

THEHIVE 
by Justa Guillén

TRIPS RETREATS THEHIVE



Corporate



1. What is a **THEHIVE Corporate** trip and what purpose does it have?

They are tailor made trips according to the needs of the company and the human team working on it, where you will find the tools to bring to light all your creative capacity, your gifts and talents, and contributes very qualitative value to the company. to clients, to the teams under your responsibility, etc... A unique experience that will accompany you forever, not only on a work level but also on a personal level since everything starts precisely from you, from your essence.

You will find the time and space for yourself that you need and long for, you will learn to take care of yourself, to heal your wounds in order to enhance and develop your creative capacity and connect with your BEING. You will return to your inner "child", to feel free and you will enjoy sharing this experience with others.

You will feel that "NOW IT'S YOUR TURN", IT'S YOUR TIME!



2. What does it consists of?

They are physical trips where, in addition to the specific meetings and/or training organized by the company, specific workshops and activities are carried out through our own method based on the development of creative capacity.

It consists of four areas: Holistic, quantum, artistic and artisan.

They are all connected to each other through a common thread, each of them will lead us to our purpose. We work on the overall vision, in perfect harmony and synchronicity.





3. Where are the trips held?

LTHEHIVE trips are always held in the middle of nature, since by feeling all the elements: earth, wind, water and fire, we will be able to connect even more with our being and purpose.

They are selected luxury and unique spaces, with all the services and comfort.

We will walk through the countryside, the beach and/or the desert to feel their connection and beauty.

The selected locations are perfect, privileged places where everything is silence and peace.

Also in our trips we include cultural and archaeological routes (the latter depending on the place). We immerse ourselves in the origins, history and artistic and artisanal wealth of the town or city we visit.





4. What type of diet do we follow?

We will follow a basically vegetarian diet, menus created especially for the occasion by our chefs, where of course the possible food intolerances and/or allergies of the attendees will be taken into account.

*All menus are supervised by THEHIVE's team of nutritionists, under very specific and, above all, healthy guidelines.

We believe in the freedom of what you want to eat, since only with freedom are we creative, so a complete daily "healthy" menu will be offered where there will be a wide variety of foods but unprocessed, organic, typical of the place where we are and season.



5. What do you need to bring to the trips?

Your open heart, willingness to learn, come without prejudices and let yourself be surprised. You will feel yourself and free, there will be no judgments, you will just enjoy.

For the activities you need to bring:

Comfortable clothing for practicing yoga, some warmth and appropriate footwear for walks, if the weather is good, clothing suitable for the beach and protection.

For creative workshops, clothes that you don't mind getting stained.
And nothing more, all workshops come with the material included.



6. Spain Locations

Cádiz Area : Vejer de la Frontera, Bolonia Beach, Tarifa, El Gastor, Sotogrande, etc...

(Places like: Trafalgar polo club, Love Garden, La Donaira, La Siesta, Cortijo El Indiviso), among others

Málaga Area: Ronda, Marbella- Puerto Banús, Coín

(Places like: Cortijo Molino del Arco, Hotel La Fuente de La Higuera, Hotel Boho Club, Hotel Shanti Som, Hotel The Touch, Hotel Casa La Concha, Finca Cortesin) , among others

Sevilla Area, (Places like: La Bella Sombra, Hacienda de Orán), among others

Hueva Area, (Places like:: Hotel La Malvasía), among others

Granada Area, (Places like: Lemon Tree , La Corrala del Realejo), among others

Balearic Islands Area: Ibiza, Mallorca, Menorca

(Places like: Fincadelica, Átzaro, Hekamaya, hotel Aguas de Ibiza, hotel Six senses) , entre otros

** Other areas and hotels to be included soon

Love Garden
www.lovegarden.es



La Donaira
www.ladonaira.com

Hotel Molino del Arco
www.hotelmolinodelarco.com

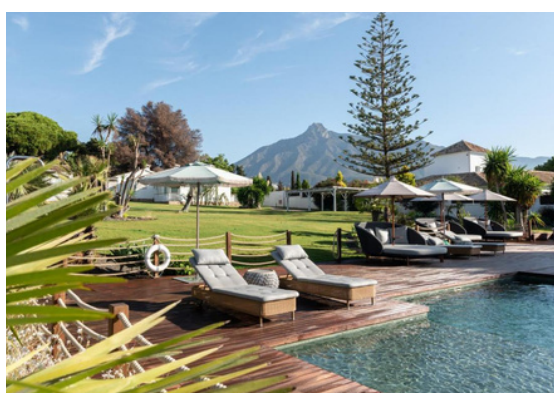


Boho Club
www.bohoclub.com

Delica Ibiza
www.fincadelica.com



Átzaro
www.atzaro.com





7. Main Moroccan Locations

Merzouga and Sahara, Places like: Hotel Desert Villa, Riad Serai.

