MOROCCO
YOGA & MINDFULNESS RETREAT with APARNA

Main trip 7 days
Chefchaouen-Volubilis-Meknes-Fez
PLEASE NOTE

- This is the main yoga/mindfulness retreat.
- This trip begins in Chefchaouen and ends in Fez.
- If you are only doing the main trip your landing airport in Morocco will be in Tangier. Please see the document “MOROCCO: THINGS TO KNOW” for details.
If you are attending just the main retreat, you will arrive at Tangier International Airport in Tangier, Morocco. Your driver and/or guide will greet you and assist you with the transfer to Chefchaouen. During the 2-2.5 hour private van ride through the majestic Rif Mountains, enjoy the stunning view as rolling hills meet the famous blue city of Chefchaouen.

If you attended the pre-trip you will be driving down from Rabat to Chefchaouen.

Our accommodations are located in the lovely medina of Chefchaouen, so after dinner feel free to explore the markets. Chefchaouen is known for its nightlife and markets typically stay open until 10 or 11pm.

Accommodation: Riad Lina & Spa or similar
Day 2- Tuesday May 17th                        CHEFCHAOUEN                        Meals : B, D
7.30am YOGA & MINDFULNESS

We will start our journey in the ancient city, witnessing the architecture of Chefchaouen – known for its turquoise buildings, topaz walls, and rich navy cobblestone streets. As we walk the streets, we will become acquainted with one of the most visually stunning and unique cities in all of North Africa. Our guide will instruct us on the city’s history and we’ll glean insight into daily life in the town as we walk the cobbled streets. Our first stop on our tour is the historic Museum of Kasbah, built in 1471. The museum features a number of stunning pieces from ancient Morocco, and is often highlight for visitors. From the rooftop of the museum our group will get a birds eye view of daily life of this bustling town. The rooftop is an ideal location for capturing photos of the Hispanic flavored town with its white and blue houses, little balconies, terracotta tiled roofs, and porches garnished with citrus trees. Our next stop will be Plaza Uta el-Hammam, a center bustling with a fusion of Arab and Spanish influence and site of the 15th century Grand Mosque, with its famed octagonal tower.

Lunch : feel free to explore the lively markets and eat from several local stands.

Afternoon : The markets of Morocco have been used by locals for hundreds of years and the afternoon will give us time to wander the winding streets, and shop for world-famous textiles (rugs, carpets, scarves, etc.) as well as Moroccan lanterns, leather, woodwork, and pottery. Many local Artisans do not operate professional shops, choosing instead to use their homes as storefronts. The guide knows many of the artisans and your travel experience will be enriched by interactions with the artisans in their homes.

Please note that in Chefchaouen it is difficult to purchase alcohol. If you would like to purchase alcohol to have with you in Chefchaouen, please notify your driver.
By morning, the markets are vibrant with activity, today venture out into the markets to see the variety of native fruits and vegetables, handmade breads, and other local culinary delights. A guided tour through the markets will aid in the discovery of new foods, different streets, and having the opportunity to meet more artisans.

In the afternoon, choose between having free time to explore the city or travel 45 minutes out of the city to hike in the Rif Mountains or visit the Akchour waterfall, where you can spend the afternoon diving into the crystalline pools, hiking to the lower and upper cascading falls, riding horses, mules, or donkeys, and sipping mint tea at local shops that dot the trail.

*Please note that good sturdy shoes are recommended for this hiking experience

We’ll have dinner watching the sunset from a viewpoint overlooking the rolling blue city, then come back to our hotel to enjoy a relaxing evening.
Prepare to depart to your next destination, Fez. En route to Fez, we will traverse the RIF Mountain pass and stop in both Volubilis and Meknes to discover ancient Roman ruins in these cities that were established as Roman civilizations in the 3rd century BC.

While in the imperial city of Volubilis, we will tour the Ouloud Shaker reservoir and the Tomb of Moulay Driss. On the Meknes city tour, we will visit the stunning gate of Bab Lakhmiss, admire the gigantic granaries of Hri Souani, visit the lavish mausoleum of the great Moroccan ruler Moulay Ismail, and finish at the medina with options to see El Hedim (square of Ruins) and the grand El-Mansour gate.

By the late afternoon we will arrive in Fez.
Accommodation: Riad Myra or similar
Day 5 Friday May 20th         FEZ          Meals: B, D.      7.30am YOGA & MINDFULNESS

We’ll head out to visit the colorful and complex tanneries of Fez, learning about the century-old techniques that are still used today. We’ll visit the honey souks, carpet weavers, bustling markets, and maze-like passageways of this imperial city. We’ll also have the opportunity to stop by the Ech Cherabliyine Mosque (Mosque of the Slipper makers), and visit to many souks to learn about how a variety of local products are made, such as: henna, slippers, caftans, silks, spices, and jewelry.

