



# THEHIVE TRIPS



# 1. Whats a THEHIVE trip and whats its purpose?

They are Trips where you will find a "unique life experience that will accompany you forever", where you will develop your feminine (creative) side to strengthen it and integrate it with your masculine (rational) side, balance it, create harmony and peace.

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 IS YOUR MOMENT!





## 2. What do they consist of?

They are physical trips where 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?

THEHIVE trips are always held in the middle of nature, 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 artisan 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.

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





## 5. What do we need to bring to the trip?

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 that is all because all workshops come with the material included.





## 6. Main 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

Malaga Area: Ronda, Marbella- Puerto Banús, Coín (Places such as: 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

Seville 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, Aguas de Ibiza hotel, Six senses hotel), among others

\*\* Other areas and hotels to be included soon

Love Garden  
[www.lovegarden.es](http://www.lovegarden.es)



Hotel Molino del Arco  
[www.hotelmolinodelarco.com](http://www.hotelmolinodelarco.com)



Delica Ibiza  
[www.fincadelica.com](http://www.fincadelica.com)



La Donaira  
[www.ladonaira.com](http://www.ladonaira.com)



Boho Club  
[www.bohoclub.com](http://www.bohoclub.com)



Átzaro  
[www.atzaro.com](http://www.atzaro.com)





## 7. Main Moroccan Locations

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

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

Tangier, Places like: La Maison Blanche, Hotel Aux 3 portes, Hotel Villa Mabrouka, among others

\*\* Other areas and hotels to be included soon

Hotel Desert Villa  
[www.desertvillamerzouga.com](http://www.desertvillamerzouga.com)

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

Riad Baladin  
[www.fincadelica.com](http://www.fincadelica.com)



Hotel Le Jardin de Douars  
[www.jardindesdouars.com](http://www.jardindesdouars.com)

La Maison Blanche  
[www.lamaisonblanchetanger.com](http://www.lamaisonblanchetanger.com)

Hotel Villa Mabrouka  
[www.villamabrouka.com](http://www.villamabrouka.com)





## 8. THEHIVE Trips:

Types of trips as a guide, since we make them to measure and according to the client's needs, depending on whether they come in a group, as a family or individually.

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.

\*For more information and quotes you can contact

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# TYPE OF PROGRAM / TIMETABLE ( 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 ESCAPADA” trip, program and goals
- 17:30h.-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 meeting 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



# TYPE OF PROGRAM / TIMETABLE ( 4 days and 3 nights)

“VIBRATING IN MY GIFT AND CREATING BEAUTY”

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

9:30h 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 beauty”

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

12:30h-13:30h Closing Retreat

14:00h. Lunch

15:30h. Farewell and departure



# TYPE OF PROGRAM / TIMETABLE ( 6 days and 5 nights)

## “FINDING MY INNER GODDESS”

### Sáhara, Morocco

#### Day 1

Departure flights from origin and destination Merzouga. Sahara desert.  
Transit stopover in Casablanca and to the Errachidia airport.  
23:00h Flight departure from Casablanca to Errachidia airport  
23:59h arrival at Errachidia airport  
00:20h Transfer to the DESERT VILLA hotel in Merzouga  
02:30h Arrival at the hotel

#### Day 2

9:00-9:30h Breakfast  
9:30-10:30h Welcome, presentation of THEHIVE trip, 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 Merzouga town.  
13:30-14:30h Hotel Light Lunch  
14:30.-15:00h. Free time  
15:00.-17:30h. Quantum workshop “Connecting with my essence, my higher self”  
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 Hotel Light Lunch  
13:45h- Transfer to artistic workshop space-Berber craftsman  
14:00-14:30h. Presentation of activity and Moorish tea in “traditional Berber house”  
14:30-17:00h Traditional Berber artistic-craftsman workshop “Reflecting my estate”  
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.–16:00 Rest-Free time: Shopping in town, swimming pool, etc.

16:15h Transfer to Camp in the desert

16:30h Check in Camp

17:00–17:45h 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  
“orchard of the camp” 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 trip, sharing and delivery of diplomas

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

18:30–19:30h Free Time

19:30h Special closing dinner

#### Day 6

4:00h Transfer to Errachidia airport.

7:30h Flight departure to Casablanca airport

8:30h Arrival Casablanca airport

Departure flights to destinations in Spain/International