



YOGA RETREAT + DEEP DIVE CULTURAL TOUR OF MOROCCO

Yoga Retreat: October 16-27, 2024

Extension 1: Deep Dive Cultural Extension: Oct 27 - Nov 2, 2024

Extension 2: Blue City of Chefchaouen: November 2-5, 2024

TOUR LEADERS



Maria Hamburger is a certified yoga teacher with over 20 years of experience. She teaches students of all abilities in classes that are both physically and spiritually engaging. Her classes explore the benefits of the ancient practice of yoga within our modern world. Maria is a FRC mobility specialist who integrates anatomy and physiology along with strength and mobility training into her classes. Maria has a live stream yoga program where she teaches 3 classes a week and hosts teachers of various disciplines. mhgreatwind@gmail.com



Addi Ouadderrou is a native Moroccan from the desert region, and an expert on Moroccan culture, with over 25-years of experience in directing deep-dive and personalized cultural tours into Moroccan history, life, arts, languages, food, dance, music, and more. Addi is the owner of Moroccan Caravan, LLC, and is the tour manager. addi@moroccancaravan.com



Sandra Youssef Clinton, FASLA is a nationally recognized landscape architect and founder of CLINTON+RIES Landscape Architects, and a multi-media artist. She has traveled extensively throughout Morocco, exploring landscapes, gardens, design, arts, architecture, and culture of different geographical regions. She has co-led culture and design tours with Addi since 2019. Sandy brings her insights of plant knowledge, art, and design expertise to every tour. syc@clinton-la.com

ABOUT THIS TOUR

Yoga with Maria Hamburger is an exceptional treat! She meets your body where it is and safely leads it in directions you didn't know possible. The Retreat will include two daily yoga practices that promise to enrich your experience while visiting one of the oldest and most vibrant trading posts in the world, Morocco. After your morning practice, Addi and Sandy will give you a taste of the country's incredible food, crafts, gardens, and history as the crossroad between Africa, the Middle East and Europe.

The retreat will be centered in two beautiful locations –the colorful city of Marrakech and the historic fishing port of Essaouira. It will allow for visits to a hammam (traditional Moroccan bath), a variety of historic palaces and gardens, and visits to unique souks within the medinas of each town.

Following the yoga retreat portion of the tour, two popular trip extensions are available to those interested in a deeper dive into the country's culture, arts, landscapes, and daily life.

EXTENSION 1: Moroccan Caravan Tours will take you to Ouarzazate, Kalat M'Gouna, the Dades Valley, Todra Gorge, the Sahara Desert, Fes, and other unique stops along the way.

EXTENSION 2: Takes you from Fes to the Roman Ruins at Volubilis and from there to the charming Blue City of Chefchaouen for a relaxing couple of days wandering this quaint mountain village, before returning through the capitol city of Rabat to Casablanca.



YOGA RETREAT ITINERARY: October 16-27, 2024

Day 1 Oct. 16: Travel Day – Leave the USA for Casablanca

Today, travelers fly to Morocco. Passengers book their own flights. Suggest nonstop flights from the US to Casablanca, Morocco with Royal Air Maroc Airline:

- From New York (JFK)
- From Washington DC, Dulles international airport (IAD)

*Participants responsible for selecting flights that will have them arrive in Casablanca no later than 10:30am on Oct 17, 2024.

Day 2 Oct. 17: Arrival day, Casablanca - Marrakech

Participants plan to arrive to Casablanca in the morning on Oct. 17th, meet your tour guides, and transfer in our private transportation to the center of Casablanca to enjoy a walk around to view the gorgeous exterior of Hassan II Mosque. After your first Moroccan lunch, we will drive to Marrakech. The following few days will be spent in our special hotel in Marrakech (L, D)

Days 3 - 6 Oct. 18 – Oct. 21: Marrakech Yoga Retreat and Cultural Touring

Each day you will be treated to 2 yoga sessions with Maria, and in the middle of the day we will depart for a walking tour and cultural exploration of the Marrakech Medina, with all of its color, vibrancy, craft, souks, history, and cultural antiquities. The days will roughly follow this schedule during our stay in Marrakech:

8:30-9:30am - Light breakfast

9:30am-11:30am – Morning Yoga Practice

Lunch 12-1pm at our accommodation

1:00pm - Walking tour of Marrakech – each day brings new and different sights, sounds, and visual interests

Evenings will conclude with Yoga Practice, sunset, and dinner (B, L, D)



Day 7 Oct. 22: Travel Day to Anima Garden and Essaouira

Enjoy a leisurely breakfast then depart for Anima Sculpture Garden, located outside of Marrakech. We will enjoy lunch in the garden before departing westward. In the afternoon we will arrive to Essaouira near the Atlantic coast. Dinner and possible evening yoga. (B,L,D)

Days 8 - 11 Oct. 23 - Oct. 26: Essaouira Yoga Retreat and Cultural Touring

Each day you will be treated to 2 yoga sessions with Maria, and in the middle of the day we will depart for a cultural exploration of the Atlantic coast town of Essaouira, with its active seaport, small and manageable medina full of lively souks, and beautiful windy beaches. The days will roughly follow this schedule during our stay in Essaouira:

8:30-9:30am – Light Breakfast

9:30am-11:30am – Morning Yoga Practice

Lunch 12-1pm at the riad

1pm – we will enjoy a walking tour/ introduction to Essaouira, its fishing port, and its small, but lively, medina

Yoga Practice 5:00pm - 6:30pm. Dinner, and possible Yoga Nidra after dinner. (B,L,D)

Day 12 Oct. 27 (Sunday): Depart for Casablanca for return to USA

For those departing to the US today, transport will take you to the airport in Casablanca for your flight home – leaving the riad at 6:30am. Participants are responsible for reserving flights that take off from Casa no earlier than 3pm on May 26.

Any participants departing earlier than the group will need to pay for private transfer and we can assist with these arrangements.

Those continuing on the Deep Dive Cultural Extension will depart Essaouira this morning.

Bon Voyage!



EXTENSION 1 - DEEP DIVE CULTURAL TOUR: OCT 27- NOV 2, 2024

Day 12 Oct. 27 (Sunday): Ouarzazate

Today's ride is full of unique scenes. We leave Essaouira early to cross the Atlas Mountains, an area dotted with many Amazigh villages and valleys filled with beautiful scenery. One of the highlights today is a visit to the world heritage site of Kasbah Ait Ben Haddou. Dinner and overnight in Ouarzazate. (B, L, D)

Day 13 Oct. 28: Ouarzazate - Todra Gorge - Mezguida

Depart Ouarzazate, drive through the Valley of Roses, and take a short walk along the river in the dramatic Todra Gorge. Continue through the mountains into the Tafilalet Oasis of date palms. Overnight in a special guesthouse in Mezguida. Tonight, you will pack a small overnight bag, including bathing suit, for our overnight tomorrow into the Sahara dunes. (B, L, D)

Day 14 Oct. 29 (Tuesday – Market Day): Mezguida and Rissani - Sahara desert

Today we will explore the local 17th century adobe village of Mezguida before heading to nearby Rissani, a former hub for trans-Saharan trade, where we will have the opportunity to enjoy a walk through a lively market and have a presentation about textiles and jewelry. We will learn more about Amazigh (Berber) textiles, motifs, and techniques, and their uses in local culture – a great opportunity to shop for rugs, jewelry, and other unique gifts, if desired.

In late afternoon, we drive deeper into the desert to arrive to the golden sand dunes of the Sahara where we will ride a magical camel caravan to our overnight in a luxury camp in the dunes and enjoy a festive dinner followed by live music, singing, and dancing - all under a stunning starry sky. (B, L, D)

Day 15 Oct. 30: Explore the Sahara Desert Area

After returning from our camel excursion, we will have downtime by the pool/garden to reflect. A demonstration of a special stuffed bread baked in the sand will lead us to lunch. Later, in the afternoon, we will further explore this desert region including a Saharan oasis and gardens where we witness how locals extract water from the dunes for drinking and irrigation, using an

ancient underground system called *khuttaras*. Our day will be topped with a visit to a local community to sip mint tea and experience their unique spiritual music and chanting. Overnight at our guesthouse in Mezguida. (B,L,D)

Day 16 Oct. 31: Mezguida - Fes

We will depart this region of Morocco and drive to Fes. We drive north passing through the middle Atlas Mountains and the cedar forest making stops to explore along the journey. The evening will bring us into Fes. Dinner at the hotel. Overnight in Fes. (B, L, D)

Day 17 Nov. 1: Explore Fes

Full-day guided tour to explore one of Morocco's most historic and important cities - Fes. We will start our day with an introduction to Fes and exploration of the outskirts of the medina, including a traditional ceramics factory. The visit will take us into the medina ("old city") to see some of its many distinctive sections - each specializing in certain types of foods, handmade crafts, and practical items for everyday living.

