

THEHIVE 
by Justa Guillén

THEHIVE RETREATS

“Connecting with my being”



11-19 MAY 23 SAHARA DESERT



“CONNECTING WITH MY BEING”

With great enthusiasm we present you this **new THEHIVE retreat** for the next month of **May from the 11th to the 19th**, in a magical place such as the SAHARA desert, where you will feel that **“NOW IT IS YOUR TURN”**, which is your moment to take care of yourself, heal yourself, take a break, connect with yourself and pamper yourself like you haven't done before until now; sharing this experience with others and above all having fun, going back to being a girl, where the priority will be **“YOU”**

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



The goal of this retreat is...

for you to learn the keys to trust yourself, set limits, be able to make decisions for your good, to receive what you deserve so much, to value yourself and above all to love yourself to love others.



The first days we will stay in a Riad “DAR EL JANOUB”; at the gates of the desert near the town of MERZOUGA, where there is a settlement of the BERBER tribe, they are characterized by their hospitality, joy, generosity, and sense of freedom.



It is the oldest race in North Africa and the cradle of the origin of humanity. Their 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 know their traditions, their crafts and we will be able to live the experience of being part of their family during our stay. We will be a Berber woman for a few days, they will teach us their culinary art, the richness of the colors and ornaments of their clothes, how they make up, their traditional tattoos, their music and dance.

Also the importance of the role of being a woman in the family, all the wisdom and its language that is transmitted orally from the origins..



On the last days we will go into the depths of the desert dunes and we will do it in dromedary until we reach the Berber base camp where we **will stay** “ORIENT DESERT CAMP”.

Unique luxury spaces, with all the services and amenities, 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.



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



I LOVE ME, I HEAL AND TAKE
CARE OF MYSELF, CREATING!

#NOWITISMYTURN

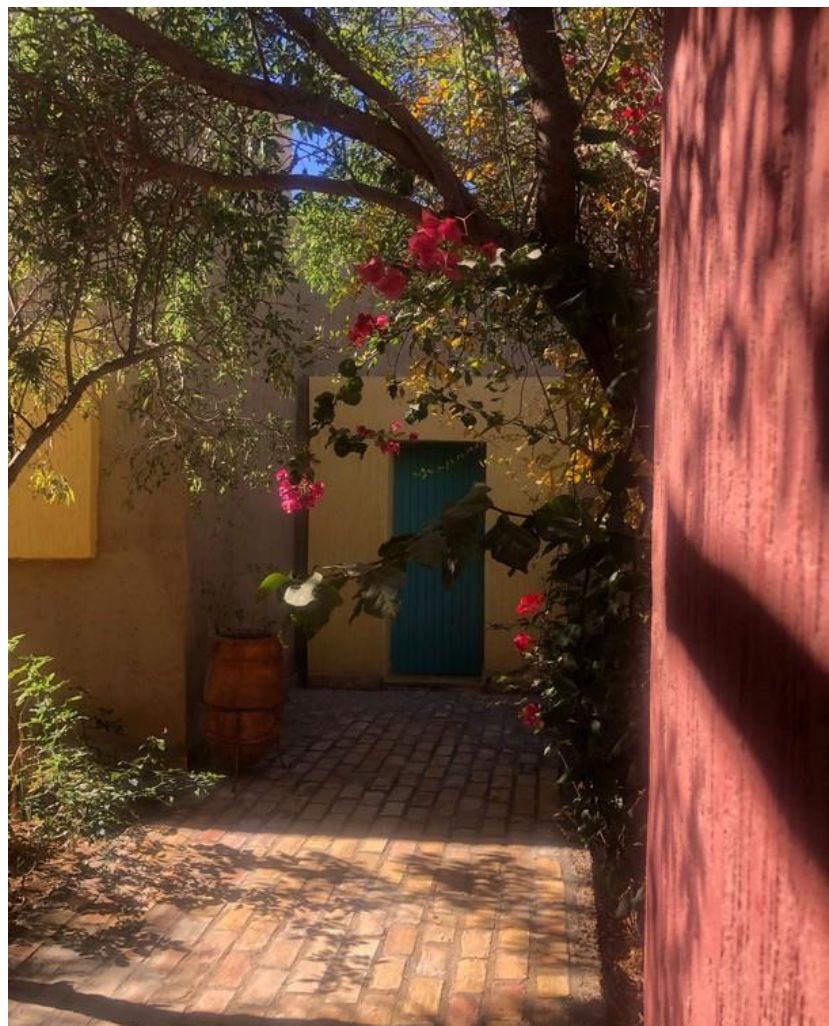
Welcome to
THEHIVE





MEETING PLACE FROM MAY 12 TO 17 DAR EL JANOUB (MERZOUGA-ERRACHIDIA)