Essaouira, Places like: Riad Baladin, Hotel Le Jardin de Douars.

Tánger, Places like: La Maison Blanche, Hotel Aux 3 portes, Hotel Villa Mabrouka.

** others areas and hotels to be included soon

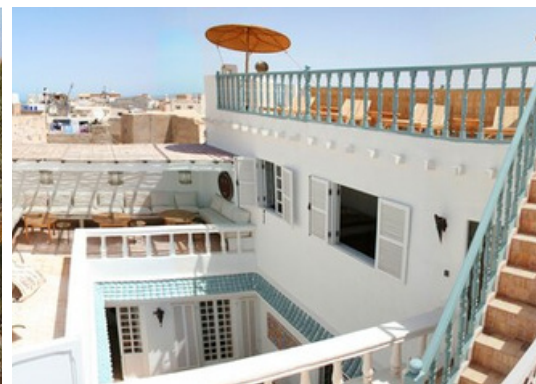
Hotel Desert Villa
www.desertvillamerzouga.com



Hotel Riad Serai
<https://riadserai.com/>



Riad Baladin
www.fincadelica.com



Hotel Le Jardin de Douars
www.jardindesdouars.com



La Maison Blanche
www.lamaisonblanchetanger.com



Hotel Villa Mabrouka
www.villamabrouka.com



8. THEHIVE Trips:

Types of trips as a guide, since we do them tailor made and according to the needs of the client and the company.

We add some programs with typical schedules of 2 nights and 3 days, 3 nights and 4 days. It can also be extended to 4 nights and 5 days. Or more days according to needs. In Morocco extendable to 6 days and 5 nights.

Note 1: The programs in Spain can also be carried out intensively, either for a single full day or preferably for one night and two days.

Note 2: The standard programs attached are only an example and will be adapted according to the needs of the company and including in the schedules, meetings and/or training organized by the company. Both the content of the activities and the schedules will be planned according to the company's instructions.

*For more information and quotes you can contact

Justa Guillén

+34 630853511

thehive.byjustaguillen@gmail.com



PROGRAM / SCHEDULE TYPE (3 days and 2 nights)

“CONNECTING WITH MY TRUE SELF” Costa de la Luz, Spain

Day 1

- 15:30h. Reception of participants at the hotel
- 16:30-17:30h Presentation of “THEHIVE GETAWAY” trip, program and objectives
- 17:30-18:00h. Conscious walk around the surroundings
- 18:00-18:30h Meditation at sunset
- 18:30-19:30h Quantum workshop “Connecting with my essence, my true being”
- 20:00.-21:00h. Dinner

Day 2

- 7:30-8:15h Yoga awakening and meditation at sunrise
- 8:30-9:00h Breakfast
- 9:30-11:30h Dance and music artistic workshop “Expressing my truth”
- 12:00h Transfer to Vejer de la Frontera
- 12:15-13:15h Cultural guided tour of Vejer town
- 13:15-13:45h. Free walk or shopping
- 14:00h Transfer departure to THEHIVE trip space
- 14:30-15:30h. Light lunch at the hotel
- 15:30-16:00h Free time
- 16:00-18:00h Artistic-crafts workshop “Reflecting my being”
- 18:00-18:30h Chi-Kung and Meditation at sunset
- 18:30-20:00h Free time and/or massage
- 20:00.-21:00h. Dinner with live music

Day 3

- 7:30-8:30h Yoga awakening and meditation at dawn
- 8:30-9:00h Breakfast
- 9:15-10:30h Mindful beach walk or talk THEHIVE nutrition according to meteorology
- 11:00-12:00h Closing of THEHIVE trip
- 12:00- 12:30h Sandwich- light snack
- 12:45h Farewell and transfers to departure destinations



PROGRAM / SCHEDULE TYPE (4 days and 3 nights)