We will have an opportunity to see first-hand as artisans make exquisite items using centuries-old techniques, including brass work, jewelry, weaving, dyeing, embroidery, and many other fine arts. Of special interest are the ancient leather dyeing vats in the heart of the city. We will have a chance to sample a wide variety of local cuisines. Tonight, we will enjoy a festive dinner with dancing and regional music at a local establishment. (B, L, D)

Day 18 Nov. 2: Transfer from Fes to Casablanca Airport and Flight back to USA

For those departing to the US today, transport will take you to the airport in Casablanca for your flight home – leaving the hotel at 7:30am. Participants are responsible for reserving flights that leave from Casablanca no earlier than 3pm today. (Breakfast included. All other meals on your own).

Any participants departing earlier than the group will need to pay for private transfer and we can assist with these arrangements.

Those who are continuing on the extension to Chefchaouen will depart Fes this morning.

Bon Voyage!



EXTENSION 2 - OPTIONAL EXTENSION: CHEFCHAOUEN, Nov 2-5, 2024

Day 18 Nov. 2: Chefchaouen Excursion

You will be picked up early to depart for a guided tour of the Roman Ruins of Volubilis. Lunch will follow and then you will leave for a beautiful scenic drive to Chefchaouen, a quaint town set deep in the mountains known for its blue colored buildings and cobblestone streets – open only to pedestrians. Overnight in Chefchaouen. Dinner in Chefchaouen on your own. (B,L)

Day 19 Nov. 3: Chefchaouen Exploration

Spend today wondering the winding streets of this beautiful village. Visit the centrally located fort, the markets, and at the end of the day, take the easy 30-minute path up the hillside to the Spanish Mosque (Mosque Bouzaafar) to watch the sunset from a wonderful vantage point. (Breakfast included. Lunch and dinner on your own.)

Day 20 Nov. 4: Further Explore Chefchaouen – Leave for Rabat

A morning of leisure to spend how you wish. Visit the Place Outa el-Hammam – the village center that is teeming with artisan vendors. Visit the Ethnographic Museum of Chefchaouen. Or just wander the streets of the small medina, watching the myriad cats taking advantage of sun-filled pockets. This afternoon you will transfer to Rabat to spend the night. (B, D included. Lunch on your own.)

Day 21 Nov. 5: Transfer from Rabat to Casablanca for Departure to the USA

After breakfast, you will depart Rabat to return to the airport in Casablanca for your return flight home. Participants are responsible for reserving flights that depart from Casa no earlier than 3pm today. (Breakfast included, all other meals on your own.)

Bon Voyage!



FEES, BOOKING REQUIREMENTS, AND DEADLINES

FEES

Yoga Retreat with Maria Hamburger: Oct 16-27, 2024

\$3,975.00/person, shared accommodation, + \$650 if rooming single, where singles are available + out of pocket expenses – see below

Extension 1 - Deep Dive Cultural Tour: Oct 27 - Nov 2, 2024

Must have a minimum of 4 participants for this extension tour to occur.

\$2,875.00/person, shared accommodation, + \$650/ if rooming single, where singles are available + out of pocket expenses – see below

Extension 2 - Chefchaouen: Nov 2-5, 2024

\$500.00/person, shared accommodation, + \$100 if rooming single, where singles are available + out of pocket expenses – see below

BOOKING REQUIREMENTS TO RESERVE YOUR SPACE ON THIS TOUR

1. Complete the online Registration form at www.moroccancaravantours.com/registration and submit online
2. Pay \$1,000 deposit by check, submitted via mail to address listed below
3. Follow payment deadlines for final payment listed below

PAYMENT DEADLINES

Deposit Payment: Once you're prepared to register for this tour, your deposit payment of \$1,000 and on-line registration form are due immediately to secure your spot. Space on this tour is reserved on a first-come basis and is limited.

