

Travel Afar. Journey Within



IN COLLABORATION WITH:



JOYOUS JOURNEYS



Guided
Morocco
Tours



DAY 1

OCTOBER 3RD: MARRAKECH - BOUMALNE DADES

Our tour driver will pick you up from your accommodation in Marrakech. We will travel through the High Atlas Mountains, passing authentic towns and Berber villages. We will visit Ait Ben Haddou Kasbah, a 17th-century fortress classified by UNESCO. Afterward, we will have lunch at a nearby restaurant. The drive will take us through Skoura town, the Valley of Roses, and Kalaat Megouna before reaching Boumalne Dades. Dinner and overnight stay will be in Boumalne Dades.

The retreat begins the moment we arrive, even without traditional meditation practice. Zen is about deep connection—with yourself and the world—on a higher level of consciousness. Let's embark on this journey with an open mind, freeing ourselves from dualistic thinking, judgment, and attachment to beliefs. Instead, we'll awaken our senses to the present moment, what is.

Each participant will receive a personal journal from the retreat leader, Viviane, containing a unique koan—a Zen question that cannot be answered rationally or metaphorically. A koan serves as a mirror to reveal your deeper self, guiding you throughout the retreat.

Accommodation: Dar Blues





DAY 2

OCTOBER 4TH: BOUMALNE DADES - MERZOUGA DESERT

At breakfast, we will reflect on the first Zen quote from the Journal and enjoy a mindful breakfast together. Following breakfast, you'll embark on a scenic drive towards the picturesque Todra Gorge in Tinghir. The awe-inspiring views of the gorge and its flowing river make it a sought-after destination for hikers. As you continue your journey, you'll pass through the desert towns of Erfoud and Rissani, each offering unique glimpses into the local culture and heritage. As the drive concludes at the edge of the desert, prepare for an extraordinary experience as you mount your camels or hop into the 4WD vehicle, venturing into the enchanting pink sands of high dunes. Take your time to connect with the environment before settling down to witness the captivating sunset.

As we reach Tiziri camp, indulge in a delectable Moroccan cuisine dinner and enjoy the melodic tunes of traditional live music around the campfire. Before retiring in your respective tents, we will practice a short meditation at the edge of the camp to integrate the silence of the desert under the night sky. You will spend the night in cozy Berber tents, surrounded by the serene silence of the desert. If luck permits, you may even catch a glimpse of shooting stars, adding a touch of magic to your desert experience.

Accommodation: Tiziri Camp





DAY 3

OCTOBER 5TH: OFFROAD DISCOVERY TOUR + TEA WITH NOMADS

Our morning practice starts at 7:00AM. If weather permits, you will experience the mesmerizing spectacle of the desert sunrise with vibrant colors of the sand. Meditation (7:00AM), followed by Qigong (8:00AM). You will have a mindful breakfast (Zen quote of the Day) and have personal time for walking meditation (see Daily Schedule).

Following some personal time or walking meditation, you embark on a thrilling 4WD off-road tour, offering you an immersive desert experience. Drive across the high plateau of the rocky desert, enjoying panoramic views of the dunes and diverse desert landscapes. Your journey will lead you to the captivating "Ghost Town" of Mifis, an abandoned mining village where ancient eye cosmetics like Kohl and quartz were once excavated. Here, you may also spot fascinating fossils of turtles, trilobites, ammonites, and orthoceras, remnants of the creatures that inhabited this ancient sea millions of years ago.

Continue your exploration from geology to music as you visit Khamlia Village, a town inhabited by darker-skinned Berbers. Immerse yourself in the unique sounds of Gnawa music, performed by the descendant locals of ex-slaves who migrated to Morocco from Senegal and Sudan via the Salt Route. Enjoy a live show of Gnawa spiritual music and savor a delightful homemade Berber pizza for lunch.

Accommodation: Tiziri Camp





DAY 4

OCTOBER 6TH: SAND BREAD DEMO

Schedule of the retreat continues. Zen quote of the Day.

