

Our Days In Morocco

DAY 1 / SATURDAY

Arrive

1 PM Welcome lunch at the Riad

Time to rest, settle in & ground after your travels

4 PM Welcome & Restorative Yoga on the Riad roof

7 PM dinner at the Riad

DAY 2 / SUNDAY

7 AM yoga practice & conversation

9 AM breakfast at the riad

10 AM guided exploration of Medina & souks, lunch at a local restaurant followed by free time to shop and explore or relax at the riad

5 PM evening Pilates (optional)

7 PM dinner at the Riad

DAY 3 / MONDAY

7 AM yoga practice & conversation

9 AM breakfast at the Riad

10:15 depart for Day Trip into the Atlas Mountains. We will have a guided hike of Ourika Valley, lunch along the river, and meet a traditional Berber family for tea.

5 PM evening Pilates (optional)

7 PM Dinner at the Riad

DAY 4 / TUESDAY

7 AM yoga practice & conversation

9 AM breakfast at the Riad

10:15 AM guided market visit and cooking class in the Medina

2 PM Hammam and Massage at the Riad

5 PM evening Pilates (optional)

7 PM Dinner at the Riad

DAY 5 / WEDNESDAY

7 AM yoga practice & conversation

9 AM breakfast at the Riad

10AM depart for our trip into the Agafay Desert, where we will enjoy a optional quad ride, camel ride, time at the pool and dinner under the stars

DAY 6 / THURSDAY

7 AM yoga practice & conversation

9 AM breakfast at the Riad

10 AM day trip to local Marrakech Spa

5 PM evening pilates (optional)

7 PM Dinner at local restaurant

DAY 7 / FRIDAY

7 AM 108 Sun Salutations Practice at the Riad

9 AM breakfast at the Riad

10:15 AM Visit Souk & Loom rug shop with Omar

Free time to explore souks, visit museums, receive spa treatments at Riad (please request to book) or relax

5 PM evening Pilates (optional)

7 PM Farewell Dinner & closing at the Riad

DAY 8 / SATURDAY

Departure Day

We will arrange transportation for all of our guests. Please schedule your flights for the the morning.

This schedule is not concrete – small changes may be made. All excursions are always optional