Balance Due: Final balance is **due no later than May 1, 2024**

Credit card and online payments not available

Send all payments by check, made out to Moroccan Caravan, LLC to:

**Moroccan Caravan, LLC
53 Perkins Avenue
Malden, MA 02148 USA**

Note: Your reservation is subject to cancellation by Moroccan Caravan, LLC, if payment is not received on time, unless stated otherwise. Notification of participant cancellation must be made, in writing, to Moroccan Caravan, LLC. Please read our cancellation policy below. Refunds for services that are booked and are not used by the participant cannot be made.

CANCELLATIONS AND REFUNDS

At the time we receive your required written notification of cancellation, the following per person charges apply:

- More than 150 days prior to trip departure: 100% of total tour cost paid will be refunded.
- 120-149 days prior to trip departure: 100% of total cost paid, minus \$1,000 deposit, will be refunded.
- 90-119 days prior to trip departure: 50% of total cost paid will be refunded, and only after the trip is complete. If by this time only the trip deposit has been paid, Moroccan Caravan, LLC will retain the full deposit amount.
- 0-89 days prior to trip departure, or no-show: \$0 refund will be made.

**Refunds for scheduled tour services that are voluntarily not used by you are not refundable.*

FAQ

Such as money, ATM's, climate, dress, etc. can be found at www.moroccancaravantours.com/faq

ADDITIONAL QUESTIONS???

Maria Hamburger 301-613-9153 or mhgreatwind@gmail.com
Addi Ouadderrou 617-833-1503 or addi@moroccancaravan.com
Sandy Clinton 301-442-0981 or syc@clinton-la.com

INCLUDED

- 1st class private air-conditioned vehicle for transportation during the tour
- Certified professional driver
- Hotel accommodations
- Camel ride and overnight at luxury tents in the Sahara Desert
- Admission to historical sites, gardens, and parks during our scheduled guided group tours
- Visit to a 17th century mud (adobe) brick village in southern Morocco
- Meals as indicated in the itinerary (B=breakfast, L=lunch, D=dinner), **excluding all beverages**
- Licensed tour guides for specialty locations in Volubilis, Fes, and Marrakech
- Many unique surprises!

NOT INCLUDED

- Airfare
- Travel Insurance and Personal Health Insurance – **a requirement of the tour, including trip interruption insurance**
- Passport fees and related paperwork
- Cost of COVID or other pandemic/health testing, if required
- Private transfers outside of scheduled group activities
- Any personal expenses, purchases, or anything not included in this package
- Excess baggage, telephone, laundry, room service, personal and medical expenses
- **Tips for items and services paid out of pocket by tour director during the course of our travels together (\$250/person for Yoga Retreat, \$150/person for Deep Dive Tour, \$50 for Chefchaouen Extension)**
- Liquor or any beverages during the tour, other than water included at each provided meal
- Additional tips for driver(s) and guides as you see fit (average \$20-25/day)

VISA TO ENTER MOROCCO

USA Citizens **DO NOT** need a visa to enter Morocco

All other participants must check if visa is needed for travel to Morocco

<http://www.moroccanconsulate.com/visa.cfm>

FITNESS AND HEALTH

This journey to Morocco is not physically strenuous but participants should be in reasonably good health to participate. There is a good amount of walking throughout, and sometimes surfaces can be uneven. Please be aware that in some remote areas emergency medical care, physicians, and medication may not be readily available. Please bring all necessary medications with you.

Each participant must be covered by medical insurance that is valid overseas. Each participant is required to purchase Travel Insurance that covers trip interruption, trip cancellation, and repatriation. We do not associate with any of these companies but have purchased from them before...some options include World Nomads, AIG, and others.

THE FINE PRINT

Conditions and Responsibilities:

Moroccan Caravan, LLC organizes and sells travel programs it purchases from other suppliers. The suppliers are independent contractors, and are not agents or employees of Moroccan Caravan, LLC. They supply services that include, but are not limited to, transportation, accommodations, meals, and excursions using local guides. While we endeavor to make travel arrangements with reputable suppliers, Moroccan Caravan, LLC is not responsible for the willful or negligent acts and /or omissions of such suppliers, their employees, agents, servants, or representatives, including, without limitation, their failure or inadequate delivery of services.

