



## TimeOut 'Morocco' February 2026

### 'Love Yourself, Surrender and Transform'

**Organise:**

Alex Guerra Terra (Aura d'Or, your host and teacher in Morocco)  
Mbark Lamfourmi (Active Live Morocco, your agency and logistics in Morocco)

**Groups:** up to 8/10 people

**Date:** 18 Feb - 25 Feb 2026

**Duration:** 6 days / 7 nights in Essaouira-Marrakesh (4 days / 5 nights in Baberrih Hotel, 1 day in Essaouira, 1 day / 1 night in Marrakesh)

**Price:** €2,300 (in rooms / suites for 2 / 3 people, optional supplement for individual suite €400)

**Website:** [www.auradoruk.com/morocco-2026](http://www.auradoruk.com/morocco-2026)

**What's included:**

All hotels, 3 daily meals, connection wifi, welcome drink at Baberrih Hotel, toiletries and towels. 5 workshops, 2 daily meditations and experiences extra (2 Yoga + 4 QiGong + 1 horse ride), 1 show live local music at Baberrih Hotel the last night.

**Not included:**

Flights, visas, airport taxes. Don't forget: Sun screen, hat, water, extra coffees and beverages, tips. Individual room at hotels. Extra activities during free time. Last dinner in Marrakesh.

## **Itinerary from your country:**

### **Day 1 (Wed 18 Feb)**

Flight Your country - Marrakesh / Essaouira (2-4 horas), Mbark and Alex will collect you at Marrakesh Menara Airport / Essaouira Airport to transfer you and others in a private bus to Baberrih Hotel Essaouira (3,5 hours from Marrakesh, 30 min from Essaouira). Arrival to hotel in the evening, welcome drink. Rest, go to the suites, enjoy the swimming pool, have dinner.

### **Day 2 (Thu 19 Feb)**

The day starts with a delicious organic breakfast, following by a morning meditation (15 min) and a QiGong-1 session (15 min) by the seashore. This will be our daily morning routine at Baberrih, to recharge energies for the rest of the day. Workshop 'Living in Gratitude'. Lunch with organic ingredients. Free time (2 hours). Workshop 'Be aware to our Thoughts and Limiting Beliefs'. Yoga-1 class (1 hour). Dinner with organic ingredients. Group session and meditation (releasing limiting beliefs) with ritual.

### **Day 3 (Fri 20 Feb)**

Breakfast, morning meditation, QiGong-2 session (15 min) by the seashore. Workshop 'Nailing your Dream Life'. Lunch. Free time (2 hours). Workshop 'Self Love and Self Concept'. Yoga-2 class (1 hour). Dinner, group session and Ho'oponopono (healing affirmations) meditation.

### **Day 4 (Sat 21 Feb)**

Breakfast, morning gratitud meditaton, QiGong-3 session by the seashore. Workshop 'The art of surrender and trust'. Lunch and y free time (2 horas). Final meeting to share with the group impressions, opinions, emotions, feelings, a sspace for self expression. Conversation about the magic of 'Transforming the negative energy intensity into manifesting transformational power'. Conclusions, how we'll implant the changes into our daily life. Sunset hour horse ride by the beach. Dinner, Meditation Ho'oponopono (healing affirmations).

### **Day 5 (Sun 22 Feb)**

Breakfast, last morning meditation, QiGong-4 session by seashore. Last day at Baberrih Hotel. You'll have the day long free to enjoy the beach, swimming pool, other activities offered by the hotel. We'll meet for lunch and dinner. Dinner with show live local music.

### **Day 6 (Mon 23 Feb)**

Breakfast, check-out Baberrih, transfer to Essaouira (30 min) with free time to explore this picturesque fishing and historic village. We'll meet to have lunch together and go to Marrakesh (3 hours). Arrival to Marrakesh, check-in at a hotel. Dinner.

### **Day 7 (Tue 24 Feb)**

Breakfast (included), Free time to explore the vibrant city of Marrakesh: the palaces, the Majorelle Garden YSL, the Jemma el-Fna square and souk, the Koutoubia mosque, the Tanneries. Lunch and dinner not included this day.

### **Day 8 (Wed 25 Feb)**

Breakfast. Check-out Hotel. Airport.