

SUNDAY, NOVEMBER 2ND ARRIVAL

3PM: CHECK IN & SETTLE

7-8PM OPENING:

PRESENTATION OF THE RETREAT

8PM DINNER

TUESDAY, NOVEMBER 4TH

8-8:30AM PRANAYAMA 30MIN BREAKFAST 9-12 QUAD EXCURSION AGAFAY DESERT ATLAS MOUNTAINS+ TEA & YOGA 12-1PM BRUNCH (BUFFET)

3-4PM SNACK & DRINKS 5:30-6:45PM NIDRA 7:30PM DINNER

THURSDAY, NOVEMBER 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

SATURDAY, NOVEMBER 8TH **END & DEPARTURE**

FROM 8:30 BREAKEAST

12PM CHECK OUT

MOίAY, NOVEMBER 3RD

8-8:30AM PRANAYAMA 30MIN TEE, COFFEE & FRUITS 9-10:30 VINYASA FLOW 11-1PM BRUNCH (BUFFET)

3-4PM SNACK & DRINKS 4-5PM MOTION MEDITATION 5:30-6:30PM YIN 7:30PM DINNER

WEDNESDAY, NOVEMBER 5TH

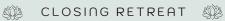
8-8:30AM PRANAYAMA 30MIN TEE, COFFEE & FRUITS 9-10:30 HATHA FLOW 11-1PM BRUNCH (BUFFET)

3-4PM SNACK & DRINKS 4:30-5:30PM NO DIMENSION MEDITATION 5:30-6:30PM YIN 7:30PM DINNER

FRIDAY, NOVEMBER 7TH

8-8:30AM PRANAYAMA 30MIN TEE, COFFEE & FRUITS 9-10:30 VINYASA FLOW 11-1PM BRUNCH (BUFFET)

3-4PM SNACK & DRINKS 4-6:00PM WORK SHOP YOGA DANCE 6:15-6:45PM YIN 7:30PM DINNER





- 3 TYPES OF MEDITATIONS
- 5 TYPES OF BREATHING TECHNIQUES
- DIFFERENT FLOW PRACTICE EVERY DAY
- 30 MIN REIKI with Julie: 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