Fez is an UNESCO World Heritage site, and also the largest city in the world that doesn’t permit cars. Because of this, Fez’s streets are famously narrow and warped, creating dusky markets that feel untouched by the passing centuries, which produce brilliant opportunities to take beautiful photos. You will be given a tour of the city and experience a local lunch from one of the many delicious restaurants.

The first stops on your afternoon tour will be the Royal Palace, Moulay Abedallah Quarter, and the Mellah (Jewish Quarter). Continue on to visit Fez el –jadid, the monumental Kasabah in the city center and the southern Tower the “Musée des Armes”, a fortress that is used to shelter Fez city.

Led by your local guide, you will enter Rue Talaa Kebira, the main street leading to the old legendary Karaouiyne mosque. This is one of the oldest mosques in the world, that historically operated as one of the largest universities in the Moroccan Empire. You will also stop by Fondouk El Najjarine - identified as a UNISCO locality.
Wake up and enjoy your last full day in the Imperial City of Fez, starting with a visit to the Medina and ending with an immersive hands-on cooking class! Visit the traditional markets (also known as souks) to learn about the local ingredients and spices that make up traditional Moroccan cuisine. In the afternoon meet at one of the top local restaurants in the city for a hands-on cooking class. With the help of an expert chef, learn how to prepare authentic dishes such as couscous, tagine, and delicious Moroccan breads. Morocco's rich culture and geographic location have given birth to a diverse cuisine that is known as one of the top cuisines in the world – a fusion of Andalusian, Mediterranean and Arabic gastronomy. For lunch enjoy the delicious dishes you have created in your cooking class.

In the afternoon enjoy free time to visit the markets and in the evening, have the opportunity to visit one of the city's many hammams, or bathhouses, where you will be pleasantly surprised at just how much pampering you receive at a Moroccan Spa.
Day 7  Sunday May 22nd
CASABLANCA /TANGIER Or MERZOUGA  Meals : B

- **If you are only doing the main retreat**: After check out of the hotel you will travel to either Tangier or Casablanca to catch your International flights back home.

- **If you are doing the post trip**: you continue onwards to the Sahara & Marrakesh
KEEP IN MIND

- **Inclusions:** Hotel accommodations, transfers, professional guided activities and experiences, all entrance fees to historic monuments, 1-2 meals/day as shown on the daily itinerary.

- **Exclusions:** Flights, Visas, tips, personal expenses, and meals not included (typically 1 meal/ day not included)

- Private room with SINGLE Occupancy (only one person in the room) : $2125 USD per person

- Private room with DOUBLE Occupancy (2 people sharing each room, twin beds for roommates, queen beds for couples) : $1825 USD per person

- **Travel Dates:** May 16th - 22nd ‘2022

- **Make sure that you go through the document MOROCCO : THINGS TO KNOW on our website for other important details.**
Aparna Levine is a Yogacharya and Dharma teacher who travels worldwide to teach workshops, retreats and teacher trainings in Yoga, Ayurveda and Mindfulness Meditation. She is the Director of Yogasaar, a yoga school in Albuquerque, NM, USA, dedicated to empowering people & communities to realize their full potential through the transformative wisdom & power of the healing arts. Creator of several yoga dvd’s and meditation cd’s, she seeks to encourage, emphasize and connect people to the teacher within, the one who directs one’s growth and transformation in a way that no other teacher can, so that they may grow, extend and flourish beyond their own expectations in the most amazing magical ways.

You can find her on Amazon.com or on her website at www.livingyouryoga.org
ABOUT OUR PARTNERS

• Acanela Expeditions: Acanela is Latin for ‘Cinnamon’, as the company was founded on the connection between cuisine and culture, and the power that the cooking experience has in bringing people of different backgrounds together. As travelers, Acanela strives to share that love and connection with the world. They believe that we have the power to elevate artisans in developing nations, as it's been found that poverty-stricken people in developing nations are often the most talented. That is why Acanela was created, to give these artisans the opportunity to share their talents with the world. Traveling allows us to band together, and make an impact in the lives of artisans in developing nations. Each of their trips is created in collaboration with these talented artisans, with experiences coming directly from locals. www.acanela.com

• Local guides in Morocco: Our head guide/coordinator in Morocco will be Rostom. Here is a link to learn more about him: https://www.acanela.com/blog/2018/11/8/rostom-a-sage-in-the-medieval-city-of-fez
YOGA & MINDFULNESS RETREAT 2022
with Aparna