

SAMPLE 7 DAYS/ 6 NIGHTS RETREAT SCHEDULE in detail:

Day 1

XX.XX Arrival at Agadir Airport, transfer to Azul Guesthouse. Enjoy Moroccan mint tea on the roof terrace

18.15 Sunset Yoga

20.00 Delicious 3 course Moroccan inspired dinner at Azul's roof top restaurant

Day 2

07.45 Sunrise Yoga & Meditation

09.00 Breakfast

10.00 Surf session at nearby beach break, perfect for beginners and improvers

12.00 Picnic lunch and beach play

13.00 Supervised surf session to practice what you learned in the morning class

16.00 Return to Azul for afternoon tea, showers and chill time

18.15 Sunset Yoga

20.00 Delicious 3 course Moroccan inspired dinner at Azul's roof top restaurant

Day 3

07.45 Sunrise Yoga & Meditation

09.00 Breakfast

10.00 Surf session at nearby beach break, perfect for beginners and improvers

12.00 Picnic lunch and beach play

13.00 Supervised surf session to practice what you learned in the morning class

16.00 Return to Azul for afternoon tea, showers and chill time

18.15 Sunset Yoga

20.00 Dinner at local restaurant

Day 4

07.45 Sunrise Yoga & Meditation

09.00 Breakfast

10.00 Spa time at local hammam. Massage and hammam included.

14.00 Paradise Valley for hiking and swimming in the oasis

20.00 Delicious 3 course Moroccan inspired dinner at Azul's roof top restaurant

Day 5

07.45 Sunrise Yoga & Meditation

09.00 Breakfast

10.00 Depart for coastal drive to Imsouane, a bohemian village which is a mecca for surfers, seeking to ride the longest wave in Morocco in this magical sweeping bay setting. En route we will stop at the 'Petit Desert' for sand boarding.

20.00 Delicious 3 course Moroccan inspired dinner at Azul's roof top restaurant

Day 6

7.45 Sunrise Yoga & Meditation

09.00 Breakfast

10.00 Surf session at nearby beach break, perfect for beginners and improvers

12.30 Return to Azul for showers and lunch

14.00 Agadir and Souk visit

18.15 Sunset Yoga

20.00 Delicious 3 course Moroccan inspired dinner at Azul's roof top restaurant

Note : The kitchen is close on Thursday (we will recommend a local restaurants) !!!