



Yoga + Wellness Adventure March 22 - April 1, 2025

Day 1 – Saturday, March 22: The Atlas Mountains

(lunch + dinner included)

We will rendezvous at Marrakesh Menara Airport for a group transport to our beautiful [hotel](#) in the [Ourika Valley](#) in the Atlas Mountains, our first destination. You'll settle into your accommodations, explore the hotel environs, and meet for an orientation with our tour guide, Fouad. Before our Welcome Dinner, we'll enjoy our first practice together, a peaceful Yoga Nidra Meditation + Restorative Yoga class to erase the day of travel.

Day 2 – Sunday, March 23: The Atlas Mountains

(breakfast + lunch)

Start your first full day in on retreat with an early morning meditation (if you're an early bird!) and a refreshing Vinyasa flow after a good night's sleep, followed by breakfast. Today, we'll visit a [Berber](#) house for a traditional tea ceremony. Fully fueled, we'll take a short hike through the mountains with our guide to amazing lunch at an organic farm. You may want to continue exploring the area on your own or lay by the pool. We'll come together for a gentle evening practice.

Day 3 – Monday, March 24: The Atlas Mountains / Marrakesh

(breakfast)

Wake every day to an early meditation practice, followed by a morning flow to invigorate and energize us. Today, we'll enjoy a half day of hiking local trails with our guide after breakfast, before we head back into Marrakesh and settle into [our boutique hotel](#) in the heart of the old city, the [Medina](#). There will be leisure time to explore the hotel spa and other amenities, before coming together for our evening practice and lovely dinner at the hotel.

Day 4 – Tuesday, March 25: Marrakesh

(breakfast + dinner)

Wake every day to an early meditation practice, followed by a morning flow to invigorate and energize us. We'll head out into the city to explore the 11th century Medina in Marrakesh, wander the souks for some shopping and visit the breathtaking [Medersa Ben Youssef](#) monument, built in the 14th century. An important part of Marrakesh's history and culture, it is the quintessential example of stunning Islamic architecture. We'll return to the hotel for a gentle evening practice together



Day 5 – Wednesday, March 26: Marrakesh

(breakfast)

Wake every day to an early meditation practice, followed by a morning flow to invigorate and energize us. Today, we'll visit a local herbalist, who will give us a full tour of the delicious spices and herbs Morocco has to offer, followed by an amazing cooking class of Moroccan food by local chefs. We'll return to the hotel for evening practice together.

Day 6 – Thursday, March 27: Essaouira

(breakfast)

Wake every day to an early meditation practice, followed by a morning flow to invigorate and energize us. After breakfast, we'll drive to [Essaouira](#) Beach on the coast. On our way, we'll visit a local cooperative and learn about argan oil extraction. After settling into our new [accommodations](#), we'll come together for a gentle evening practice.

Day 7 – Friday, March 28: Essaouira

(breakfast)

Wake every day to an early meditation practice, followed by a morning flow to invigorate and energize us. Today will be a leisure day at the hotel, either lounging on the beach, taking a surf lesson, enjoy other water activities or treating yourself to a traditional Moroccan Hammam spa treatment. We'll come together for a gentle evening practice.

Day 8 – Saturday, March 29: Essaouira

(breakfast)

Wake every day to an early meditation practice, followed by a morning flow to invigorate and energize us. After breakfast, we'll take a trip into Essaouira to explore this port town, discover the medina, and visit the filigree crafts people of the area. We'll have lunch on a terrace with a beautiful view of the ocean before heading back to our hotel for a gentle evening practice.

Day 9 – Sunday, March 30: Agafay Desert

(breakfast + lunch + dinner)

Wake every day to an early meditation practice, followed by a morning flow to invigorate and energize us. Our drive to the [Agafay Desert](#) back over the Atlas Mountains is truly magical, and we'll stop for lunch at La Dune, an epic restaurant atop a dune with views of the desert in all directions. We'll head to our [desert accommodations](#), with time for a dip in the pool and perhaps an afternoon nap or stroll. A sunset camel ride or ATV ride will awaken your senses to the beauty of the desert at night.



Day 10 – Monday, March 31: Agafay Desert

(breakfast + dinner)

We will spend a final day in the desert with a morning practice followed by breakfast. You can spend the day lounging by the pool, exploring the dunes, or simply reading at the poolside bar. We'll have a final evening practice and farewell dinner, with local music and dancers under the stars, provided by the hotel with our dinner. An epic ending to an epic trip!

Day 11 – Tuesday, April 1

(breakfast)

There will be no practice this morning; early morning transports will take us back to Marrakesh Menara Airport from the desert, or continuing on to [Fez](#) for the extension trip. More information to come.