

THEHIVE   
by Justa Guillén

# THEHIVE Retreats

*“Connecting with my gift and strengthening my family bond”*



11/05 - 16/05 2024  
SAHARA DESERT



## “Connecting with my gift and strengthening my family bond”

It is with great enthusiasm that we present this **new THEHIVE retreats** for the **next month of May from the 11th to the 16th**, in a magical place like the SAHARA desert, where you will feel that **“NOW IT IS YOUR TURN”**, which is your moment to take care of yourself, heal yourself, have a break, connect with yourself and pamper yourself like you haven't done until now; sharing this experience with others and above all having fun, becoming a child again, where the priority will be **“YOU”, reinforcing your family bond.**

*The desert will cleanse you, heal you and transform you!*



## The goal of this retreat is...

that you **learn the keys to trust yourself, set limits**, being able to **make decisions for your own good**, receiving **what you deserve** so much, valuing yourself, **strengthening your family bond**, bringing out all our innate talents and, above all, **to love yourself to love others.**

The first days we will stay in a riad and **exclusively for the group only.**

**"KSAR BICHA"** at the gates of the desert near the village of **MERZOUGA**, where there is a settlement of the **BERBER tribe**, are characterized by their hospitality, joy, generosity and sense of freedom.

## Riad Ksar Bicha





Riad Ksar  
Bicha





# Riad Ksar Bicha



The Berber breed is the oldest breed in Africa northern and cradle of the origin of humanity. Its culture, called **IMAZIGHEN**, means **"free man"**, is of great wisdom and closely linked to Mother Earth, her knowledge of medicinal herbs and agriculture.

We will learn about their traditions, their crafts and **we will be able to live the experience of be part of their family during our stay.**

We will be Berbers for a few days, they will teach us their culinary art, the richness of the color and decorations of their clothing, how they wear makeup, their traditional tattoos, their music and dance.

**Also the importance of the family**, the whole wisdom and its language that is transmitted orally from the origins.





In the last days we will experience a night in **“BERBER OASIS”**, **exclusively only for the group**, where we will carry out activities connected with the nature of the place, the infinite sky full of stars and the beauty that surrounds it.

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## “Berber Oasis”

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We will connect and meditate on the unique sunrises and sunsets to remember what the flow of life is like, being born and dying.





“Oasis Bereber”



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

It is a “unique life experience that will accompany you to always”, 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 this way, 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 meetings where workshops and activities are held specific through a proprietary method based on the development of creative capacity.

It consists of four areas: Holistic, quantum, artistic and artisanan. All are connected to each other through a conductive thread, each of them They will take 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 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.

### 5. How do I book?

You can write an email to [thehive.byjustaguillen@gmail.com](mailto:thehive.byjustaguillen@gmail.com) or call **+34 630853511** and we will explain the payment details.





I LOVE MYSELF, HEAL  
MYSELF AND TAKE CARE  
OF MYSELF, CREATING!  
#NOWITISMYTURN

*Welcome to*  
**THEHIVE**



# Program 11–16 May 2024

## THEHIVE Sahara Desert

### SATURDAY 11

Departure flights from origin and destination Merzouga. Sahara desert.  
Transit stopover in Casablanca (group meeting point) and towards Errachidia.

23:00H Flight departure from Casablanca to Errachidia airport

23:59H arrival at Errachidia airport

00:20H Transfer to hotel in Merzouga

02:30H Arrival Riyadh "KSAR BICHA"

### SUNDAY 12

9:00–9:30H Breakfast

9:30–10:30H Welcome, presentation, THEHIVE meeting and program

10:40–11:40H Visit the Merzouga garden-orchard. Introductory talk about the hives and creation project in the desert.

11:40–13:30H Transfer to Merzouga, visit the town.

13:40H Transfer Riyadh

14.00.–15.00H Light lunch at the Riad pool

15:00–16:00H Free time

16:15–17:30H Get to know the AMAZIGH (Berber) culture, its traditions, family, how the children live and what they do, etc... "Berber names for each competitor"

17:30–18:30H Walk around the Riad, visit palm grove, camels, etc.

18.30H Sunset meditation in the dunes and NIA yoga

20.00H Dinner

### MONDAY 13

7:00–8:00H Yoga awakening and meditation at dawn

8:00–9:00H Breakfast

10:00–12:30H Quantum workshop "Strengthening my family bond"

12:30–13:00H Free time

13.00–13.30H Light lunch at the Riad pool

13:45H Transfer place space artistic workshop–Berber craftsman

14.00 – 14.30H Moorish tea in a traditional Berber house

15:00–17:30H Traditional Berber artistic-craftsman workshop

17:40H– Transfer Riyadh

18:30H Chi-Kung and Meditation at the Riyadh sunset

20.00H Dinner

21.00 – 21.30H Special event Berber under the stars

## TUESDAY 14

- 7:00 - 8:00H Yoga awakening and meditation at dawn  
8:00 - 9:00H: Breakfast  
10:00-10:30H Transfer to fossil workshop  
10:30-12:00H Visit traditional fossil craftsman workshop  
12:00-12:30H Transfer to Berber settlement  
12:30-13:30H "We make Berber pizza"  
13:30.-14:30H Pizza lunch in the settlement  
14:45H - Transfer to riad  
15:15-16:30H Rest-free time: pool, games, etc.  
16:45H Check out Riad and departure camel caravan towards "Oasis"  
18:30H Meditation at sunset  
19:15H Check in "BERBER OASIS"  
19:45H. Dinner  
20:30-22:00H Star reading according to Berber tradition and fire ritual

## THURSDAY 15

- 7:00-8:00H Yoga awakening and meditation at dawn  
8:00-9:00H Breakfast  
10:00-12:30H Excursion through the desert dunes. Various activities in dunes (sand board, geometry in the sand, etc...)  
12:45H Transfer 4 x 4 to the Riyadh  
13:30 -14:30H Light lunch at the Riad  
14:30H-15:30H- Rest  
15:30-16:30H Workshop on bees and honey.  
17:00-18:00H Closing of meeting and delivery of diplomas  
18:30-19:15H Chi Kung and meditation at sunset  
19:30-20:30H Dinner

## FRIDAY 16

- 4:00H Transfer to Errachidia airport.  
7:30H Flight departure to Casablanca airport  
8:30 Arrival Casablanca airport  
Departure flights to destinations in Spain/International

For more information  
& booking

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