Bread holds a sacred place in Moroccan culture and is a staple served with every meal. For the nomadic communities who lead a wild, roaming lifestyle without access to conventional kitchens or ovens, they have developed an ingenious method of baking bread directly in the desert sands. This traditional technique, passed down through generations, varies across desert regions and relies heavily on the wisdom and skill of experienced elders.

On this day, you will witness a live demonstration of this ancient and traditional practice of making sand bread. As this is a dying art, one of the few remaining nomads in the area who still preserves this unique skill will come to the camp to share their craft with you. Of course, you'll also get to taste the delicious results of this time-honored tradition.

Accommodation: Tiziri Camp





DAY 5

OCTOBER 7TH: CAMEL TREK AND WILD CAMPING

Schedule of the retreat continues. Zen quote of the Day.

Embark on an unforgettable journey through the mesmerizing Sahara as you walk alongside your camels across a dry riverbed to visit a local nomadic family. Share a cup of traditional Moroccan tea with them and gain insight into their unique way of life, shaped by the challenges and beauty of the desert.

After this enriching cultural experience, continue your adventure by riding your camel through the golden dunes to reach the serene Obira Oasis. Nestled beneath a towering dune, this tranquil spot offers the perfect place to relax, unwind, and even enjoy some playful moments in the soft sands.

The excursion includes approximately 45 minutes of walking and 90 minutes of camel trekking, making it a day full of exploration and discovery. As the sun sets, immerse yourself in the magic of the desert by spending the night at a wild camp under a canopy of stars—a truly unforgettable experience in the heart of the Sahara.

Accommodation: Wild Camp





DAY 6

OCTOBER 8TH: JOURNEY BACK TO THE CAMP

Morning meditation in the serene sunrise. Zen quote of the Day. After breakfast, we will ride back to Tiziri Camp.

Rest time and mindful dinner. Before retiring for the night, let's practice Qigong to align and balance the energy of the day.

Accommodation: Tiziri Camp





DAY 7

OCTOBER 9TH: UNWIND & RECONNECT

Schedule of the retreat continues. Zen quote of the Day.

For the last day at Tiziri camp in the desert, let's have a coffee / tea time at the town of Merzouga or learn traditional Berber crafts

As the day winds down, witness a breathtaking desert sunset from the high dunes, painting the sky in hues of orange and gold. Let's share a mindful dinner and conclude our retreat with exchange of thoughts and experience. **And go over your koan (Zen question) given to you on the first day.**

Relax in the evening and enjoy a late walking meditation or prepare for the early departure the next day.

Accommodation: Tiziri Camp





DAY 8

OCTOBER 10TH: MERZOUGA DESERT - MARRAKECH

Following a mindful breakfast with the last Zen quote, we will proceed with our journey to Marrakech, taking a scenic route through Alnif, Tazarin Agdez, and the Ait Sawen mountains. Upon reaching Marrakech, our guide (Anwar) will assist you with your luggage and bid you farewell, ensuring that you are comfortably settled in your accommodation.

WE LOOK FORWARD TO SHARING THIS ZEN RETREAT WITH YOU! ON BEHALF OF THE TEAM, THANK YOU FOR JOINING US ON THIS TRANSFORMATIVE JOURNEY IN THE SAHARA.

WE INVITE YOU TO SHARE YOUR EXPERIENCES AND REFLECTIONS IN OUR FACEBOOK GROUP, "TRAVEL AFAR. JOURNEY WITHIN." LET'S STAY CONNECTED FOR MORE ADVENTURES AND CONTINUE CONTRIBUTING TO A MORE CONSCIOUS AND MINDFUL WORLD.

**VIVIANE CASIMIR, PH.D.
JENNIFER HOLMES, TRAVEL ADVISOR
ANWAR MASLIK, TOUR GUIDE**



Cancellation Policy

Please notify us, **in writing**, as soon as possible if you need to cancel your travel arrangements. The cancellation charge depends on the number of days between receiving your written cancellation and October 3rd, 2025:

- 100% refund for cancellations made at least 120 days before the departure date
- 50% refund for cancellations made at least 90 days before the departure date
- No refund 60 days before the departure date

