

When I was two years old,
I went to live in Morocco with my family...


SPIRITUAL RETREAT AND NOMAD ROUTE

Morocco My Soul,

16 days / 29 Dec 2022 - 13 Jan 2023

When I was two years old, I went to live in Morocco with my family, in Rabat, for 5 years. My father was assigned to the Chilean Embassy; first posting in his career as a diplomat. My nomadic life began there, my destiny was forged there, in a country with ancient roots and nomadic tribes. A place in the world lost in time. A territory to which I



A woman with dark hair tied in a bun, wearing a headband with white flowers, is looking down. She is wearing a red and orange patterned top. The background is a blurred market stall filled with various colorful items, possibly shoes or bags.

would return a thousand times;
to look for those ancient times
that you can still smell in it's
towns and cities, medinas, alleys
and markets. To explore it's
territories in the Atlas
Mountain, isolated and frozen in
time, to soak up it's culture, it's
art, it's beauty and it's
controversial history. To it's blue
seas and cities of the Atlantic
and Mediterranean in contrast
to the ocher and yellow of the
eternal Sahara desert.

MY PURPOSE IS TO INVITE YOU
TO LIVE THIS EXPERIENCE. NOT
WITH THE EYES OF TOURISTS,
BUT WITH A VISION OF LIFE
AND APPRECIATION OF A
CULTURAL HERITAGE OF
HUMANITY. I WANT TO INVITE
YOU TO DISCOVER ANCIENT
LANDS AND CULTURES.

MOROCCO

An Arab country in North Africa, with ancient, pre-Islamic cultural roots; that has been influenced and invaded by empires and settlers, but still continues to fight to reclaim it's ancestral roots and sustain an immortal legacy, along with the advances of modernity.

It's traditional food; delicious, loaded with unique spices. Its mint tea ceremony, a custom that appears in every corner of the country.

It's Amazigh culture; an ancestral legacy that is still alive despite a complex history of survival, has left a mark that to this day is the living essence of this beautiful country; its trades, arts and crafts; their people. A universe to discover.

Morocco has an immense natural and geographical diversity, captivating and beautiful. Mediterranean Sea to the north, gateway and ancient trade route with the other world; Europe.





The Atlantic to the west; extensive beaches of golden sand.

The Atlas Mountain, a mountain range of multiple geographical contrasts: which runs from north to south and separates the Mediterranean and Atlantic Ocean coasts from the Sahara desert.

Sahara; an unknown dimension of tribes that still preserve their philosophy of life. Land of nomads, of free men and women. This is where time stands still...here converse the infinite sea of sand and dunes, the vault full of stars, the implacable presence of the Sun, the silence and the Mystery between life and death. Here the ego vanishes and gains strength and life; the spirit.



INDEX



SPIRITUAL RETREAT

Dec 29, 2022 - Jan 3, 2023
(Bab Zouina, Marrakesh)

- 1 · Iyengar Yoga - Practice & meditation
- 2 · Calligraphy workshop
- 3 · Visit to Anima Garden
- 4 · Cooking workshop
- 5 · Breakfast, lunch and dinner
- 6 · Visit Souk Thine
- 7 · Iyengar Yoga - Restorative Practice
- 8 · Hammam
- 9 · Night fire
- 10 · New year celebration 2023

Our trip to Morocco consists of two beautiful experiences, a spiritual retreat in the beautiful surroundings of Bab Zouina and a magnificent nomadic route that will take us to enjoy and learn about the ancestral Amazigh culture.

In this document you will find a breakdown of all the activities that we will carry out on this trip. At the end we will present you the price to join this beautiful experience.



NOMAD ROUTE

Jan 3, 2023 - Jan 13, 2023
(Departure from Bab Zouina)

Day 1 · Aït Ben Haddou

Day 2 · Tinghir

Day 3 · Merzouga

Day 4 · Erg Chebbi

Day 5 · Drâa Valley

Day 6-8 · Marrakesh

Day 9 · Essaouira

Day 10 · Marrakesh

Day 11 · Departure



SPIRITUAL RETREAT

A 5-day gathering in Bab Zouina, which begins with a journey of connection with ourselves. A safe and sacred space of self care. A gift for our Soul. A precious time of stillness. A first landing on Moroccan soil, without haste, with serenity and comfort. An auspicious place to close a 2022 cycle with high sights and receive a 2023 with a clear purpose and a brave spirit. A different new year, in unknown lands. A retreat to strengthen and restore the body, connecting with the heart. Preparing to continue the Nomad Route through the south of Morocco.

