

HAKIM WELLNESS RETREATS

MOROCCO

OCTOBER 13 - 19, 2024

RESET
REMEMBER
REVIVE



THE RETREAT



REST. REMEMBER. REVIVE.

We gather at an enchanting retreat at the foot of the Atlas mountains, away from your life in the world – stepping out of time and off the grid – for an existential decompression. The beautiful, tranquil setting with fresh air, pure water, sunshine, and clean food supports relaxation, rejuvenation, reflection, and healing. The retreat themes are realized through our daily program of BodyMindSoul practices and engaging discussion. You will have ample time to yourself as well as opportunities to connect with the other hearts who were inspired to attend.

Life's hardships can easily distract us from our many blessings. We also risk, however, losing ourselves and forgetting what really matters. This retreat is a precious opportunity for the essential yet often neglected practice of spiritual renewal. Retreat is indispensable, however, when confronted with life-transitions involving ultimate concerns and critical choices.

We begin with a BodyMindSoul *reset* through practices that dissolve and release accumulated physical, mental, and emotional stresses so that your true self can emerge. What follows is the *remembrance* of who you really are, so that you are able to consciously tame wayward motivations and their resultant negative behaviors that are built around the illusion of who you are not. Once you relax into your true nature, you are spiritually *revived*.



ACCOMODATIONS

Stunning traditional earth-architecture, terraces, a lush garden, gorgeous views, and tranquil spots for relaxation. Weaved throughout the days are prayer, embodiment practices, meditation, exploration of spiritual themes and teachings, shared meals, time in nature, and personal time. The environment is also suited for all types of physical activities.

Spa & Wellness: Hammam (with scrub and aromatic herbs), Ayurveda, Naturopathy, Thai Massage, oil massage, ice bath, swimming, hikes.

Resort Facilities: Hammam, pool, tennis clay court.

Food: Moroccan, Berber, and Middle Eastern Cuisine prepared with organic garden vegetables and local produce. Bread baked daily in a traditional Moroccan oven, fresh fruit juices, tea, coffee, and fresh and dried fruits available throughout the day.

Excursions: Marrakech Cultural Tour visit museum, souks & handcraft, etc...(museum entry fee not included in retreat package), Atlas Desert Hike Excursion.

RETREAT COST



Triple Room *

Includes 3 twin beds
w/ private bathroom

Double Room *

Includes 1 double bed
or 2 twin beds
w/ private bathroom

Private Single Room

Includes single bed
w/ private bathroom

** Solo registrants must book a Private Single Room, but a Double Room can be provided if available, on request (if the larger double bed is preferred).*

Per person payment

€2,335/ €1,985*

Per person payment

€2,635 / €2,285*

Payment

€2,935 / €2,585*

***Early-bird discount: pay by June 12th for €350 off.**

Regular registration: begins June 13th.

Retreat package includes: 6 nights accommodation, meals, Atlas Desert Hike, and Marrakech Cultural tour.

Space is limited. Please register as soon as possible to secure your spot.

TRANSPORTATION

Transportation costs (airfare, shuttle service to / from the retreat center) are not included in the retreat package. The retreat center kindly arranges airport pick-up and drop-off to Marrakech Airport (a 40-minute drive) for a fee of €30 / person / trip.

FOR FURTHER INFO:

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Spiritual retreat is a powerful opportunity
to re-establish spiritual alignment
when it has been compromised
so that we can return to our lives
rejuvenated and inspired.

