



# FLOURISH Retreat Leadership & Yoga

11-15 Feb 2026



**Breathe | Move | Grow | Transform**

**Marrakech**

# FLOURISH Retreat



## Leadership & Yoga

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Modern life moves fast, often leaving little room for dropping into our essence.

Experience an immersive 5 days Leadership & Yoga Retreat.

Reconnect with yourself in a serene Moroccan landscape.

Through positive psychology, yoga, and deep leadership exploration, discover how to lead from a place of clarity, calm, and inner strength.

### A MAGICAL SPACE IN THE MOROCCAN ATLAS

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Nestled in the heart of the Atlas Mountains, just one hour from Marrakech, our retreat takes place in a charming and luxury Kasbah — a sanctuary of stillness, beauty, and inspiration. Surrounded by nature's raw magnificence, the environment invites you to slow down, breathe deeply, and reconnect with yourself. Discover Moroccan culture and gastronomy in this Atlas of emotions.

### LEADERSHIP WORKSHOPS & MASTERCLASSES

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Transform your leadership journey by harnessing the power of Positive Psychology. This program will equip you with the tools to integrate positive psychology principles directly into your leadership practices. Discover your unique leadership edge and cultivate an authentic positive leadership style. You will learn to foster a thriving and flourishing culture within yourself and across your teams.

Effective leadership begins with self-leadership, and we will guide you through introspective work. This will be combined with practical interventions and a strong emphasis on easy and simple takeaways to apply after the retreat in your day to day leadership practise.

### YOGA CLASSES

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Begin and end each day with yoga sessions designed to reconnect you with your breath, body, and inner wisdom. Yoga Vinyasa flow is the main style Juliette focuses on while borrowing techniques from other types of yoga. She blends mindful movements, meditations, breathwork, journaling and somatic practises. Each class is guided by a unique theme that mirrors the leadership journey, inviting you to move with awareness and intention. These sessions nurture transformation by awakening presence, clarity, and flow while providing an energy uplift - Yoga aims at transforming low-vibration energy into higher-vibration energy.

🌸 A personal Leadership Identity | 🌸 Deep clarity and inner calm | 🌸 Tools for conscious, impactful and positive leadership

*The rate includes private accommodation, nourishing meals, yoga sessions, Leadership masterclasses & workshops. Transportation and transfers to the Kasbah are not included and will be at your own expense. We can support the organisation.*

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### Sandra Collomb

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Sandra brings ~20 years of international, cross-cultural experience from the corporate world, where she led global transformations and change initiatives. With a background in engineering, her passion for people ignited an interest in personal development and growth. This led her to discover the science of Positive Psychology. She became a practitioner in Positive Psychology in 2021, earning her M.A. and coaching certification in 2024. Sandra has delivered countless masterclasses and leadership workshops to organizations around the globe.



### Juliette Tempez

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Juliette brings 14 years of international experience in the corporate world and a deep passion for human growth, which led her to the path of yoga. A lifelong explorer of cultures, people, and personal transformation, she became a certified Yoga Teacher in 2022 and has since organised and guided multiple Yoga retreats. For her, Yoga is an inner practise - a way of being, of living, and of engaging with life. Juliette is passionate about sharing the transformative powers of yoga and helping people reconnect with themselves, feel - and feel good.



### Leadership#1 - *Discover the Power of Positive Leadership*

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We will explore the science of Positive Psychology and how it translates into a leadership approach that fosters high performance and thriving cultures - both within you and your workplace. You will leave with a clear understanding of the central elements of positive leadership and discover how they resonate with you on a personal level.

### Leadership#2 - *Master Engagement & Strengths-Based Leadership*

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We will discover the science behind building engagement and equip you with practical strategies to foster a strengths-based culture. You will learn how shifting your perspective can transform your own and your team's/peer's performance. We will dive deep into the core elements of feedback, focus, and communication, providing you with powerful leadership tools to facilitate meaningful discussions and drive engagement.

### Leadership #3 - *Harnessing Your Strengths and Values for Impactful Leadership*

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You will discover your unique strengths and core values and understand how they profoundly influence your decision-making on personal and professional sides. We will explore meaningful ways to support team dynamics and the remarkable benefits of aligning your work around shared values. You will leave with a clear understanding of your differentiating strengths and values, equipped with a practical method to guide your future decision-making.

### Leadership #4 - *Unleashing Motivation and Driving Growth*

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We will explore the nature of motivation and discover what truly drives and inspire us and our teams. You will discover powerful practises and interventions to help achieve ambitious "Everest Goals" and cultivate a resilient growth mindset - for both yourself and your team. You will leave with a deeper understanding of the key drivers of meaningful achievement and sustainable growth.

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## Programme

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### **DAY 1 - Wednesday 11 February**

Guest arrivals through the day - before 4pm  
Welcome / Check-in  
Programme Overview & Positive Connection  
Sweet Evening Yoga: Grounding flow  
Dinner @ the Kasbah

### **DAY 2 - Thursday 12 February**

Miracle Morning Yoga: Emotional Detox  
Breakfast  
Free time / Personal coaching sessions  
Lunch  
Discover the Power of Positive Leadership  
Free time  
Sweet Evening Yoga: Gratitude flow  
Dinner @ the Kasbah

### **DAY 3 - Friday 13 February**

Miracle Morning Yoga: Yin Yang Balancing flow  
Breakfast  
Master Engagement and Strengths-Based Leadership  
Free time  
Lunch  
Harnessing your Strength and Values for Impactful Leadership  
Free time / personal coaching sessions  
Sweet Evening Yoga: Magic 10 flow  
Dinner @ the Kasbah

### **DAY 4 - Saturday 14 February**

Miracle Morning Yoga: Rise & Expand  
Breakfast  
Free time / personal coaching sessions  
Lunch  
Unleashing Motivation and Driving Growth  
Sweet Evening Yoga: Heart on fire  
Dinner @ the Kasbah

### **DAY 5 - Sunday 15 February**

Miracle Morning Yoga: Chakra Vinyasa  
Farewell Breakfast  
Free time / Check-out & Departure

*This provisional schedule will be personalized for each participant*

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**3 Signs you are disconnected from your Inner Compass...  
and why it might be time to pause.**

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1. You are constantly busy ... but not fulfilled.

