

Essaouira 30/4-05/05 2024



Essaouira with THEHIVE

Brimming with **color** and **mystery**, immerse yourself in **souks full of spices, stroll through evocative alleys, relax and unwind in a steaming hammam:** Reconnect with your essence and your positive energy on this **trip to Essaouira** that offers you a wonderful taste of its exoticism.

Essaouira, often known as the "**Wind City**" in Morocco, is a charming **coastal town** that captivates visitors with its unique combination of **history, culture and natural beauty**. Located on the Atlantic coast, it offers a vibrant medina, stunning **beaches and artistic and bohemian atmosphere**.

The heart of Essaouira is its UNESCO World Heritage-listed medina, a well-preserved fortress-like old town that transports you back in time. The medina's distinctive **blue and white buildings, narrow winding streets and bustling souks** (markets) offer a delightful sensory experience. cultural and natural of Morocco.

THEHIVE
by Justa Guillén



A rich culture and civilization

Essaouira is a place where artisans create intricate **woodwork, jewelry and textiles**, making it a paradise for those seeking authentic Moroccan craftsmanship.





The essence of Essaouira

Formerly known as **Mogador**, this town is a gem that offers a rich **tapestry of experiences**. Whether exploring its historic medina, enjoying **fresh seafood** in the port, riding the waves or immersing yourself in its vibrant art scene, **Essaouira promises an unforgettable journey through Morocco's natural and cultural treasures**.

Essaouira Medina is a fascinating place to explore, offering a variety of unique sites and experiences. Our local guide will show us the most significant places and their interesting history where different cultures once converged.

We will explore the impressive **gates of the medina, such as the Marina Gate and the Bab Doukala Gate**, which are emblematic and welcome visitors.



THE HIVE Retreat

In this **THE HIVE** meeting in Essaouira, **you will find the time and space for YOU** that you need and long for, **you will learn to take care of yourself, to be YOUR priority, to love yourself, to heal your wounds in order to, in this way, enhance and develop your “creative capacity.” and connect with your BEING.”**

You will develop your feminine (creative) side to strengthen and integrate it with your masculine (rational) side, balancing and creating harmony and peace.

You will return to your inner “child”, to feel free and you will enjoy sharing this experience with others.
You will feel "NOW IT'S MY TURN", my moment...!

Through our own method based on the development of creative capacity, we will cultivate four areas: **HOLISTIC, QUANTUM, ARTISTIC and CRAFT. All of them are connected** in an order through a common thread. Each of these areas will lead us to our purpose. **We work on the overall vision, in perfect harmony and synchronicity.**



Riad in the Medina, Baladin

To start in a **traditional and unique** way, we will stay in a small **RIAD in the center of the Medina.**

A Riad is a type of traditional Moroccan house or palace with an interior patio. Completely renovated, it has preserved the charm and original structure of the house, where each room has its own personality. Here we will feel at home in a **unique and warm environment.**

Decorated with **Moroccan and African inspiration,** it is located in the heart of the Medina, just a step away from the main street, in a very quiet alley where **you will only hear the singing of the waves and the seagulls.**

Our breakfasts and moments of recreation will take place on your terrace offering a panoramic view of the old town of Essaouira and the sea.