A unique enclave. The Riad is located at the gates of the SAHARA desert,
just 7 km from the town of MERZOUGA (Errachidia, Morocco)





DELUXE SINGLE OR DOUBLE ROOMS



We invite you to...

experience life in this magical Riad, calm and relaxed but at the same time intense due to the transformations throughout the day, the mixture of smells, the beauty of contemplating the star sun with its sunrises and sunsets in the dunes, just by opening the windows of your room and the immense embrace of the stars at nightfall in a clean and infinite sky.

The Riad **DAR EL JANOUB** has very comfortable facilities and luxury, with all services.



MEETING PLACE FROM MAY 17 TO 18 ORIENT DESERT CAMP

ORIENT DESERT CAMP is a luxury camp with all the amenities and services.



We will access to the camp in an incomparable caravan ride of dromedaries, where you can live the peace, silence, and freedom of the desert depth.

You will immerse yourself in the waves of sand and you will feel part of this infinite sea.

You will live the experience of feeling nomad and belonging to the tribe BERBER, everything learned about this wise race in the previous days in the Riad through all the activities carried out with them and all the acquired knowledge.



1. What is a THEHIVE meeting and what is its purpose?

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 (rational) masculine 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 is your turn", that it is your moment!

2. What does it consist of?

They are physical meetings where workshops and activities are carried out. through a proprietary method based on the development of the creative capacity.

It consists of four areas: Holistic, quantum, artistic and artisan. All are connected to each other through a conductive thread, each one of them they will lead us to our purpose. Works on the overall vision, in perfect harmony and synchronicity.



3. What kind 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 menu will be offered daily "healthy" where there will be a wide variety of foods but without processing, organic, typical of the place where we are and seasonal.

4. What do I take with me?

Comfortable clothing for yoga practice, light clothing for the day, coat for the nights, appropriate footwear for walks, sunscreen and hat.

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

A notebook and pen for your notes.

And nothing else, the workshops go with the material included.

5. How do I get there?

There are direct flights from Madrid, Malaga, Seville and Barcelona in Spain to CASABLANCA (Morocco).

Our meeting point will be in CASABLANCA on May 11, Then on the next day we take the flight that leaves for ERRACHIDIA at 11:00 p.m.

Upon arrival in ERRACHIDIA, we will have a transfer waiting for us to go to MERZOUGA where the Riad DAR EL JANOUB is located.

The return will be on May 19 on the flight from ERRACHIDIA to CASABLANCA at 7:30 a.m., to then connect from CASABLANCA to cities of origin.

Roundtrip transfers to and from airports are included and also those that we visit nearby towns such as MERZOUGA and ERISSAN.

Flights are not included in the cost of the trip, but we will be happy to help you in whatever you may need.

7. How do I make the reservation?

You can write an email to huda@hudaalmedlej.com or call [+965 55713365](tel:+96555713365) and we will explain the payment details. The reservation becomes official when at least **50% of the total is paid** at the time of registration.

Places are very limited to a maximum of 12 people and in case of having to cancel the reservation, it will not be refundable, but you may refer one of your friends in replacement.

If the meeting had to be canceled by the organization or border closures or similar, the reservation made would be refundable.

***** IMPORTANT:** It is necessary for the trip to have private medical insurance and bring a printed insurance certificate



PROGRAM 11-19 MAY 23

THEHIVE SAHARA DESERT

THURSDAY 11

Arrival to Casablanca and stay in a 5 stars hotel for 2 days.

FRIDAY 12

23.00H. Departure flight from Casablanca to Errachidia airport

23:59H. arrival at Errachidia airport

00:20H Transfer to hotel in Merzouga

2.30H Arrival Riad "Dar El Janoub" (Merzouga)

SATURDAY 13

9:30-10:30H Breakfast

11:00-12:00H Welcome, meeting presentation and program

12:15-14:00H Transfer to Merzouga, visit town and shopping

14:15H Transfer Riad

14:30-15:30H Lunch Riad

15:30-17:00H Free time

17:15-17:45H Moorish tea in a Berber shop

18:00-19:30H Walk around Riad surroundings, visit palm grove, camels, etc. 19.30H Chi Kung and sunset meditation

21.00H Dinner at the Riad

22.00H Music under the stars

SUNDAY 14

8:30-9:00H Yoga awakening and meditation at sunrise

9:00-9:30H Breakfast

10:00-12:30H Holistic-quantum workshop

12:30H- 14.00H. Free time: swimming pool, massage, etc...

