Nestled between the Atlas Mountains and the Djebilet Hills, the luxurious Palais Namaskar opened in April 2012 and is apart of the iconic Oetker Collection, sister hotels include Hotel du Cap-Eden-Roc and Le Bristol Paris. Palais Namaskar is an idyllic resort of 41 suites, villas and palaces. Stylish, secluded and beautifully constructed, the hotel sits amidst Balinese-inspired gardens, with cascading water features and lakes. Guests can enjoy Spa Le Namaskar which offers treatments by leading spa brands ila and Aromatherapy Associates.

The 5 Day Performance Programme starts from €3,880 for all fitness activities overseen by Abdoulaye Fadiga and the Champion Spirit Club team, five nights accommodation in a deluxe room on a full board basis and personalized diet programme, yoga and massages at Spa Le Namaskar.

FOR MORE INFORMATION VISIT:

www.palaisnamaskar.com

About Oetker Collection:

Oetker Collection is one of the most inspiring selections of masterpiece hotels in the world. The name 'Masterpiece Hotels' includes a pledge; a commitment to provide service of the highest quality, every hour of every day. The pearl as a symbol combines singularity, beauty and quality. The individual pearls bind together to form a unique string of pearls.

Each property is one-of-a-kind, reflecting the unique European heritage and sharing the highest levels of service internationally with exceptional and historic architecture & interiors combining with great attention to detail.

Oetker Collection embraces eight luxury hotels:

- **L'Apogée Courchevel** – a luxury chalet with a warm and family atmosphere offering the most desirable skiing

experience at the top of Courchevel 1850 in the French Alps

- **Brenners Park-Hotel & Spa** – the most iconic grandhotel, amidst a sprawling private park in Baden-Baden, Germany. The historic Villa Stéphanie will soon open its doors to offer Europe's most refined and innovative spa experience
- **Le Bristol Paris** – an authentic Parisian palace, the ultimate reference for French Art-de-Vivre, ideally located on the prestigious rue du Faubourg St-Honoré
- **Château Saint-Martin & Spa** – a romantic chateau of excellence nestled in the heart of Provence, boasting breathtaking views over the Mediterranean coastline
- **Eden Rock - St Barths** – a luxurious retreat in Saint-Barths built on a rocky promontory, surrounded by white sandy beaches, and turquoise sea; French art de vivre in the heart of the Caribbean
- **Fregate Island Private** – a jewel of conservation featuring lush forest, wild fauna, and overlooking the crystal waters of the Seychelles. Unique on the Planet
- **Hotel du Cap-Eden-Roc** – a legendary luxury hotel at the centre of a scenic private park, where old-world glamour meets modern luxury at the tip of the Cap d'Antibes
- **Palais Namaskar** – a peaceful oasis with contemporary and sophisticated design set in the Palmeraie, the most exclusive residential area in Marrakech.