Riad in the Medina, Baladin



Riad in the Medina, Baladin



Riad in the Medina, Baladin

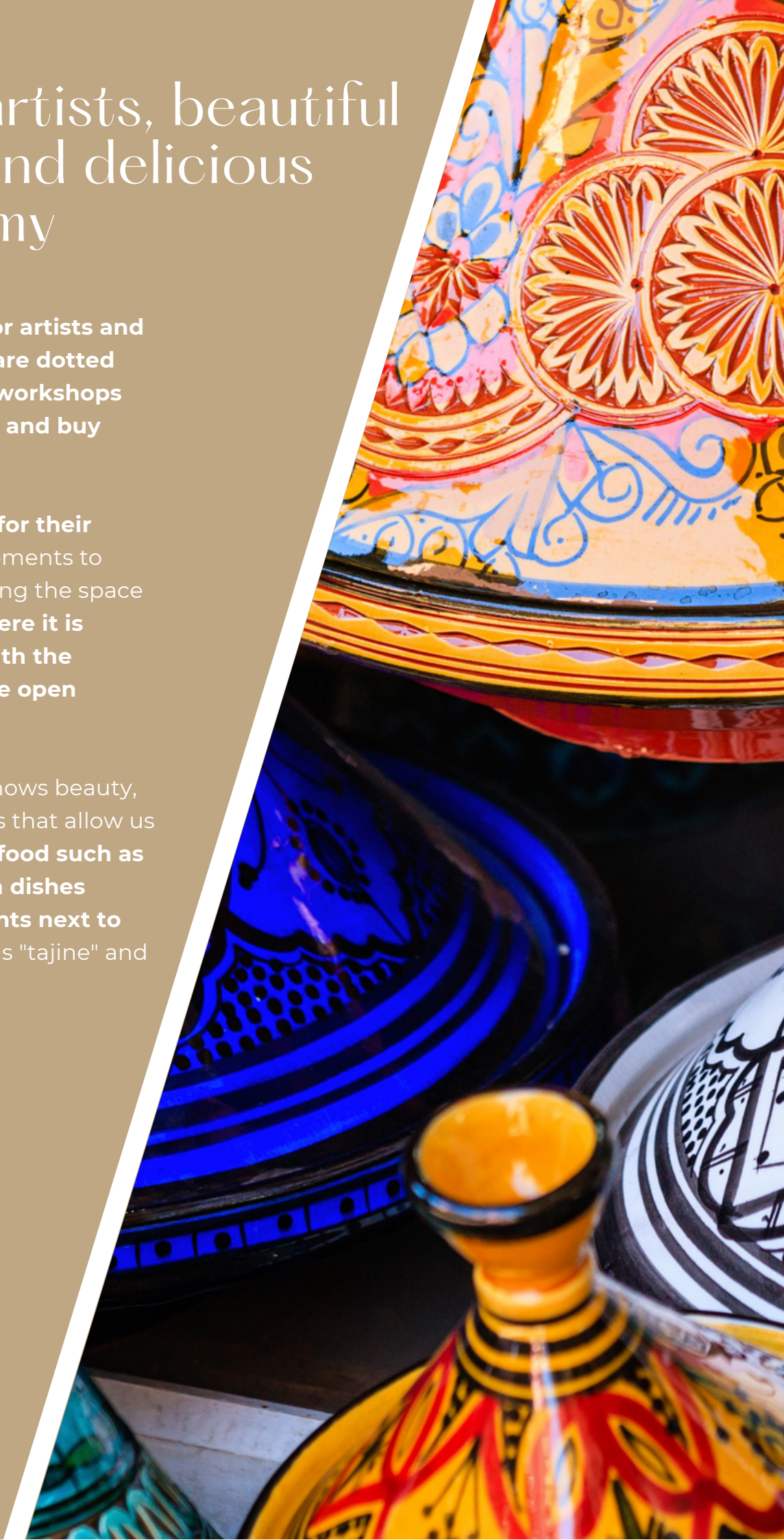
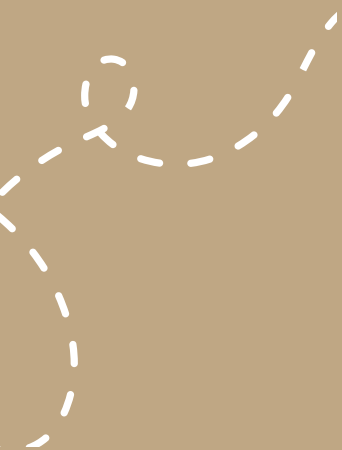


Home of artists, beautiful beaches and delicious gastronomy

Essaouira is a haven for artists and craftsmen, its streets are dotted with art galleries and workshops where you can admire and buy works of local art.

With beaches famous for their beauty, we will find moments to walk consciously enjoying the space and the fresh breeze. Here it is possible to connect with the authentic nature of the open ocean.

And this sea not only shows beauty, but also offers treasures that allow us to enjoy gems of local food such as the delicious fresh fish dishes served in the restaurants next to the port. Try the famous "tajine" and other Moroccan dishes.







1. What is a THEHIVE retreat and what purpose does it have?

It is 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”, that it is your time!**

2. What does it consist of?

They are **physical retreats** 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 artisanan.** 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. What type of diet will we follow?

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

We believe in the freedom of what you want to eat, since only with freedom

We are creative, so a full daily menu will be offered “healthy” where there will be a wide variety of foods but unprocessed, organic, typical of the place where we are and seasonal.

4. What do I take?

Comfortable clothing for yoga practice, light clothing for the day, coat For the nights, appropriate footwear for walks, sun protection and a hat.

For creative workshops, clothes that you don't mind getting stained.

A notebook and pen for your notes.

And nothing more, **the workshops come with the material included.**







Program

30 April - 5 MAY 2024
“ENJOYING MY SENSES”

TUESDAY APRIL 30

Departure flights from origin and destination Essaouira.

Transit in Marrakech

Transfers to **RIAD BALADIN** (times to be confirmed)

Reception RIAD BALADIN, Essaouira.

17:30-18:30 pm Welcome, presentation of THEHIVE retreat,
goals and program.

18:45 pm Walk through the city center, riad surroundings.

20:15 pm Brief meditation at the sunset, fishing port area of the city

9:00 - 10:00 pm Dinner at the fishermen's stand in the port

22:15 pm Return to Riad and rest.

WEDNESDAY MAY 1

6:30-7:30 am Yoga awakening and meditation at sunrise Riad or beach

7:45-8:15 am Breakfast

9:00-9:30 am Brief introduction to the history and artistic, craft and
cultural tradition of the city.

9:45-11:45 am Quantum workshop “Connecting with my essence”

12:00-14:00 pm Guided historical and cultural tour of the city.

2:00 - 3:00 p.m. Lunch at “Mandala Society” restaurant in the Medina.

3:00 p.m.-3:45 p.m. Free time

16:00-19:00 pm Hamman in “Muntaz Mahal” (hamman, gommage,
massage) two shifts of 1 hour and a half each *Optional

20:00-20:30 pm Meditation and Chi Kung session at sunset in Riyadh.

9:00-10:00 p.m. Dinner at “Triskala” restaurant (near the Riad)

22:15 pm Return to Riad and rest.



For more information and reservations

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