



MOROCCO

Retreat Schedule

Day	Activity
 Day 1: Arrival in Marrakech	Theme: Arrival & Grounding • 3:00 PM - Check-in & Welcome Tea • 4:30 PM - Opening Circle & Intention Setting • 6:30 PM - Dinner • 7:30 PM - Gentle Movement & Grounding Yoga Nidra • 10:00 PM - Lights out
 Day 2: Marrakech	Theme: Silence & Settling • 6:00 AM - Wake in Silence • 6:15 AM - Meditation (Breath Awareness & Arrival) • 8:00 AM - Yoga & Pranayama (Grounding Focus) • 9:30 AM - Breakfast (Break Silence After) • 11:00 AM - Medina Tour (optional) • 1:00 PM - Lunch • 2:00-6:00 PM - Hammam Spa / Massage / Rest • 6:30 PM - Dinner • 7:30 PM - Sharing Circle & Gentle Chanting • 10:00 PM - Lights out
 Day 3: Marrakech	Theme: Opening the Body & Breath • 6:00 AM - Wake in Silence • 6:15 AM - Meditation (Heart Coherence) • 8:00 AM - Yoga & Pranayama (Opening Hips & Chest) • 9:30 AM - Breakfast (Break Silence After) • 11:00 AM - Workshop #1: The Body's Wisdom • 1:00 PM - Lunch • 2:00-6:00 PM - Massage / Journaling / Quiet Reflection • 6:30 PM - Dinner • 7:30 PM - Sacred Sound & Song Circle • 10:00 PM - Lights out



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 Day 4: Travel to Sahara (Sleepover Journey)	Theme: Transition & Surrender ▪ Morning Free (No Yoga) ▪ 6:00 AM - Wake ▪ 6:15 AM - Meditation (Letting Go) ▪ 9:00 AM - Breakfast ▪ 10:30 AM - Depart Marrakech ▪ Lunch Stop En Route ▪ Sunset - Nomadic Stop in Mountains ▪ Dinner under the Stars ▪ Sleep at Travel Camp
 Day 5: Sahara Desert	Theme: Arrival into Stillness ▪ 6:00 AM - Wake in Silence ▪ 6:15 AM - Meditation (Stillness in Space) ▪ 8:00 AM - Gentle Yoga (Spinal Awareness) ▪ 9:30 AM - Breakfast (Break Silence After) ▪ 11:00 AM - Desert Walk / Sand Dunes (optional) ▪ 1:00 PM - Lunch ▪ 2:00-6:00 PM - Rest / Massage (optional) ▪ 6:30 PM - Dinner ▪ 7:30 PM - Sharing Circle Under Stars ▪ 10:00 PM - Lights out



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 Day 6: Sahara Desert	Theme: Fire & Release ▪ 6:00 AM - Wake in Silence ▪ 6:15 AM - Meditation (Inner Fire) ▪ 8:00 AM - Yoga & Pranayama (Detox & Strength) ▪ 9:30 AM - Breakfast ▪ 11:00 AM - Workshop #2: Breathwork & Emotional Release ▪ 1:00 PM - Lunch ▪ 2:00-6:00 PM - Rest / Sandboarding (optional) ▪ 6:30 PM - Dinner ▪ 7:30 PM - Music & Fire Dance Ritual ▪ 10:00 PM - Lights out
 Day 7: Sahara Desert	Theme: Death & Rebirth ▪ 6:00 AM - Wake in Silence ▪ 6:15 AM - Meditation (Surrendering Identity) ▪ 8:00 AM - Yin Yoga (Surrender & Softening) ▪ 9:30 AM - Breakfast ▪ 11:00 AM - Desert Burial Ceremony (Spiritual Rebirth) ▪ 1:00 PM - Light Nourishment ▪ 2:00-6:00 PM - Integration Rest / Journaling ▪ 6:30 PM - Dinner ▪ 7:30 PM - Singing & Storytelling Circle ▪ 10:00 PM - Lights out



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 Day 8: Sahara Desert	Theme: Vision & Expansion ▪ 6:00 AM - Wake in Silence ▪ 6:15 AM - Meditation (Higher Self Connection) ▪ 8:00 AM - Flow Yoga (Heart Opening & Joy) ▪ 9:30 AM - Breakfast ▪ 11:00 AM - Workshop #3: Soul Mapping Vision Work ▪ 1:00 PM - Lunch ▪ 2:00-6:00 PM - Rest / Camel Trek (optional) ▪ 6:30 PM - Dinner ▪ 7:30 PM - Stargazing & Cosmic Meditation ▪ 10:00 PM - Lights out
 Day 9: Travel to Marrakech (Sleepover Journey)	Theme: Inner Integration ▪ 6:00 AM - Sunrise Desert Meditation ▪ 7:30 AM - Light Breakfast ▪ 9:00 AM - Depart Desert ▪ Lunch En Route ▪ Sleep in Transit Camp (Mountain or Village stop) ▪ Gentle Integration Conversations by Fire



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Day	Activity
 Day 10: Marrakech	Theme: Integration & Celebration ▪ 6:00 AM - Wake ▪ 6:15 AM - Meditation (Gratitude & Anchoring) ▪ 8:00 AM - Yoga & Pranayama (Grounded Return) ▪ 9:30 AM - Breakfast ▪ 11:00 AM - Workshop #4: Tools for Daily Life Integration ▪ 1:00 PM - Lunch ▪ 2:00-6:00 PM - Hammam / Medina Shopping (optional) ▪ 6:30 PM - Celebration Dinner ▪ 7:30 PM - Final Circle & Closing Ceremony ▪ 10:00 PM - Lights out
 Day 11: Departure	Theme: Re-Entry ▪ 6:00 AM - Morning Silence ▪ 6:15 AM - Meditation (Return with Presence) ▪ 7:30 AM - Farewell Yoga & Breath ▪ 9:00 AM - Closing Breakfast ▪ Goodbyes & Departure