



YOUR WEEK

Planning*

SUNDAY, NOVEMBER 2ND ARRIVAL

3PM: CHECK IN & SETTLE

7-8PM OPENING:



PRESENTATION OF THE RETREAT



8PM DINNER

MONDAY, 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

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

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

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

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



CLOSING RETREAT



SATURDAY, NOVEMBER 8TH END & DEPARTURE

FROM 8:30 BREAKFAST

12PM CHECK OUT

- 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

Notes

*Schedule subject to change