

Morocco: Unwound Retreat (UR)
6-night, 7-day itinerary
June 7th - June 13th Sunday - Saturday

An escape to Morocco for a cultural, spiritual, and personal retreat compromising two elements:

- **Marrakesh:** A cultural and spiritual immersion in one of Morocco’s most vibrant royal cities
- **Essaouira:** A contemplative and restorative respite in a blissful beach town

10-12 Participants
 2 Team Leaders
 Courtney Erwin and Nicole Johnson

Overview

Marrakesh (3 nights)
 Essaouira (3 nights)

Detailed Itinerary

Date	Destination	Description	Included Services
Day 1, June 7	Marrakesh Riad Assakina or Riad Hanane	<p>Casablanca or Marrakesh Airport Arrival (TBC):</p> <p>16:00 (TBC): Meet your UR leaders and local guide at Casablanca Airport Arrivals Terminal 2 (look for “Unwound Retreat” sign outside of airport building, on curb).</p> <p>10:30/16:30: Shuttle bus departs Casablanca Airport Arrivals Terminal 2. Transfer to Marrakesh (approx. 3 hours). Water and snacks will be provided along the way.</p> <p>Evening: Arrival at riads in Marrakesh, located next to each other, and with the assistance of UR leaders settle into your accommodations.</p>	<p>1 local guide 1 sprinter bus 1 water per person 1 snack per person</p> <p><u>Meals (at the riad):</u> *Welcome tea with pastries *Dinner</p>

		<p>19:30pm: Meet in common area of riad to enjoy a welcome tea ceremony and traditional Moroccan pastries and program briefing by the UR team leaders.</p> <p>20:30pm: Dinner at the riad</p>	
Day 2, June 8	Marrakesh	<p>8:00am: Morning Meditation</p> <p>8:30 am: Breakfast</p> <p>9:30am: Meet in riad lobby to begin the morning tour of the Marrakesh medina (old city) with a local guide in addition to the UR tour leaders. Explore the most important sacred and historical sites of Marrakesh, including on site lectures at:</p> <ul style="list-style-type: none"> ● Koutoubia Mosque ● Medersa Ben Youssef ● The Secret Garden ● Djmaa al Fna (UNESCO World Heritage Site) <p>1:00pm: Bus transfer to AMAL Foundation.</p> <p>1:30pm: Lunch at AMAL Foundation - a non-profit that helps disadvantaged women gain work experience by training them in culinary arts. On-site lecture with the founder.</p> <p>Afternoon: Bus transfer back to the riad</p> <p>6:00pm Hour long discussion and evening restorative practice</p> <p>Evening: Dinner on your own (UR guides will assist with restaurants).</p>	<p>1 local guide 1 bus</p> <p><u>Entrance fees:</u> Le Jardin Secret</p> <p><u>Meals:</u> *Breakfast *Lunch</p>
Day 3, June 9	Marrakesh	<p>8:00 am: Morning Meditation</p> <p>8:30am: Breakfast</p> <p>9:30am: Visits to world class museums and historical sites:</p>	<p>1 local guide</p> <p><u>Meals:</u> *Breakfast *Dinner</p>

		<ul style="list-style-type: none"> • Yves St. Laurent Museum • Museum of Contemporary African Art • Musée de la Photographie • Jardin Majorelle and Berber Culture Museum <p>Lunch: On your own in the Medina</p> <p>Afternoon: The following options:</p> <ul style="list-style-type: none"> • Cooking course at AMAL • Traditional Hammam (bath) visit • Shopping <p>7:00pm : Return to riad for discussion and evening contemplative practice</p> <p>8:00pm: Dinner at the riad</p>	
Day 4, June 10	Essaouira Les Jardin des Douar or Riad Baousalla	<p>8:30am: Breakfast</p> <p>9:30am: Drive to private villa outside of Essaouira (2.5 hours)</p> <p>12pm: Arrival at villa and settle in</p> <p>1:30pm: Lunch at the villa</p> <p>Afternoon: Discussion, yoga and meditation (1.5 hours) and pool time</p> <p>8:00pm: Dinner on your own</p>	<p>1 local guide 1 sprinter buses 1 water per person 1 snack per person</p> <p><u>Meals:</u> *Breakfast *Lunch</p>
Day 5, June 11	Essaouira	<p>8:00am Morning Meditation</p> <p>8:30am: Breakfast</p> <p>9:00am: Transfer to Essaouira Medina for a tour with our local guide</p> <p>1:00pm: Lunch on your own in the Medina</p>	<p>1 local guide 1 bus 1 water per person 1 snack per person</p> <p><u>Meals:</u> *Breakfast</p>

		<p>Afternoon: Return to the villa for some down time including pool time</p> <p>6:00pm: Discussion and contemplative practice</p> <p>8:00pm: Dinner at villa</p>	*Dinner
Day 6, June 12	Essaouira	<p>8:30am: Breakfast</p> <p>9:30am: Morning meditation and yoga (1.5 hours)</p> <p>1:00pm: Lunch at local winery or fromagerie</p> <p>5:00pm: Meditation and discussion</p> <p>7:30pm: Goodbye dinner at villa</p>	<p>1 local guide 1 bus 1 water per person 1 snack per person</p> <p><u>Meals:</u> *Breakfast *Dinner</p>
Day 7, June 13	Departure	<p>8:00am: Morning Meditation</p> <p>8:30am: Breakfast</p> <p>Transfer (10:00/12:00) to Mohammed V Airport in Casablanca or Marrakesh Airport</p>	<p>1 local guide 1 bus</p>