



Morocco Retreat Example Itinerary

Day 1 - Arrive Marrakech

*Transport to the Riad in the Medina of Marrakech

Arrival Tea / Free time to rest / explore

7:30pm Group Dinner at the Riad

Day 2 - Explore Marrakech

8am Breakfast

Included cultural tour! Free time to explore Marrakech - highlights include shopping the souks, visiting the Saadian Tombs and Palace, Museums and more! Lunch on your own.

6pm Opening Circle-teachings

7:30pm Dinner out in Marrakech

Day 3 - Depart for Essaouira

8am Breakfast

9:30am Departure for Essaouira (~3 hour drive)

12:30pm Arrive at Essaouira Lodge, Orientation, Lunch, Check into Rooms

5pm Opening Practice Qi Gong/ Meditation

7:30pm Dinner

Day 4 - Free Day in Essaouira

8am Morning Practice

9:30am Breakfast

FREE AFTERNOON to orient and explore Essaouira. ***Walking tour included.*** Visit the Souks and buy those souvenirs! Climb the walls of the old fortress on the south end of town. Leave the walls and take a walk down the beachfront promenade. Lunch on your own.

5pm Evening Practice

7:30pm Dinner

Day 5 - Women's Argan Oil Cooperative & Camel Rides

8am Morning Practice

9:30 am Breakfast

11:00 am Women's Argan Cooperative Tour & Shopping
1pm Lunch at Essaouira Lodge
5pm Beach Camel Rides

Day 6 - Free Day in Essaouira

8am Morning Practice
9:30 am Breakfast
FREE AFTERNOON to continue exploring Essaouira. Also a great time to schedule hammam and spa treatments or an optional excursion. Lunch on your own.
5pm Evening Practice
7:30pm Dinner

Day 7 - Moroccan Cooking Class

8am Morning Practice
9:30am Breakfast
10:30am Moroccan Cooking Class
1:30pm Lunch at Essaouira Lodge
More free time for excursions, hammams, etc
5pm Evening Practice
7:30pm Dinner

Day 8 - Return to Marrakech for Flight Home (~2.5 hour drive)

Early AM Breakfast
Departure to Marrakech Airport