14:00-15:00H Lunch Riad

15:00-16:30H Rest-free time

16:45-17:15H Moorish tea in a Berber shop

17:30-19:00H Artistic-aesthetic workshop: Berber turban, Berber tattoos, Berber woman dress ceremony, etc.

19.30H Chi Kung and sunset meditation

21.00H Dinner

22:00-23:30H Berber special event under the stars

MONDAY 15

8:30-9:00H Yoga awakening and meditation at sunrise

9:00-9:30H. Breakfast

10:00- 12:30H Traditional Berber cooking workshop

12:30-14:00H Free time: swimming pool, massage, etc...

14.00.-15.00H. Hotel lunch

15:00-16:30H Rest-free time

16:45-17:15H Moorish tea in a Berber shop

17:30-19:00H Traditional artisan workshop Berber woman

19.30H Chi Kung and sunset meditation

21.00H. Dinner

22:00-23:00H Reading of stars in the firmament according to Berber tradition

TUESDAY 16

8:30-9:00H Yoga awakening and meditation at sunrise

9:00-9:30H. Breakfast

10:00-10:30H Transfer to the town of Erissan

10:30-11:30H Visit town

11:30-12:30H Private traditional Hammam for the group

13:00-13:45H Visit traditional artisan workshop

14:00-15:00H Lunch in the village of Erissan

15:15-15:45H Transfer Riad **"Dar El Janoub"** (Merzouga)

16:00-17:00H Rest-free time

17:00-17:30H Moorish tea in a Berber shop

17:30-19:00H Berber traditional music workshop

19.30H Chi Kung and sunset meditation

21.00H. Dinner

22:00-23:00H Music under the stars

WEDNESDAY 17

8:30-9:00H Yoga awakening and meditation at sunrise

9:00-9:30H. Breakfast

10:00-14:00H Free time: swimming pool, massage, etc...

14:00-15:00H Lunch in Riad

15:00-17:00H Break

17:30H Check out Riad Merzouga and departure by dromedary
to **"Orient Desert Camp"**

18:30H Welcome and check in **"Orient Desert Camp"**

19.30H Chi Kung and special sunset meditation in the dunes

21.00H Dinner

22:00-23:00H Fire ritual under the stars

THURSDAY 18

6:30-7:00H. Special meditation “sunrise in the dunes”

7:00-7:15H. Chi Kung

7:30-8:30H. Breakfast

9:00-10:30H Sacred geometry in the sand and activity for individual and group connection

10:30-12:00H. Activities in the sand: Sand Board, sand baths etc...

13:00H Check out and departure 4 x 4 to Riad “Dar El Janoub“

(Merzouga) 13:30H.-14:00H. Refreshment in the Riad pool

14:15-15:15H Light lunch in Riad

16:00H Departure to Errachidia

18:00H Check in hotel “Ighiz Inn“ (Errachidia)

19:30-20:30H Dinner at the hotel

FRIDAY 19

5:40H Transfer to Errachidia airport.

7:30H. Departure flight to Casablanca airport

8:30H. Arrival at Casablanca airport

Departure flights destinations in Spain



PRICE:

Single room **KD 1480**

Shared double room **KD 1280**

9 days trip

INCLUDES:

5 stars hotel in Casablanca (May 11-12)

Riad DAR EL JANOUB Deluxe, 5 nights (May 12-16)

Deluxe double shared room in desert camp ORIENT DESERT CAMP
1 night (May 17)

IGHIZ INN hotel, 1 night (May 18)

Full board Healthy Food menu.

Mineral water included with meals.

Area of water and infusions.

Welcome seasonal fruit.

All workshops, activities and materials included.

ERRACHIDIA airport transfers round trip

Transfers visits to the town of MERZOUGA and ERISSAN

Hammam, one hour session

Special welcome gift THEHIVE

Transfers in dromedary to ORIENT DESERT CAMP

Notebook for notes, pen, personalized THEHIVE bag and mineral water for
excursions

Lunch visit the town of ERISSAN

Follow-up after the meeting with reinforcement activities, led by the therapists
and coordinated by the THEHIVE team.

Surprise party

DOES NOT INCLUDE:

Flights or transfers other than those mentioned in the program

Mini bar service.

Extra drinks outside of food services

Additional therapies and holistic massages (under reservation)

Camel rides or any other activity (eg quads etc..) that are not included in the program

Shopping in local markets

** Massages (under reservation)



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