BAB ZOUINA

We are picked up at the Marrakech airport, in the south west of Morocco, to head east, to the Ourika Valley, where Bab Zouina is located, a spectacular place at the foot of the Atlas Mountains, less than an hour away.



Bab Zouina "beautiful door" is a project that was born more than 30 years ago, with an ecological, sustainable and spiritual vision, in collaboration with the communities. In a beautiful valley at the foot of the Atlas Mountain, in the heart of the ancient Amazigh culture.

In September 2021, in the midst of the pandemic, I traveled to Morocco. I went in virtue of getting to know the beautiful paradise that will embrace us during the retreat, where we will have the joy of celebrating the new year 2023. The experience was sublime, the beauty of the oasis, the hospitality of Karim and Helene, the loving staff behind every detail. The delicious cuisine, the



multicolored gardens, the orchards, the olive crops with which they make the oil that we will eat. The community spaces around the pool, the tennis court, the Zen garden, the central fireplace for our nights under the stars. The silence and that feeling of being out of time, connected to an immense feeling of gratitude.

Its traditional architecture, the rooms, the decoration, the art and of course the terraces and the huge Yoga room left me captivated. It is the right place to start a 2023 with purpose, awareness and energy. Our Yoga program as the main tool will be complemented with experiences and activities that can only be lived here in Morocco.



RETREAT PROGRAM

We present the itinerary for the Retreat in Bab Zouina.



	Day 1	Day 2	Day 3	Day 4	Day 5
	Thursday	Friday	Saturday	Sunday	Monday
	29-12-2022	30-12-2022	31-12-2022	01-01-2023	02-01-2023
07:00		Iyengar Yoga Practice & meditation	Iyengar Yoga Practice & meditation		Iyengar Yoga Practice & meditation
08:00					
09:00		Breakfast	Breakfast	Breakfast	Breakfast
10:00			Anima garden		Souk Thine
10:30				Cooking workshop (Bread & tajine)	
13:00		Lunch	Lunch	Lunch	Lunch
14:30		Calligraphy workshop			
18:00	Welcome tea	Yoga Iyengar Restorative Practice	Yoga Iyengar Restorative Practice	Yoga Iyengar Restorative Practice	Yoga Iyengar Restorative Practice
20:30	Dinner	Dinner	Dinner	Dinner	Dinner
	Welcome fire	Fire night	New Year's party	Fire night	Fire night



I. Iyengar Yoga

– Practice & meditation

Early each morning on an empty stomach, we will begin our practice of asanas, pranayama and meditation, to align ourselves both physically and mentally, strengthening our bodies and sharpening our minds. In a spacious and bright room that has all the necessary implementation, in a quiet environment and surrounded by nature.

2. Calligraphy workshop

Calligraphy is the art of beautiful writing. The visual expression of words and sounds. It is harmony, balance and beauty. A meditative practice.

In the Islamic tradition, this art was born with the need to transmit and preserve sacred texts. Over time and with the spread of Islam from Spain to China, Arabic calligraphy developed in contact with different cultures. This has allowed the development of this art in all its splendor through various styles and its particular aesthetics. Later, the use of calligraphy extended beyond sacred texts to poetry, proverbs, and words of wisdom.

Like all traditional art, calligraphy is passed down from master to disciple. Daily and methodical practice is necessary to master writing techniques. The learning process also allows the disciple to exercise his human qualities (patience, perseverance and humility). Similar to the tradition of the science and art of Yoga.





