



WOMAN EXPLORE

Retreat Itinerary

CRISTINA DIGIACOMO - THE 7 QUESTIONS FOR LIFE RETREAT, MOROCCO

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

Day 1: Welcome to Morocco

Arrive hassle free with transfers from the airport directly to your luxury resort. Check into your room from 3pm, but if you find yourself there a little earlier, feel free to drop your bags and make the most of the resort's amazing facilities.

At 6:30 pm, join the group for a welcome sunset drink at the rooftop bar. This is the perfect opportunity to meet your fellow attendees and begin to form meaningful connections in a relaxed setting. At 8:00pm, we'll gather for the welcome dinner to kick off the retreat and get to know each other better before diving into the next few days of transformation.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Welcome dinner

Included Activities

- Airport transfers
 - Sunset welcome drink
-

Day 2: Immersing in Philosophy and culture

Start the morning with a calming Sun Salutation session, where you can connect with your body and mind. Following breakfast, we will gather to begin our first philosophical exploration, "Question for Life #1". This interactive session will guide you to explore a fundamental question about your life, offering a new perspective and clarity for your journey ahead.

In the afternoon, take your pick of one of the onsite activities—such as volleyball, relaxing in the sauna or unwinding by the pool—designed to integrate wellness with reflection.

As the early evening approaches, we'll reconvene in an outdoor setting for "Question for Life #2" which will allow you to reflect on the day's experiences and deepen your insights.

Dinner will follow, offering another opportunity to engage with your fellow participants and reflect on the day's learning.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Sun Salutation (optional - open to all hotel guests)
- Session - Question for life #1
- Session - Question for life #2

Day 3: Exploring life's questions through action

After an optional, energising Sun Salutation session, and breakfast at one of the onsite restaurants, join us for our morning group discussion, "Question for Life #3".

Held in the tranquil outdoor cabanas, this session offers a serene space for philosophical reflection, helping you deepen your understanding of how to integrate life's big questions into your daily practice.

Following lunch, we'll embark on an authentic Moroccan adventure with a cooking class in Agadir. This off-site experience will immerse you in local culture as you learn to prepare traditional dishes, using ingredients sourced from the region, while connecting with local chefs. The activity will also give you insight into the Moroccan way of life, with a focus on craftsmanship and tradition.

After a full day of immersion, dinner will be served, allowing you to unwind and reflect on the experience.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Sun Salutation (optional - open to all hotel guests)
- Session - Question for life #3
- Authentic Moroccan cooking class and transfers

Day 4: Deepening understanding through immersion

Begin the day with a Sun Salutation session followed by a delicious onsite breakfast, before a group discussion on "Question for Life #4". This session will guide you through applying philosophical concepts to your current life, helping you gain deeper insights.

In the afternoon, enjoy a day trip from Agadir to Taghazout, where you will have the chance to experience local village culture and engage in a shopping experience that supports the Berber community. As you explore, you'll have the opportunity to reflect on how ancient traditions and modern life intertwine.

The journey continues with a scenic drive through Paradise Valley, offering breathtaking views and the chance to immerse yourself in the beauty of the Moroccan landscape.

Dinner at the hotel will be a time to come together, share stories from the day, and reflect on the new connections you've made.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Sun Salutation (optional - open to all hotel guests)
- Session - Question for life #4
- Village shopping experience in Taghazout / Paradise Valley and transfers

Day 5: Connecting with the land and Philosophy

After the morning Sun Salutation, enjoy a delicious breakfast before gathering for for "Question for Life #5" where we will delve deeper into how philosophy can guide you in your daily decision-making and leadership.

In the afternoon, experience an unforgettable sunset camel ride through the Tamri River and Banana Fields. This immersive experience will allow you to connect with the Moroccan landscape and reflect on your philosophical journey from a new perspective.

Afterward, enjoy a traditional Moroccan dinner, bringing together the day's insights and experiences.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner

Included Activities

- Sun Salutation (optional - open to all hotel guests)
- Session - Question for life #5
- Sunset camel ride

Day 6: Relaxation and rejuvenation

Start your day with a Sun Salutation to center your body and mind. After breakfast, gather for the next group discussion on "Question for Life #6," where you'll reflect on the wisdom shared over the course of the retreat and explore how to carry these lessons forward.

In the afternoon, you will have the opportunity to unwind with a traditional hammam and massage treatment in Agadir. This authentic Moroccan wellness experience will leave you feeling rejuvenated, while also allowing time to explore the Agadir Souk and connect with local artisans.

In the evening, enjoy a vibrant Fantasia show featuring acrobats, traditional dance, and horsemen. This off-site performance will be accompanied by a traditional Arabian dinner, offering a sensory experience that blends entertainment with Moroccan cuisine.

Transport to and from the venue will be provided.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast
- Lunch
- Dinner (offsite)

Included Activities

- Sun Salutation (optional - open to all hotel guests)
- Session - Question for life #6
- Authentic hammam / massage treatment
- Agadir souk visit
- Fantasia show with dinner and transport

Day 7 & 8: Reflection and farewell

On your final full day, begin with a Sun Salutation session to prepare for the day ahead. After breakfast, we'll reflect on the final philosophical question, "Question for Life #7." This session will encourage you to synthesize everything you've learned, both personally and professionally.

Lunch will be followed by a relaxing afternoon of reflection and self-care. You can pamper yourself in the wellness center with access to the sauna and indoor pool or simply enjoy quiet time in a peaceful corner of the resort.

Before the farewell dinner, join us for pre-dinner drinks at the rooftop bar to celebrate the connections made and the insights gained. The evening will conclude with a beachfront fire pit reflection session, offering a final opportunity to share thoughts and express gratitude.

After breakfast on the final morning, your retreat journey will come to a close. We will provide included airport transfers for your departure, ensuring a smooth and peaceful end to this transformative experience.

Accommodation: Robinsons Luxury Beachfront Resort

Meals Included

- Breakfast x 2
- Lunch
- Dinner

Included Activities

- Sun Salutation (optional - open to all hotel guests)
- Session - Question for life #7
- Airport transfers