



THE DESERT RESET EXPERIENCE

— Wellness & Transformational Retreat

THE DESERT RESET EXPERIENCE

Wellness and transformation retreat

Moroccan desert · Merzouga

1–6 November 2026

6 days to slow down, reconnect, and reset.

A complete wellness experience combining:

**MINDFUL BREATHING · SOUND HEALING · SOMATIC MOVEMENT · MEDITATION · ICE BATH ·
MASSAGE · SELF-CARE RITUALS · CREATIVE WRITING · NATURE · MOROCCAN CULINARY
TRADITIONS**

Leave behind the stress and noise of everyday life and step into a completely different rhythm, surrounded by the silence, vastness, and beauty of the Moroccan desert.

WHAT WILL YOU EXPERIENCE?

This retreat is designed to give you something that is often missing from everyday life:

TIME FOR YOURSELF.

Time to breathe.

Time to slow down.

Time to reconnect with your body.

Time to be in nature.

Time to simply be.

During the retreat, you will experience a carefully selected combination of wellness practices, relaxation, movement, sensory experiences, and authentic Moroccan experiences.

YOUR RETREAT INCLUDES:

Daily mindful breathing and meditation

Gentle practices to slow down, become more present, and create inner space.

Somatic movement

Gentle, body-led movement to release tension, increase awareness, and reconnect with your body, accompanied by live handpan music.

Sound healing

Immersive sound baths with Tibetan singing bowls, gong, and other therapeutic instruments.

Natural self-care ritual

Create your own natural face mask with ingredients such as Moroccan ghassoul, green tea, and other botanicals, followed by a deeply relaxing sound experience.

Massage

A relaxing massage included during your stay.

Ice bath experience

A guided cold-water experience designed to challenge your comfort zone and explore resilience, presence, and mindful breathing.

Creative writing

A playful and intuitive way to slow down, reflect, and explore what you want to release, understand, or bring into your life.

Nature and time in the desert

Walk through the landscape, watch the sunrise and sunset, experience the silence, and allow yourself to slow down.

Moroccan cuisine and traditions

Discover Morocco through its flavors, traditional food, and everyday rituals. Experience the richness of Moroccan hospitality and the pleasure of sharing a meal.

An authentic local Moroccan market

On our return journey, we will stop at an authentic local Moroccan market: an opportunity to experience everyday life, discover regional products, and take home a small piece of Morocco.

Space to rest and integrate

You do not need to fill every moment. There will be time to relax, reflect, write, connect with others, or simply enjoy being in the desert.

YOUR STAY IN THE DESERT

Your retreat includes **5 nights of accommodation**, combining comfort, nature, and an authentic desert experience.

3 NIGHTS · HOTEL IN THE DESERT just for us

Stay at a beautiful hotel surrounded by the Merzouga landscape, with time to relax, rest, and enjoy the atmosphere of the desert.

2 NIGHTS · LUXURY DESERT CAMP

Experience the magic of the Sahara from a comfortable luxury camp, surrounded by dunes, silence, and endless skies.

BREAKFAST AND DINNER INCLUDED

Enjoy breakfast and dinner throughout your stay, with Moroccan flavors and nutritious meals shared in a relaxed setting. Fruit, snacks, and tea are served throughout the day.

5 NIGHTS · 2 DIFFERENT DESERT EXPERIENCES

Hotel comfort → luxury desert camp → a deeper connection with the landscape.

YOUR JOURNEY

FROM STRESS → TO SPACE

FROM OVERSTIMULATION → TO SILENCE

FROM DISCONNECTION → TO CONNECTION

FROM HOLDING ON → TO LETTING GO

The desert offers something very simple and very powerful: **space**.

Space to step away from your usual surroundings.

Space to become aware of everything you have been carrying.

Space to let go of what you no longer need.

Space to remember what truly matters.

You do not have to arrive with a specific goal or experience a dramatic transformation.

Simply come as you are.

WHAT YOU CAN TAKE HOME

More than photographs and memories.

You may leave with:

CALM

The feeling of slowing down and creating more inner space.

CLARITY

Distance from the noise of everyday life can help you see things from a different perspective.

RESILIENCE

Through breathing, movement, and the ice bath experience, you will explore how you respond to challenges.

RECONNECTION

With your body, your senses, nature, and yourself.

GRATITUDE

For simplicity, for what you already have, and for the experience of simply being.

RENEWED ENERGY

An opportunity to rest, reset, and return home with renewed energy and inspiration.

WHO IS THIS RETREAT FOR?

For open-minded people who:

- Feel stressed, overwhelmed, or simply in need of a break.
- Want to dedicate meaningful time to themselves.
- Love wellness, nature, and mindful living.
- Are curious about new cultures and authentic experiences.
- Want to discover Morocco through its landscape, cuisine, and traditions.
- Enjoy trying new things and gently stepping outside their comfort zone.
- Want to reconnect with themselves without the pressure of an overly structured retreat.

No previous experience in yoga, mindful breathing, meditation, or sound healing is required.

THE JOURNEY TO THE DESERT

31 OCTOBER · FEZ

Although the retreat officially begins on **1 November**, we meet the evening before in **central Fez**.

Meeting point: central Fez

31 October · 21:00 Fez city - Fez Airport - Merzouga

From there, we will travel together by private bus to the Moroccan desert.

The overnight journey will allow us to arrive at the hotel **early in the morning**, ready to begin the retreat experience.

This shared journey is part of the experience: we leave the city behind and gradually enter the silence and vastness of the desert.

1-6 NOVEMBER 2026

MERZOUGA · MOROCCAN DESERT

Once we arrive, the retreat begins.

Our days will have a gentle rhythm combining wellness experiences, nature, Moroccan culinary traditions, and free time.

There will be a balance between guided activities and space to simply enjoy the place you are in.

A typical day may include:

MORNING

Sunrise · Meditation · Mindful breathing · Somatic movement

DURING THE DAY

Nature · Moroccan culinary experiences · Creative writing · Free time

AFTERNOON

Sound healing · Massage · Ice bath · Self-care ritual · Relaxation

EVENING

Sunset · Sound · Reflection · Connection · Shared Moroccan culinary experiences

The exact program may be adapted according to the weather, local conditions, and the needs of the group.

THE DESERT EXPERIENCE

Imagine waking before the world around you.

Stepping outside as the sun rises over the dunes.

Breathing deeply.

Hearing practically nothing.

Moving your body.

Feeling the vibration of the gong and Tibetan singing bowls.

Sharing traditional Moroccan food.

Watching the colors of the desert change as the sun disappears.

And not having to be anywhere else.

This is **the Desert Reset experience.**

YOUR INVESTMENT

SHARED DOUBLE ROOM

Regular price: 949€ → **November Special: 879€.**

PRIVATE SINGLE ROOM

Regular price: €1,399 → **November Special: 1,199€.**

BOOKING AND PAYMENT

To confirm your place, a **179€ booking payment** is required.

You can make the payment via:

Bizum: +34 602 818 931 (indicating "Reset")

PayPal: email: info@holistibreak.org. (indicating "Reset")

Your place is confirmed once the booking payment has been received.

The booking payment is non-refundable. In the event of cancellation, please consult the booking conditions to learn about the options for changing or transferring your place.

READY FOR YOUR RESET?

THE DESERT RESET EXPERIENCE

Wellness · Transformation · Nature · Cuisine · Connection

Questions?

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www.holistibreak.org