

Morocco Therapist Retreat – Preliminary Agenda

September 18–25, 2026 | Marrakech, Morocco

A 7-night retreat in an all-inclusive riad designed for rest, cultural immersion, and professional development.



What's Included

- 7-night accommodation in an all-inclusive riad
- All meals (breakfast, lunch, and dinner daily)
- Four 3-hour professional training/presentation sessions by Jennifer Vasquez, Anna Berin, and Arilda Surridge (topics TBD)
- Group wellness workshops (with CE credit)
- Guided cultural excursions (Atlas Mountains, Agafay Desert, cooking experience, medina tour)
- Airport transfers



Retreat Schedule

Day 1 – Arrival & Welcome (Sept 18)

- Meals Included: Dinner
- Arrival in Marrakech; airport pickup & check-in
- Settle into your riad or retreat hotel
- Welcome gathering: introductions, Moroccan mint tea, setting intentions
- Evening welcome dinner with traditional music and storytelling

Day 2 – Training & Medina Exploration (Sept 19)

- Meals Included: Breakfast, Lunch, Dinner
- Morning Training Block (9 am–12 pm) – Presentation with Jennifer Vasquez, Anna Berin, or Arilda Surridge (topic TBD)
- Afternoon: guided visit through the old city (medina), including palaces, gardens, and artisan souks
- Evening: rest, reflect, or enjoy rooftop sunset views

Day 3 – Atlas Mountains Day Retreat (Sept 20)

- Meals Included: Breakfast, Lunch, Dinner
- Morning departure for the High Atlas Mountains (1.5 hrs)
- Guided walk through Berber villages and natural landscapes
- Enjoy tea & mindful reflection circle in nature
- Return to Marrakech in the early evening

Day 4 – Training & Cultural Immersion (Sept 21)

- Meals Included: Breakfast, Lunch, Dinner
- Morning Training Block (9 am–12 pm) – Presentation with Jennifer Vasquez, Anna Berin, or Arilda Surridge (topic TBD)
- Afternoon: Choose your cultural immersion: Moroccan tile or pottery painting, Arabic calligraphy, or photography/textile exhibit visit
- Evening: rest, hammam spa visit (optional), or journaling

Day 5 – Agafay Desert Experience (Sept 22)

- Meals Included: Breakfast, Lunch, Dinner
- Late morning departure to the Agafay Desert
- Camel ride & grounding meditation in open landscape
- Shared lunch in a desert-style tented setting
- Optional: movement practice, mindful walk, or silent rest
- Return to Marrakech for light dinner & integration time

Day 6 – Training & Personal Exploration (Sept 23)

- Meals Included: Breakfast, Lunch, Dinner
- Morning Training Block (9 am–12 pm) – Presentation with Jennifer Vasquez, Anna Berin, or Arilda Surridge (topic TBD)
- Afternoon at your own rhythm: Explore the medina, visit a museum or garden, rest/journal, or traditional spa treatment
- Evening group dinner

Day 7 – Training, Cooking Class & Farewell Celebration (Sept 24)

- Meals Included: Breakfast, Lunch, Dinner
- Morning Training Block (9 am–12 pm) – Presentation with Jennifer Vasquez, Anna Berin, or Arilda Surridge (topic TBD)

- Afternoon Moroccan cooking experience (hands-on traditional recipes)
- Evening farewell dinner with music, tea ceremony, and closing reflections

Day 8 – Departure (Sept 25)

- Meals Included: Breakfast
- Optional morning meditation or yoga
- Breakfast & final goodbyes
- Airport transfers based on departure times

Notes

- Four 3-hour professional trainings/presentations will be delivered on Days 2, 4, 6, and 7 by Jennifer Vasquez, Anna Berin, and Arilda Surridge (topics TBD).
- All meals are included throughout the retreat.
- Cultural highlights: Atlas Mountains, Agafay Desert, medina tour, cooking class, and artisan experiences.
- Optional experiences (spa/hammam, shopping, personal activities) are at individual expense.
- Wellness workshops with CE credit will be integrated throughout the retreat.