

WELLHELD RETREATS PRESENT:

Discovering Morocco

A Yoga Culinary Wellness Retreat

Essaouira offers a unique blend of ocean energy, cultural richness, and peaceful beauty. It is the perfect setting to step away from daily life and reconnect with yourself.



**Breathe Deep. Live Fully. Move.
Reflect. Savor. Transform.**

Essaouira, Morocco

March 21-28, 2027

*A soulful Moroccan retreat blending yoga, recovery,
and culinary immersion on the Atlantic coast.*

- *Located in Northwest Africa along the Atlantic Coast*
- *Known for vibrant markets, coastal beauty, and rich culinary traditions*
- *Home to the Atlas Mountains, desert landscapes, and historic medinas*
- *Deeply rooted in art, music, spirituality, and cultural heritage*





The Experience

Reconnect with yourself in the coastal sanctuary of Essaouira, Morocco. This intimate, substance-free retreat is designed for those in recovery seeking renewal, clarity, and joy.

Through daily yoga, nourishing meals, and meaningful cultural experiences, you will rediscover balance and deepen your connection to body, mind, and spirit.

The Yoga Wellness Journey

- Daily alignment-centered yoga (all levels)
- Meditation, breathwork, and guided journaling
- Recovery meetings and guest speakers
- Yoga philosophy and mindful living practices
- Beach and sunset sessions

Jenn's teaching is intelligent, supportive, and deeply transformative.





The Culinary Experience

Led by CIA-trained Chef Wayne Smith:

- Daily chef-prepared brunch, dinner, and snacks
- Moroccan-inspired cuisine using fresh local ingredients
- Market-to-table experience in local souks
- Tagine and spice workshop
- Traditional mint tea ritual
- Interactive cooking demonstrations

Moroccan cuisine is a rich blend of flavors, spices, and traditions passed down through generations.

Every meal is a celebration of community.

Cultural Experiences & Excursions

- *Sunset camel ride along the beach*
- *Coastal walks and ocean meditation*
- *Atlas Mountains day trip with scenic lunch*
- *Exploration of Essaouira medina and artisan markets*
- *Optional Moroccan hammam spa experience*





Nestled just minutes from the heart of Essaouira, our private luxury riad is your sanctuary — a place to rest, reconnect, and create in total peace.

Retreat Space

Your home for the week includes:

- Beautifully appointed en suite bedrooms
- Rooftop terrace and courtyard yoga spaces
- Sun-drenched outdoor dining areas
- A tranquil rural setting surrounded by nature
- An intimate group of just 10–12 guests

What's Included

- 7 nights / 8 days accommodations
- Round-trip group airport transfers from Marrakesh
- All meals (brunch, dinner, snacks, beverages)
- Daily yoga, meditation, and journaling
- Recovery & wellness meetings
- All excursions and transportation
- Live music and dance workshops





Retreat Highlights

- Daily yoga practices, tailored to the group (asana)
 - Guided meditation, journaling, and breathwork
 - Yoga Philosophy Chats
 - Optional Evening Recovery Meetings
 - Visit Goats in Trees!
 - Women's Cooperative for Argan Oil Processing Tour
 - Live Interactive Moroccan Music & Dance Lessons
 - Historic Tour of Essaouira Medina & Fishing Port
 - Local Foods & Spices Tour with Chef
 - Cooking Lesson with Tagine
 - Options for Hammam and Massage
 - Free time in the Medina of Essaouira & Shop Local Products
 - Yoga on the Beach, weather permitting
- and of course:*
- Sunset Camel Ride & Tour on the Beach

What's Happening

Sample Daily Itinerary

- *7:30 AM – Coffee & tea*
- *8:30 AM – Morning yoga*
- *10:00 AM – Brunch*
- *12:00–3:00 PM – Daily planned excursion*
- *4:30 PM – Yoga Philosophy or Cooking Demo*
- *6:30 PM – Dinner*
- *8:00 PM – Recovery meeting*
- *9:30 PM – Meditation*



Arrival, Departure & Travel Suggestions

Make the Most of Your Moroccan Adventure!

We highly recommend arriving in Marrakech 1–3 days before the retreat begins. One of Morocco's most vibrant and captivating cities, Marrakech offers an unforgettable introduction to the country's rich culture, colorful markets, stunning architecture, and incredible cuisine. From the lively Jemaa el-Fnaa square to peaceful gardens and historic palaces, there is so much to experience—especially after sunset when the city truly comes alive.

We are happy to provide recommendations for hotels, guided tours, restaurants, airport transfers, and sightseeing to help you make the most of your pre-retreat stay.

Suggested Travel Timeline

March 18–20, 2027

Arrive in Marrakech and enjoy a few days exploring the city at your own pace. We are happy to assist with hotel recommendations and itinerary planning.

March 21, 2027 – Retreat Arrival Day

Our retreat officially begins with a group welcome lunch in Marrakech. From there, we will travel together by private transportation to our beautiful riad in Essaouira, approximately a three-hour scenic drive along Morocco's Atlantic coast.

March 22–28, 2027

Enjoy seven unforgettable days of yoga, culinary experiences, recovery meetings, cultural excursions, relaxation, and meaningful connection.

March 29, 2027 – Departure Day

Following breakfast, we will provide group transportation back to Marrakech Airport. We recommend scheduling your departing flight for this day.



Pricing & Details

Pricing includes accommodations, all chef-prepared meals, planned excursions, group transportation (including airport transfers from Marrakech), yoga instruction, workshops, and retreat activities. Airfare to and from Morocco is not included.

Junior Suite Rooms (Two Beds)
\$4,800 per room (1–2 guests)

A \$700 non-refundable deposit is required to reserve your room.
The remaining balance is due January 15, 2027.

Early Booking Bonus: Reserve your room and pay in full by October 31, 2026, and receive a complimentary traditional Moroccan Hammam & Massage Experience during the retreat.

Limited spots available for this intimate retreat.

WELL HELD RETREATS

Join Us!

Jenn & Chef Wayne Smith

Call: 818-679-4384

Email: info@chefpalmsprings.com

www.chefpalmsprings.com/retreats

