



YOUR WEEK

Planning*

SUNDAY, MARCH 2ND ARRIVAL

3PM: CHECK IN & SETTLE

7-8PM OPENING:

 PRESENTATION OF THE RETREAT 

8PM DINNER

MONDAY, MARCH 3RD

8-8:30AM PRANAYAMA

30MIN TEE, COFFEE & FRUITS

9-10:30 VINYASA FLOW

11-1PM BRUNCH (BUFFET)

3-4PM SNACK & DRINKS

4-5PM VIBRATIONS MEDITATION

5:30-6:30PM YIN

7:30PM DINNER

TUESDAY, MARCH 4TH

8-8:30AM PRANAYAMA

30MIN TEE, COFFEE & FRUITS

9-10:30 YIN & YANG FLOW

11-1PM BRUNCH (BUFFET)

3-4PM SNACK & DRINKS

5:30-6:45PM IN MOTION MEDITATION

7:30PM DINNER

WEDNESDAY, MARCH 5TH

8-8:30AM PRANAYAMA

30MIN TEE, COFFEE & FRUITS

9-10:30 HATHA FLOW

11-1PM BRUNCH (BUFFET)

3-4PM SNACK & DRINKS

4:30-5:30PM YIN

5:30-6:30PM NIDRA

7:30PM DINNER

THURSDAY, MARCH 6TH

8-8:30AM PRANAYAMA

30MIN TEE, COFFEE & FRUITS

9-10:30 VINYASA FLOW

11-12PM BRUNCH (BUFFET)

1-6PM VISIT MEDINA & SOUKS MARRAKECH

7:30PM DINNER

FRIDAY, MARCH 7TH

8-8:30AM PRANAYAMA

30MIN TEE, COFFEE & FRUITS

9-10:30 VINYASA FLOW

11-1PM BRUNCH (BUFFET)

1-3PM WORKSHOP HANDCRAFT

3-4PM SNACK & DRINKS

4-4:30PM WATER YOGA

5:00-6:30PM YIN & NIDRA

7:30PM DINNER

 CLOSING RETREAT 

SATURDAY, MARCH 8TH : END & DEPARTURE

FROM 8:30 BREAKFAST

12PM CHECK OUT

- 3 TYPES OF MEDITATIONS
- 5 TYPES OF BREATHING TECHNIQUES
- DIFFERENT FLOW PRACTICE EVERY DAY

Notes

- RITUAL SPA: SCHEDULED DURING FREE TIME
- After the check out, you can enjoy outdoor facilities hotel until your time departure to the airport

*Schedule subject to change