

# RETREAT

**MOROCCO  
DREAMWAVE**

**14-19/9/2025**



# UNFOLDING



## YOGA

### *MORNING PRACTICE*

We will practice daily before brunch (not too early!), always fluid in motion, anchoring into a deep rhythmic breath, fluent, easy and well-rounded.

## ACTIVATION

### *TRANSCENDING THE STATIC*

Built upon Katonah, Kundalini, breathwork, and fluid movement, this yoga practice awakens and elevates the energy progressively.

## DEEP MIND

### *PATH OF THE UNSEEN*

By the end of the day, the focus is laid out on the internal practice: a soul descent into the unconscious, exploring through dreamwork, reflection, and guided meditations.

## LUMINANCE

### *CULTIVATING INNER RADIANCE*

Through yoga, energy activation, and the inward journey, we will cultivate lightness and clarity with embodied awareness. The Moroccan light and salty air nourishes the body on a cellular level.

# WHY DREAM WAVE?

Dreamwave reflects the journey we will take by moving through body and mind, stimulating deep currents of energy and insight.

In a world of constant stimulation, it offers a space to unplug, relax and dive into the depths of the Self.

Dreamwave is where body, mind, and spirit converge: an energetic tide that realigns, and invites us to move through life with greater presence and intention.

And for sure, we will get the chance to surf nice waves, swim and wash away any stress in the Atlantic ocean. Throughout the day there will be plenty of free time to move, chill, sunbathe or explore the surroundings.





**I SURRENDER,  
I SOFTEN,  
I FLOW.**



# TRAVEL

## ***FLY TO RAK / AGA***

You can fly either to Marrakesh or to Agadir. We will organize an airport pick up for you, and try to group people so the journey and price can be shared.  
It is easy to rent a car in Morocco if you prefer to travel independently.

Airport transfer RAK (aprox. 3h): 110 € per way for 1-7 pax

Airport transfer AGA (aprox. 4h): 75 € per way for 1-4 pax / 110 € per way for 4-7 pax

*\*payment on-site*

# STAY

## ***DANCING THE WAVES MOROCCO***

Our retreat takes place in the pristine bay of Tafedna, 50 km south of Essaouira, in a peaceful, family-run setting where you can ground, recharge, and connect with nature.

My friend Lisa and her husband Fayçal are our welcoming hosts at *Dancing The Waves Morocco* taking care of everything we need to have a good, relaxing time.

Villa Aljana offers four spacious rooms with private bathrooms, a communal living and dining area, and a lounge terrace. Two garden bungalows feature private pergolas and rooftop sea views, while the Yoga Shala is housed in a spacious standalone bungalow.

A short 8-minute walk leads to a vast, untouched beach, with a small fishing village at the far end, about 30 minutes away on foot.

Fresh Moroccan meals, including a wholesome brunch and hearty dinner, are lovingly prepared by Keltoum and her sisters, Khadija and Rokaia. Ingredients are sourced from local farmers, featuring fresh produce, fish, meat, olive oil, and eggs. Vegetarian options are available, along with fresh fruits, almonds, and dates throughout the day.



# IMPRESSIONS



# ACTIVITIES

## ***SURFING, HIKING, RESTING***

This retreat is designed to offer you a restful and meaningful experience. The remote location of our stay and its casual setting allow deep nourishment and relaxation.

If you enjoy surfing, you can book a coaching with our hosts, as well for SUP or kitesurfing. Guided hiking or horse riding can also be organized.

We can plan a cultural trip to Essaouira and enjoy a nice spa afternoon- depending on the group's wishes. We decide as we go.

Surf session: 40 € per person/session  
including surf coaching, surfboard, wetsuit and transport to the local surf spot  
*\*payment on-site*

# FORMALITIES

## ***THE ADMIN PART***

Dreamwave Retreat is solely led by Reni Bickel [www.renibickelyoga.com](http://www.renibickelyoga.com)

Retreat investment for 5 nights, daily brunch & dinner, 1 spa visit included:

Single room: 1900 CHF  
Double room: 1500 CHF  
Triple room: 1300 CHF

*\*airfare, transports, surf coachings are not included in the rate.*

Reserve your spot with a non-refundable down payment of 500 CHF.  
Remaining payment is due as of May, 14th, 2025 (single payment only).  
Cancellations with full refund (except the 500 CHF) until May, 14th, 2025.  
Participants are responsible for their own insurance.

This retreat is an intimate gathering, limited to 10-12 participants. It's an opportunity to gather and explore in a relaxed and free-flowing environment.

Write me an email at [hello@renibickelyoga.com](mailto:hello@renibickelyoga.com) if you want to participate and note your room choice (single, double, triple), food preference / allergies and any important info.