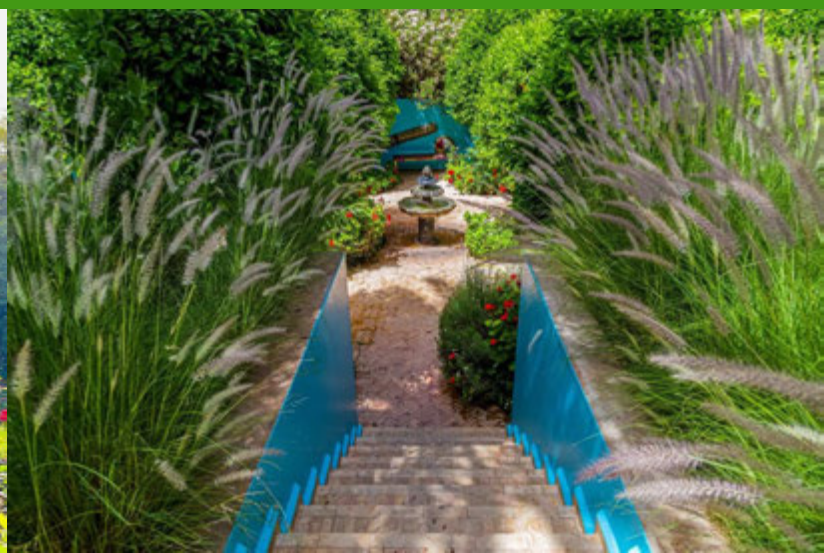
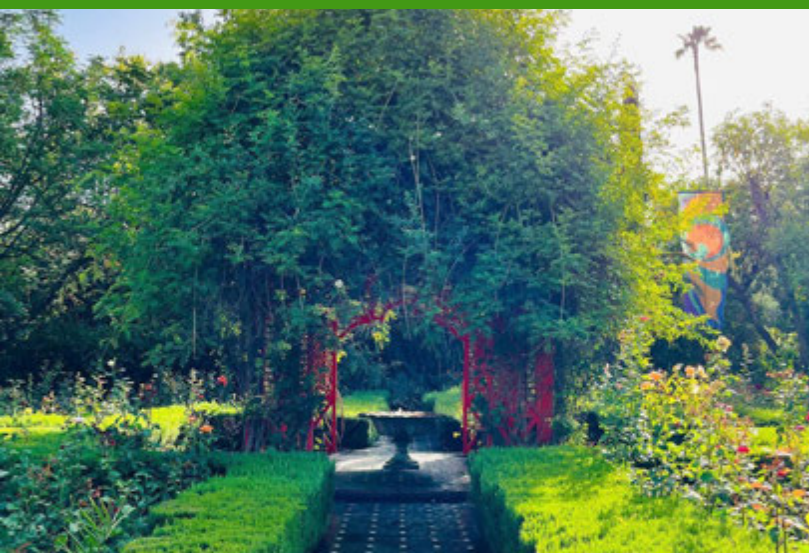
3. Visit to Anima Garden

The return from Paradise. With two hectares, it is one of the most beautiful botanical gardens in the world. Created by André Heller, one of the most influential and successful multimedia artists in the world.

It is a magical place of sensuality, wonder, contemplation, joy, healing and inspiration.

Strolling through shady paths, among precious trees and bushes, miracles of flowers and fragrances, pavilions and sculptures. Unforgettable moments in the glory of African nature with a stunning view of the Atlas Mountains. Located in the same Ourika Valley, where we will be retreating in the beautiful Bab Zouina.

<https://www.anima-garden.com>



4. Traditional Moroccan cooking workshop

From the hand of the expert cooks at Bab Zouina, we will learn how to make traditional bread and a form of Moroccan tajine. A tajine is a typical stew of Moroccan cuisine that is cooked in a clay container that bears the same name. It can be prepared with different ingredients, such as lamb, chicken, beef or even just vegetables. At Bab Zouina they prepare the best tajine I've ever tasted except for the one my mother makes at home. A delight.





5. Breakfast, lunch and dinner



Aicha is the chef at Bab Zouina and Mina is the cook par excellence; who prepares the most delicious traditional Amazigh bread. Together with his kitchen and dining room team, each meal is a unique culinary experience. Many of the products are harvested in the gardens of Bab Zouina. A marvel.