*You tick the Boxes.  
You achieve.*

*But something feels off -  
like your actions aren't aligned with your truth.*

2. There is plenty of noise, ... but you struggle to hear your own voice.

*The noise of deadlines, opinions, and expectations  
drowns out what you actually believe or want.*

3. You crave clarity, ... but avoid the quiet.

*Part of you knows you need stillness.  
But the idea of slowing down feels almost bizarre,  
maybe uncomfortable, sometimes even impossible.*

**The Compass is still there.  
Its just waiting for space, stillness, and the right questions.**

**What might happen if you gave yourself a real pause?**

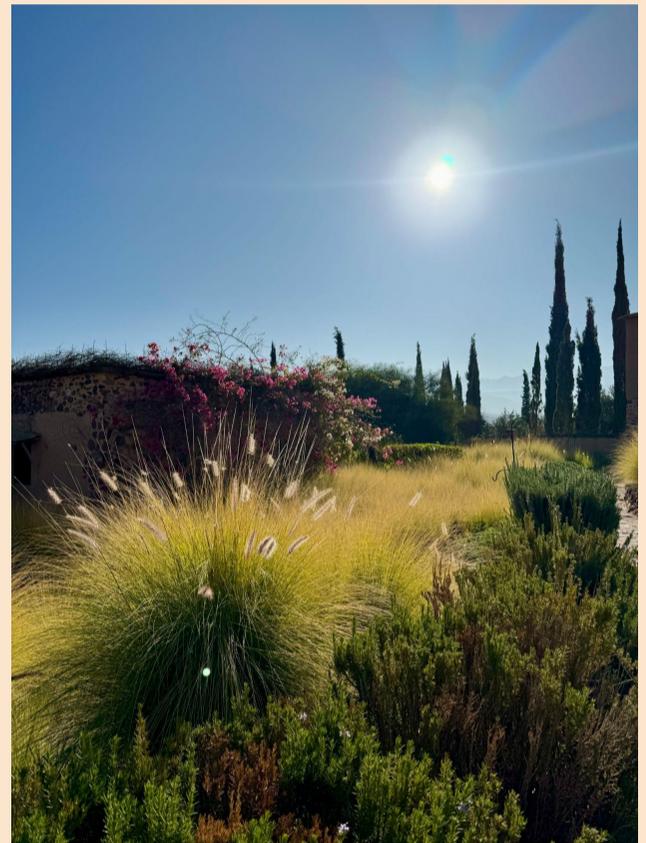
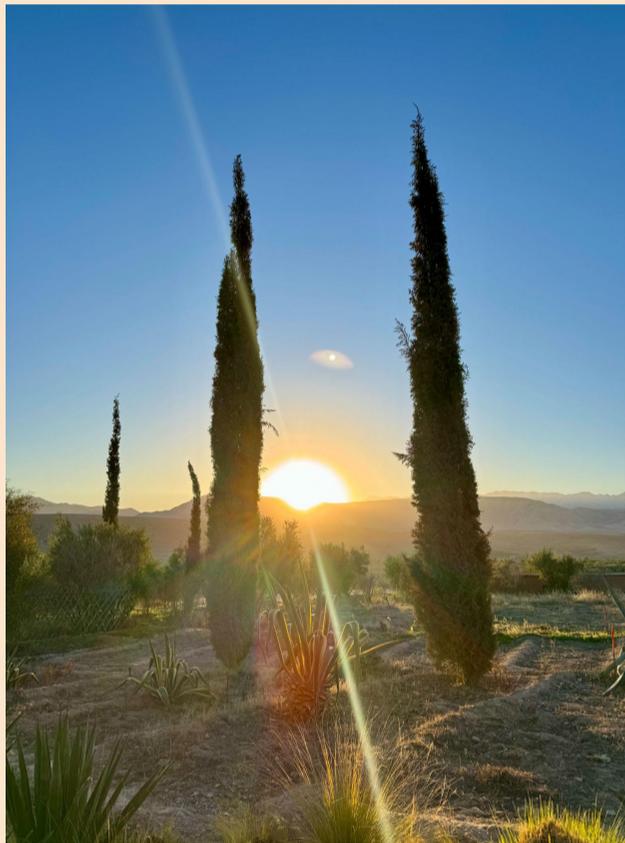
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CONTACT : [FlourishingForGrowth@gmail.com](mailto:FlourishingForGrowth@gmail.com)

LOCATION : Marrakech, Morocco

Price : please contact us for more information

*Choice of Private or Shared accomodation*

*(Please note that duos must already been formed for shared accomodation)*

### WHAT'S INCLUDED :

- 4 nights - 5 days in a private Lodge in a luxury Kasbah near Marrakech
- Daily nourishing meals (Breakfast, Lunch & Dinner)
- 12 hours Leadership Masterclasses & Workshops with practical Interventions
- Twice daily yoga & meditation classes (8 classes)
- Private Yoga Spot
- Access to 2 swimming pools included one heated pool
- Individual Leadership coaching session
- 1 Leadership in Practise Booklet

### WHAT'S NOT INCLUDED :

- Flights to Marrakech
- Return transfer from Airport to the Kasbah and any other transfers
- Other activities (Agafay desert, Horse riding, etc)
- Access to Spa ( Hammam, massages)