



DESERT THERAPY WITH LAUREN PERROTTI

15 October Milano – Casablanca – Ouarzazate

We will depart for Morocco in the afternoon and arrive in Ouarzazate (layover in Casablanca) drive to and check-in at the Raid hotel.

16 October El Mouilha After breakfast, we will drive through the pre-desert zone and arrive at the village of Tazenakht known for the local craftsmen who make high-quality carpets. From here, we drive to Zguid where the asphalt finishes and trail begins. We arrive in El Mouilha where we make our camp in the midst of spectacular dunes. Sleeping arrangements in tents.



17- 20 October Desert For four days we will practice yoga and meditation immersed in one of the most mystical places in the world. Every morning we will wake-up to practice yoga at sunrise. After breakfast we will begin our journey walking across the desert. Everyone will have time to try dynamic meditation or share in conversation with the other participants. Lunch will be served in the midst of the majestic dunes and in the late afternoon we will arrive at our new camp. We will have some time to relax and organize our new camp, followed by another yoga session with gong meditation at sunset. After dinner, around the fire we will have time to discuss different topics such as types of meditation, philosophies of yoga, yoga and the psyche, and how to make yoga a way of life. During this journey we will cross the enchanted Erg Mhazil, Erg Ebbdliya, L'Alam e Erg El Ghouli. Sleeping arrangements in tents.



20 October Marrakech After breakfast the Jeeps will come to take us on our journey to Marrakech, passing through Ouarzazate and the spectacular green valley of Dades along the road of a thousand Kasbah. Shortly before arriving in Marrakech we will cross the highest drivable pass of Morocco, Tizi N'Tichka, 2.260 meters high. Sleeping arrangements in the Riad in the center of Medina.

21 October Marrakech A full day to visit the imperial city, founded by the Almoravidi in the XI century. In the heart of the city is the Jemaa el Fna square where most city life takes place. The

Bahia Palace of Dar Si Said, with its jasmine gardens, is now host to the museum of el Badii, built with precious material such as gold, onyx, marble, and home to the tomb of Saadiens, the Koranic school of Ben Youssef, the magnificent flowered gardens and animated by colorful birds. Sleeping arrangements in the Riad.

22 October Milan After breakfast we will drive to the airport and fly back to Milan (layover in Casablanca)



DESERT THERAPY WITH LAUREN PERROTTI

| | |
|-----------------------------------|--|
| Marocco Desert Therapy | 8 days |
| Departure date: | October 15, 2016 |
| Individual price per participant: | Euro |
| Minimum 10 participants | 1.950 |
| Minimum 8/9 participants | 2.050 |
| Supplementary: | |
| Single room and tent | 250 |
| Airport fees | to be established upon purchase of tickets (about 180 euro) |

The price includes

International flights in economy class - transportation from/to the airport - ground transportation in private vehicles - sleeping arrangements in double rooms with bathrooms at the Riad in Ouazazate and the Riad in the Medina of Marrakech with breakfast included - complete organization of the trekking in the desert with a guide, cook, all meals and sleeping arrangements in igloo tents - tours and excursions as described in the program - local English speaking guide - assistance and yoga lessons by Lauren Perrotti - assistance of the local staff - cancelation/interruption of travel insurance, assistance, and reimbursement for medical or luggage expenses.

The price doesn't include:

drinks - tips - personal purchases - *personal insurance - anything not mentioned in the above "The price includes".

NB: The services were quoted based on the exchange rate of the Diraham and flight prices as of 24.02.2016. Eventual changes will be communicated within 21 days before departure.



CONTATTI:

laurenperrotyoga@gmail.com

+39 331 7029272