After our Yoga practice, they await us with a strong, nutritious and delicious breakfast in one of the beautiful dining rooms of the lodge. Lunches and dinners always presented in their clay tajins. Varied and fresh salads, desserts and delicious traditional sweets, all in a vegetarian context, as a retreat deserves. During the day there is always a table with nuts, fresh fruit and of course mint tea, always ready for your delight.



6. Souk Trine Visit



We will visit the souk of the nearest village, where a weekly market has been held for generations. The souk is the closest thing to how these people lived since ancient times. The rhythm, the pulse with which life marches in these places transports us back in time, to an ancestral memory.



7. Yoga Iyengar – Restorative Practice

Every afternoon we will meet again around the practice of Yoga, this time with a restorative vision. This practice will consist of sequences of asanas and pranayamas designed to calm and soften our brain and provide healing to our body.



8. Hammam

The Hammam is a steam beauty and purification ritual. An ancestral ceremony, inside a vault built with noble materials. It is a place of relaxation par excellence, for both men and women, where products for exfoliation, body wrap and hydration are made with natural ingredients harvested in Bab Zouina. Olive oil, eucalyptus essence, argan oil, clay mixed with medicinal plants, rose and orange blossom water, rosemary and chamomile. All this process is accompanied by hot water drawn from the Hammam source with beautiful copper buckets. It is a wonderful experience that I was privileged to experience.





9. Fire night

Every night after dinner we will enjoy a fire under the stars. The fire gathers us in a circle. Since ancient times this element awakens our connection with nature, with the invisible, with the spiritual world. Fire invites singing, dancing, prayer, unity. The fire takes us to an intimate and safe place to share with others. Magic happens and that is the greatest gift.

10. New year Celebration 2023



We want to celebrate this new year full of meaning, that our resolutions be sown with determination. A special night dedicated to concentrating our energy on creating the new reality that opens up to us with the beginning of a new cycle.



NOMAD ROUTE

Inspired by the nomadic tribes of the desert, our 11-day journey through the south of Morocco begins.



From Bab Zouina we are picked up in a 4x4 to start the great route that will take us east, to the Sahara desert, an ancient route that runs through the Atlas Mountain, cradle of the Amazigh culture. A mesmerizing route in geography and nature, with a unique cultural richness.

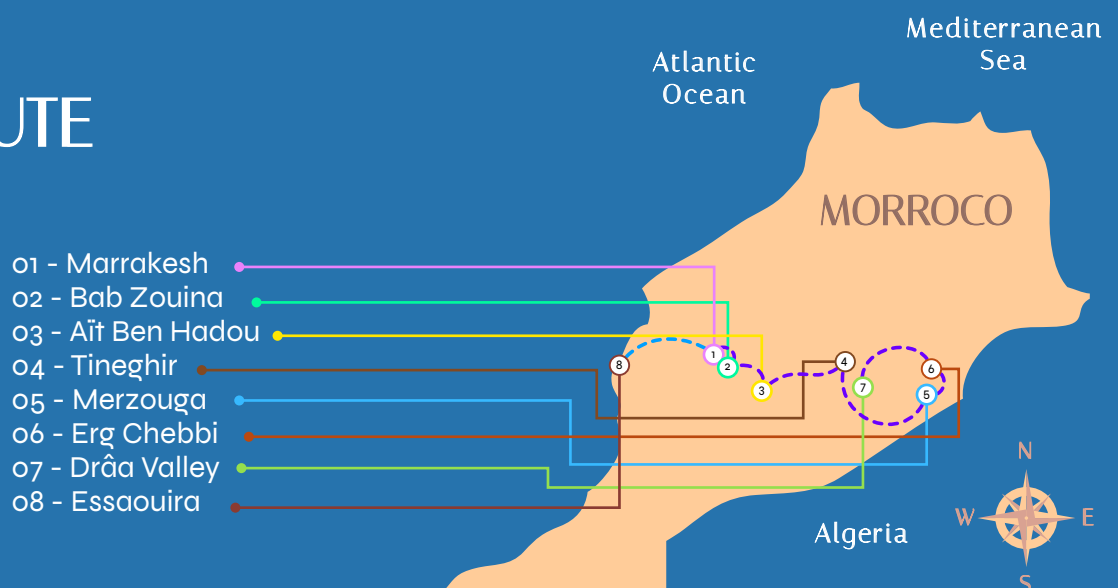
A journey through valleys, oases, palm groves, rocky areas, towns, villages and ancient cities; surrounded by kasbahs (mud buildings, of Amazigh origin, built in adobe) and ksurs (A Ksar, is a walled town, older than the Kasbah, they may have existed for millennia). A route in green, brown, red and ocher tones, until reaching Merzouga, the sublime entrance to the Sahara desert, with the philosophy of the people of the desert, free men and women by definition.