All travel and arrangements are subject to the terms and conditions specified by the suppliers, air carriers and/or applicable governing laws. Moroccan Caravan, LLC and the suppliers providing transportation and any service can accept NO responsibility for losses or additional expenses due to but not limited to delay, inconvenience, changes to or cancellation of itinerary, sickness, weather, strike, war, quarantine, terrorism, defects in vehicles, breakdown in equipment, any act, omission, negligence, or other causes beyond their control. All such losses or expenses will be borne by the passenger, as tour rates provide for arrangements only for the time slated.

Moroccan Caravan, LLC is not responsible for expenses incurred by trip members in preparing for the trip (visa/passport fees, equipment, medical, any personal expenses and individual transfers, etc.)

Assumption of Risk:

I am voluntarily participating in the trip with knowledge that it involves some inherent risks and danger including, but not limited to, forces of nature, strikes, wild animals, theft, terrorism, civil unrest cancellation or changes in itinerary, negligent action of others or their agencies, or means of conveyance or accommodation which may not be operated nor maintained to standards common in the United States. This includes health-related issues, and I am aware that medical services or facilities may not be readily available or accessible during all or part of my trip. This includes emergency medical care, presence of physicians, and adequate medication. On expeditions of this type, it is not possible to accommodate persons with severe health problems or physical disabilities. It is the passenger's responsibility to judge the appropriateness of the travel activities to their own physical capabilities. By forwarding the deposit, the passenger certifies they agree with these terms and conditions and that they do not have any mental, physical, or other condition or disability that would create hazard for them or other passengers. Moroccan Caravan, LLC and its suppliers take no responsibility for special arrangements or problems incurred by passengers unable to participate in the planned activities. The right is reserved to decline any person as a member of the tour, or to require any participant to withdraw from the tour at any time.

Changes in Services:

Individual transfers for those traveling independently are not included in the land or air cost unless otherwise stated. If the group falls below the minimum paying passenger requirement, the expedition is subject to re-pricing or cancellation.

Arbitration:

Any controversy or claim arising out of or relating to this Agreement or the performance thereunder, including without limitation any claim related to this tour, shall be settled by binding arbitration in Boston, Massachusetts, in accordance with the rules of the American Arbitration Association and Massachusetts law. This agreement to arbitrate does not waive or modify the liability related contained in the foregoing paragraph.

Release of Liability:

As a condition of acceptance each participant understands and has agreed to all information above and the following release of liability:

I / We have carefully read the schedule of activities, requirements, the "Conditions and Responsibilities" provided by this written material, and I/we are aware that the tour involves the risk of personal injury, death, or loss (damage) to property. In consideration of the benefits derived by the trip, I/we voluntarily recognize and accept all risks thereof. I/we understand and agree on behalf of myself, my dependents, heirs, executors, and assigns, to release and hold harmless Moroccan Caravan, LLC and any of its officers, employees, agents, or representatives, from any and all claims, including but not limited to liability for delays, monetary damages, illness, injuries, death, or for the loss of or damage to property

resulting directly or indirectly from any occurrences or conditions. I/we agree to abide by the conditions set forth under the "Conditions and Responsibilities" and other sections as stated herein or elsewhere published. I/we affirm that I/we are covered by medical insurance, which is valid overseas. I/we affirm that I/we have not relied on any additional oral or written representation of Moroccan Caravan, LLC, or their suppliers for executing this release. I/we further acknowledge receipt of this release, and I/we understand and accept its terms and conditions. Any questions I/we had concerning this release have been answered to my full satisfaction.

Please contact us with any questions or concerns.
addi@moroccancaravan.com OR (617) 833-1503

**We look forward to receiving your registration form
and deposit to secure your place on this very special Yoga Retreat and Deep Dive tour**

Check our reviews on Trip Advisor

https://www.tripadvisor.com/Attraction_Review-g41818-d8434233-Reviews-Moroccan_Caravan-Somerville_Massachusetts.html

