

Our Days In Morocco

DAY 1 / SATURDAY

Arrival Day- If possible arrive by 1 PM for a 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 pilates 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 yoga (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 where we will a hike to the valley's cascading waterfalls. Along the way, we'll take in sweeping mountain views and the beauty of traditional Berber villages. We'll enjoy lunch along the river before visiting a local women's cooperative and returning to Marrakech.

5 PM evening Pilates (optional)

7 PM Dinner at the Riad

DAY 4 / TUESDAY

7 AM Pilates practice & conversation

9 AM breakfast at the Riad

10:15 AM Immerse yourself in the flavors and traditions of Morocco with a guided visit through the vibrant souks and spice market, where we'll gather fresh ingredients alongside local artisans. From there, we'll join talented female chefs for a hands-on cooking class, learning the techniques and stories behind traditional Moroccan cuisine. We'll conclude with a ceremonial mint tea service before sharing the meal we've prepared together in the peaceful courtyard of a private riad.

6 PM evening Pilates (optional)

7 PM Dinner at the Riad

DAY 5 / WEDNESDAY

7 AM breakfast at the riad

8 AM depart for Agafay Desert

9 AM 108 sun salutations with sacred pause in the yoga shala

10 AM - Bespoke desert day

A day designed entirely your way. Enjoy full access to the desert retreat's pools and grounds, with lunch at Oliver's Restaurant whenever you're ready. Choose to fill your day with adventure through optional experiences such as horseback riding, camel trekking, or quad tours across the desert landscape, or embrace a slower pace with à la carte spa treatments and time to unwind by the pool. Whether you seek exploration, relaxation, or a bit of both, the day is yours to create.

6:30 PM Dinner beneath the stars

After, we will depart back to Marrakech

DAY 6 / THURSDAY

7:30 AM Pilates practice & conversation

9 AM breakfast at the riad

10 AM Optional Rug & Artisan Experience at Souk & Loom Discover the artistry behind Morocco's iconic rugs during an optional visit to Souk & Loom. Learn about traditional weaving techniques, natural dyes, and the stories woven into each piece while browsing a thoughtfully curated collection. Whether you're searching for a keepsake or simply wish to experience this beautiful aspect of Moroccan culture, all are welcome.

Afternoon at Leisure

Enjoy free time to wander the Medina, shop the souks, book a spa treatment, relax at the riad, or explore Marrakech at your own pace.

7 PM farewell dinner at the riad

DAY 7 / FRIDAY

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

