



# Mystical Morocco

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7 night 8 day Retreat

Escape to Morocco for a soul-stirring yoga retreat that blends vibrant culture, breathtaking landscapes, and deep inner renewal. Begin in Marrakech, where ancient souks and desert sunsets awaken your senses. Journey into the majestic Atlas Mountains to practice yoga surrounded by soaring peaks and tranquil Berber villages. Conclude your adventure in the coastal haven of Essaouira, where ocean breezes and serene beaches invite rest, reflection, and rejuvenation. This immersive experience weaves together movement, mindfulness, and the magic of Morocco—an unforgettable journey for body, mind, and spirit.

### Day 1 Arrival & Welcome

Relax & Explore

Arrive (RAK) Marrakech, upon arrival, meet with our local representative, outside of airport at baggage claim followed by a private transfer to your riad or hotel in the city. Depending on your arrival time, you may enjoy a first stroll through the lively medina or relax in the comfort of your accommodation. Dinner and overnight in Marrakech

🏠 Jaal Riad Resort

🌐 [Website](#)

### Day 2 Explore Marrakech

Sights & Sounds

After breakfast and energizing yoga practice you will meet with your local guide for a half-day guided tour of Marrakech, the “Red City.” includes the Koutoubia Mosque (exterior view), Bahia Palace, and the vibrant souks of the medina. Return to hotel and relax or explore. Opportunity to book spa treatment (not included). Restorative yoga practice before dinner. Dinner and overnight

### Day 3 Discover Atlas Mountains

The wonder of Nature

Breakfast then morning departure from Marrakech towards the High Atlas Mountains (approx. 1.5 hours' drive). Scenic drive through olive groves and small Berber villages before reaching Imlil, a tranquil mountain village at the base of Mount Toubkal (4,167 m). Arrival and check-in at your deluxe mountain lodge or boutique-style auberge offering comfort and magnificent panoramic views. Welcome tea and light lunch. Afternoon at leisure: Short guided walk through nearby villages. Visit to a local Berber family for tea and cultural exchange Return to Kasbah for evening restorative practice. Dinner and overnight in Imlil.

🏠 Kasbah Du Toubkal

🌐 [Website](#)

🍴 Meal



### Day 4 Imlil Discovery

Nature & Wellness

Early morning breakfast and yoga practice surrounded by mountain views. Breakfast at the lodge. Guided hike to explore the Imlil Valley, passing through terraced fields, walnut groves, and small waterfalls. Restore with a picnic lunch followed by free time. Free time to book traditional hammam experience in the village (not included). Dine together with local flavors and overnight.

 Kasbah Du Toubkal

 [Website](#)

### Day 5 Explore Essaouira

Sounds of the Sea

After breakfast, drive towards the Atlantic coast and the laid-back town of Essaouira (approx. 4.5–5 hours). With a stop for exploration and refreshment along the way, arrival and check-in at your charming oceanfront hotel. Free time to walk along the ramparts, enjoy the sea breeze, or relax at a café overlooking the port. Enjoy a restorative practice on terrace before dinner and overnight

 Hôtel Le Médina Essaouira Thalassa sea & spa - MGallery

Av. Mohammed V, Essaouira 44000, Morocco

 [+212 5 24 47 90 00](tel:+212524479000)  [Website](#)

### Day 6 Essaouira Relaxation

Free day to Enjoy

Enjoy a slow morning with yoga on the beach or terrace, followed by a delicious and healthy breakfast. Explore Essaouira's UNESCO-listed medina, artisan workshops, and colorful markets. Return to hotel to join a camel ride along the beach. Bring the evening to a close with a delicious dinner in the harbor, for good times and fun vibes. Overnight

### Day 7 Return Marrakech

Ride to Marrakech

After a leisurely breakfast, depart Essaouira for Marrakech, once you return to Marrakech, this is an open day to do as you wish. Catch up on some last minute shopping, explore, relax by the pool. Tonight will be your final practice and gratitude circle before joining each other for your Farewell dinner.

 Kenzi Menara Palace

 [Website](#)

### Day 8 Departure

Transfer to Airport

After an early breakfast, you will meet your driver in the lobby for the the group transfer to the airport (RAK). We hope that you cherish your time in this beautiful country and go forward with a renewed sense of peace and transformation.