We will experience the overflowing beauty of the largest desert in the world, its dromedaries, its jaimas (nomadic tents), its men in blue and its unique women loaded with art and symbology, guardians and bearers of ancestrality. All of them under the most beautiful star-filled skies of the Moroccan desert. During the route we will sleep in kasbahs and Riads, however, in the desert, we will have the experience of a night in tents, immersed among dunes, camels and stars.

After the silence, the infinite dunes, the overflowing sand, the tireless sun, we return to the west, to the Atlantic Ocean. Culminating our route in the deep waters of Essaouira, surrounded by blue and white tones, fresh air, marine rhythms, colors and new aromas, art and beauty.

OUR ROUTE





Day 1: 03/01/2023

Marrakesh – Ait Ben Haddou



9:00 am (from Bab Zouina)



4h 00



Hôtel Riad Maktoub (or similar)
<https://riadmaktoub.com/>



Crossing through the port of Tichka, a mountain route with many curves, one of the most beautiful in southern Morocco until reaching Telouet.

Visit to the Kasbah of Glaoui. At the same time fortress, castle and caravanserai. The Kasbah of Telouet, built in the 19th century by the great Amazigh chief of the Atlas, El Hadj Thami Glaoui, evokes in Morocco a tragic story of power, betrayal and fall.

After lunch, we will cross the magnificent Ounila Valley on the old southern caravan route, now paved.

Visit to the Ksar of Ait Ben Haddou classified World Heritage Site by UNESCO. Impressive masterpiece built on the anvil of a rock in the Ounila Valley, in perfect harmony with its natural surroundings. This fortified town (Ksar) is a symbol of Amazigh culture and earthen architecture in southern Morocco.



Day 2: 04/01/2023

Ait Ben Haddou – Tineghir



9:00 am



4h 30



Hôtel Riad Tomboctou (or similar)
<https://www.hotel-tomboctou.com/>



During the day we will visit Ouarzazate, known as "the door of the desert". A beautiful city, full of contrasts, where we will visit the old town of Taourirt and an impressive kasbah dating from the 17th century. Ouarzazate has been for decades the ideal setting for major film productions.

We will continue through the Dades Valley or "Road of the thousand kasbahs". A spectacular journey that winds through impressive desert landscapes, villages and palm groves between the Atlas Mountains and the Anti-Atlas mountain range. It stretches from Ouarzazate to the east of Tineghir and the Todra Gorges. The route is wonderful, with hundreds of kasbahs scattered along the route, which the Amazigh built to defend themselves against invaders.

We will continue our journey through the Todra Gorges. A 300-meter-deep fault that forms a gorge that in some places is just wide enough for the river and hikers to pass through. They are located on the eastern side of the High Atlas, the sub-mountain range where the highest altitude of the entire Moroccan Atlas is found. This place is today a paradise for lovers of climbing and hiking.

We will enjoy this beautiful route, where the red of the earth merges with the green of the crops and the ocher of the adobe buildings.





Day 3: 05/01/2023

Tineghir – Merzouga



9:00 am



3h 30



Hôtel Riad Madu (or similar)
<https://www.riadmadu.com/>



On this tour we will discover the Khettaras, an irrigation system built more than 3000 years ago, we will cross through Erfoud, a city of ocher tones and we will arrive at our destination, Merzouga, a small city in the Sahara desert, the gateway to Erg Chebbi.

In the afternoon we will mount camels and have our first dive through the dunes of this mysterious desert.