“VIBRATING IN MY GIFT” Andalucía, Spain

Day 1

18:00h Reception

7:00h Conscious Walk around the hotel 8:00 p.m. Rest

9:00h Dinner

Day 2

9:00h Yoga Awakening

9:30 h Breakfast

10:30-12:00h Quantum Workshop. Meditation Connecting with Your Essence

12:30-14:00h Quantum Workshop. Meditation Connecting with Your Gift

14:00-15:00h Lunch

17:00-19:00h Dancing Expanding your Gift

20:00h Dinner

Day 3

9:00h Yoga Awakening

9:30h Breakfast

11:00-13:00h Creative Workshop – “Creating my gift”

14:00-15:00h Lunch

17:00-19:00h Manual Workshop – “Create your wonderful gift with your hands”

20:00h Dinner

Day 4

9:00h Yoga Awakening

9:30h Breakfast

10:30-12:30h Archaeological tour of the beach or cultural visit to the city

12:30-13:30h Closing Meeting

14:00h. Lunch

15:30h. Farewell and departure



PROGRAM / SCHEDULE TYPE (6 days and 5 nights)

“FINDING MY INNER GOD/GODDESS” Sáhara, Morocco

Day 1

Departure flights from origin and destination Merzouga. Sahara desert.

Transit stopover in Casablanca and to Errachidia airport.

23:00h Flight departure from Casablanca to Errachidia airport

23:59h arrival at Errachidia airport

00:20h Transfer to DESERT VILLA hotel in Merzouga

02:30h Arrival hotel

Day 2

9:00-9:30h Breakfast

9:30-10:30h Welcome, presentation of THEHIVE meeting, objectives and program

10:30-11:30h Get to know the AMAZIGH (Berber) culture, its traditions, family and what do they do, etc... “Berber names for each participant”

11:45-13:15h Walk around the hotel, visit the town of Merzouga.

13:30.-14:30h. Light lunch at the hotel

14:30-15:00h. Free time

15:00-17:30h. Quantum workshop “Connecting with my essence, my higher being”

17:45-18:30h Chi-Kung and meditation at sunset in the dunes

18:30-20:00h Free time and/or massage

20:00h Dinner

21:00-22:00h reading of Stars according to Nomads

Day 3

7:45-8:45h Yoga awakening and meditation at dawn

9:00-9:30h Breakfast

10:00-12:30h Artistic workshop “Expressing my essence”

12:30-13:00h Free time

13:00.-13:30h. Light lunch at the hotel

13:45h- Transfer place to artistic workshop space - Berber craftsman

14:00-14:30 Presentation of activity and Moorish tea in “traditional Berber house”

14:30-15:00h. Traditional Berber artistic-craftsman workshop “Reflecting my roots”

17:15h- Hotel transfer

17:45-18:30h Chi-Kung and meditation at sunset in the dunes

18:30-20:00h Free time and/or massage

20:00h Dinner



Day 4

7:45-8:45h Awakening yoga or NIA yoga and sunrise meditation

9:00-9:30h Breakfast

9:30-10:30h Prepare bag to take to camp and check out hotel

10:30-11:00h THEHIVE nutrition talk and health benefits

11:00-13:00h Traditional Berber cooking workshop

13:00-14:00h Lunch at the hotel

14:00 -16:00h Rest-Free time: Shopping in town, swimming pool, etc.

16:15h Transfer to Camp in the desert

16:30h Check in Camp

17:00h-17:45h Camel ride through the dunes

17:45-18:30h Special connection meditation to the sunset in the dunes

18:30-20:00h Free time

20:00h Dinner

21:00-22.00h Fire ritual, music and dance

Day 5

7:45-8:45h Sunrise meditation in the dunes and Berber sacred geometry

9:00-9:30h Breakfast

10:00-12:00h Workshop on bees and Berber natural medicine in the
"camp garden", health benefits

12:15h Transfer DESERT VILLA hotel or to Berber settlement (to be confirmed)

12:30h Arrival hotel

13:00-14:00h Lunch in hotel or Berber pizza in nomadic settlement
(to be confirmed)

14:00-16:00h Rest-Free time: Shopping in town, swimming pool, massage, etc...

16:15-17:30h Closing meeting, sharing and delivery of diplomas

17:45-18:30h Chi-Kung and meditation at sunset in the dunes

18:30-19:30h Free Time

19:30 Special closing dinner meeting

Day 6

4:00h Transfer to Errachidia airport.

7:30h Departure flight to Casablanca airport

8:30h Arrival at Casablanca airport

Departure flights to destinations in Spain/International