Day 4: 06/01/2023

Erg Chebbi



9:00 am



Luxury Camp
<https://www.riadmadu.com/>



In the region of Merzouga we will visit the villages and the palm grove of Hassi Labied and Khamlia.

We will have lunch with the nomads in the desert, we will have the opportunity to talk with them about their philosophy of life and their customs. We will have the honor of witnessing a particular tradition, "baking bread in the sand".

Towards the end of the afternoon we will do a two-hour walk through the dunes to the camp, with a well deserved rest at the top of the Great Dune to let ourselves be touched by the beauty of the sunset. A sublime moment in a timeless environment.

We will have dinner and spend the night in a luxury camp with private bathroom and heating in the tents.

A sea of stars, in the heat of the fire, traditional music..... silence.....





Day 5: 07/01/2023

Merzouga – Drâa Valley



9:30 am



4h 30



KASBAH ITRAN (or similar)
<https://www.kasbahitran.com/>



After having breakfast at the camp, we will return to the hotel to head towards the Drâa Valley, on the way back to the west through the Djebel Saghro mountain range, home to nomadic families who spend their winters in the region. An environment of lunar plateaus and summits, as well as the mineral immensity of Bou Gafer.

We will have lunch in Nkob, a town that stands out for its 45 kasbahs.

We will continue to the Drâa Valley, where an impressive multitude of ksours and kasbahs await us.

We will visit the town of Tamnougalt, our highlight of the day, where in the evening the colors become sublime. Built in the 16th century, it is the historical capital of the Amazigh Mezguita tribe. The fortified town of Tamnougalt is one of the oldest remaining ksour in the Drâa Valley. This town was an important crossroads at the time when the great caravans traded between Talauet and Timbuktu, controlling the entrance to the Drâa Valley. It was also a strategic point, because gold from Africa was processed there and minted into currency.



Day 6: 08/01/2023

Drâa Valley – Marrakesh



9:00 am



5h 00



Hôtel Riad Aladdin (or similar)
<https://www.riadaladdin.com/>



We will continue heading west, through the Tichka pass, to arrive in the afternoon at the beautiful city of Marrakech.

We will have the afternoon free to rest in the Riad or go for a walk.





Day 7: 09/01/2023

Marrakesh



Hôtel Riad Aladdin (or similar)
<https://www.riadaladdin.com/>



Marrakech, is the old imperial city of the Almoravids, surrounded by 19 km of red and ocher walls, it is a true living spectacle where the inhabitants and the local culture manifest themselves in all their splendor. It has an impressive cultural heritage with many monuments and museums.

We will visit La Medersa Ben Youssef, founded in the 16th century by Moulay Abdallah. The Bahia Palace, one of the rare examples of 19th century residences. The mythical Jemaa-Fna square and its souks, a meeting place full of colors and aromas.

We will have a guided tour of the medina; alleys, cobblestones, endless shops, artisans and a lot of crazyness. It is a city that impresses, you have to go with an open mind, without expectations and in a good mood; to be surprised with the eyes of a child but very attentive and awake.



Day 8: 10/01/2023

Marrakesh



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Hôtel Riad Aladdin (or similar)
<https://www.riadaladdin.com/>



We will continue in this great and particular city...

During the day we will have scheduled workshops with artisans. We will discover the traditional trade, achieving an immersion in the heart of the craft. With great respect and admiration we will enter the heartbeat of the craftsman, in his usual place of work. It is a unique moment for an intimate and ancient experience. Where we can talk with them in a calm way.

Free afternoon to organize a Hammam session, continue in the medina, walk around the city or stay in the Riad.





Day 9: 11/O1/2023

Essaouira



9:00 am



3h 00



Hôtel Riad Dar Loussia (or similar)
<https://hotel-darloussia.com/>



Our last destination closes the route in the Atlantic Ocean, we can finally enjoy ourselves in the sea.

Essaouira is a perfect watercolor, with a blue horizon that contrasts with the pink ocher fortifications and its white houses with blue frames, known as "the blue pearl of the Atlantic".

Essaouira is a city of art. The perspective of the streets of the medina, the bright colors of the houses, the regional gastronomy, the famous local crafts or the Gnawa music; make Essaouira a magical, mysterious, beautiful city.

On the way to Essaouira we will stop at an interesting cooperative that produces the coveted argan oil.

Free afternoon to enjoy the ocean. Our Riad is in the old town, not far from the beach.



Day 10: 12/01/2023

Marrakesh

In the morning we will discover the artisans of Essaouira who work with Thuya wood. We will get to know its medina and its markets, where leather products, fabrics and slippers stand out.

Arrival in Marrakech around 5:30 p.m.



2:30 pm



3h 00



Hôtel Riad Aladdin (or similar)
<https://www.riadaladdin.com/>





Day II: 13/01/2023

DEPARTURE



10:00 am



1h 00



Hôtel Riad Aladdin (or similar)
<https://www.riadaladdin.com/>



And here ends our Nomadic Route through the South of Morocco. I have no doubt that this trip will leave a mark in our hearts, much to reflect on, memories and so many new experiences for our lives. And without a doubt, it will awaken the desire to continue wandering through this culture and through this very special African country.

Transfer to airport.

PRICE

We present you the price to join this beautiful experience.

Spiritual Retreat	5 days	29/12/22 - 03/01/23
Nomad Route	11 days	03/01/23 - 13/01/23
PAYMENT DATE		RETREAT+ ROUTE
TOTAL COST	15/10/22	€ 4,000
DEPOSIT	10/09/22	€ 1,300

PRICE



PRICE INCLUDES

- Airport transportation.
- Stay in Bab Zouina and its activities for 5 days. (Based on triple room. Options available)
- Accommodations on Route for 11 days. (Based on double room. Options available)
- 4x4 transportation for 8 days.
- Full board throughout the tour.
- Spanish-speaking guide throughout the stay.
- Ride in dromedary.
- Excursion to Merzouga includes lunch with nomads and camp.
- Tickets to monuments and attractions.
- Workshop with Artisan.

PRICE DOES NOT INCLUDE

- Airplane Ticket.
- Insurance for travel / cancellation / repatriation / medical assistance.
- Beverages.
- Lunch the day of departure.
- Tips.

PAYMENT METHODS

- Wire transfer
- PayPal

DO YOU WANT TO
MAKE YOUR RESERVATION?

Write to us at contacto@pranavaomtravel.com

or send a DM to our instagram [@pranava_om_travel](https://www.instagram.com/pranava_om_travel).

HOSTESS

DANIELA CEA JACQUES



Dance led me to Iyengar yoga in 2004 and since then it has been my deep path of self-knowledge and personal growth. I have been trained and certified in Iyengar since 2008 obtaining my Junior 2 degree. I dedicate myself to its practice and teaching uninterruptedly. At the same time, I studied Chinese medicine along with the practice of Kung Fu and Aikido, disciplines that I left to give myself completely to Yoga. My incessant concern led me to train as a therapist in Tibetan osteopathy, which I regularly use in my practice.

Dance, Iyengar yoga, body therapies and travel; They are my engine of life, my work and my purpose. I have been an athlete since I was little. Nature is my adoration, ancestral cultures and legacies are my great inspiration, they are my perpetual search and exploration. What inspired me to create Pranavaom Travel.

I INVITE YOU TO LIVE THIS EXPERIENCE WITH ME!

GENERAL TERMS

The trip begins on December 29, 2022 in Marrakech and ends on January 13, 2023 in Marrakech.

Pranavaom Travel reserves the right to modify hotels and itinerary if there are circumstances beyond our control. If for reasons of health emergency or other unforeseen circumstances, the trip cannot be made, it will be rescheduled at no cost.

Each passenger must be informed about the necessary documentation to enter Morocco. We can help you if you need it.

Payment Methods

Deposit deadline: September 10, 2022.

Full payment deadline: October 15, 2022.

Transfer in Pesos, Euros and Dollars to a PRANAVAOM bank account or through Paypal.

The payment will be made in Chilean pesos according to the exchange rate on the day of payment.

Please ask about payment facilities.

Visit our website
www.pranavaomtravel.com
to know in detail our
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