



RISE INTO YOUR STRENGTH

21 - 27 SEP 2026 | MARRAKECH

TODAY'S LIFE IS EXTREMELY FAST AND STRESSFUL

YOU NEED TO SLOW DOWN AT SOME POINTS TO ALIGN YOUR BODY AND MIND

The 'Rise Into Your Strength Retreat' invite you to pause, reflect, and consider how to navigate an increasingly fast-moving world with clarity and grace. This immersive gathering offers a powerful opportunity for women to come together, to experience personal and collective healing.

Held within an atmosphere of deep gentleness, happiness, elegance, and beauty, this retreat creates space for authentic restoration, radical self-inquiry, and meaningful slowing down, away from the demands and noise of everyday life.

The 'Rise Into Your Strength Retreat' is rooted in Wheel of Essence three core pillars:

- NUTRITION
- EXERCICE / DANSE
- BREATHING TECHNIQUES & MEDITATION

Your wellness and your health through nutrition and exercices, your radiance and your alignment through breathing techniques and meditation will help you rising into your strength.





HELD BY

AICHA FETHEDDINE

Aicha Fetheddine is a naturopathic nutritionist graduated from CNM London, member of the Association of Naturopathic Practitioners and CNHC registered. She is a teacher for a charitable foundation called the Art of Living whose philosophy is based on breathing techniques (Sudarshan Kryia) and meditation .

Aicha Fetheddine is specialized in women hormones, thyroid hormones and cortisol especially at the time of perimenopause and menopause. All these hormones are deeply interconnected and Aicha treats all of them in an holistic approach through her program. Wheel of Essence. This program is based on the combination of 3 main pillars. Each of the pillars is essential for your hormones balance. Balance isn't just about what you eat — it's how you breathe, how you move, and how you care for your inner world.

1

Balanced nutrition to feel well and dynamic

2

Regular, effective and various physical exercises including yoga, danse and hiking will make you confident in your body and mind

3

Breathing techniques and meditation to find your inner-self, to radiate and attract positive vibrations

THE DOMAINE

Our private domaine is a peaceful haven 40 minutes away from the hustle and bustle of Marrakech. A secluded estate nestled among 10 hectares of almond groves located at the foothills of the Atlas Mountains, the villa offers a truly special setting coupled with fantastic facilities for your retreat.

The venue consists in a main villa and a pavilion, has a big terrace with a 360 degrees view on the atlas mountains, two large swimming pools, one heated, surrounded by loungers and day-beds. These are the perfect spot to relax in your down time.

You will find two pergolas, one dedicated for dance, yoga, breathing techniques and meditation, one for dining and one with an outdoor kitchen dedicated to cooking classes.

There are two hamams (one outdoor), one scrub/massage room, one sauna and one well-equipped modern gym complete with cardio equipment and weight/resistance machines. The surrounding mountains provide the perfect setting for your invigorating morning hikes, lead by expert, local guides.

In the main villa, you will find a large living room, a dining room and a kitchen. There are 8 suites in the domain, all with a private bathroom and with fabulous mountain views :

5 bedrooms (35 m2) are located in the main villa, 3 bedrooms (25 m2) are located in the pavillon. Each room is at the ground floor level with direct access to the landscaped garden and the heated pool.





WHAT IS INCLUDED

PACKAGE FEATURES

- Pre-retreat questionnaire
- On arrival, program presentation & benefits on your body and mind
- Accommodation, all ensuite with fabulous mountain views
- 3 x Daily gourmet nutritious, healthy meals created by Aicha Fetheddine
- Daily breathing exercises (Sudarshan Kryia) and meditation with Art of Living Teacher Aicha Fetheddine
- 3x yoga sessions with a professional trainer
- 2x danse sessions
- 2 x guided hikes in the Atlas Mountains
- 1x 40 minutes 1:1 nutrition consultation with Aicha Fetheddine
- 1x hamam + scrub
- 1x massage
- 2 x cooking classes
- Unlimited water and herbal teas
- 1 afternoon trip in marrakech and dinner in Marrakech



DIET & NUTRITION

NUTRITIONAL COMPONENTS

Aicha Fetheddine will combine nutrition expertise with the creative flair of a chef to produce the menu for your retreat. It consists of light, beautifully presented, delicious food that makes use of the highest quality fresh local fruits, vegetables, fish, poultry and other ingredients, all organic when possible.

Our chef will also hold two cooking classes, during which he will demonstrate the techniques, cooking styles and unique flavours of the favourite meals of the retreat. The food programme offers the perfect blend of nutritious and delicious cuisine. The retreat menus are dense with nutrients, while removing certain ingredients (sugar, red meat, alcohol, wheat, dairy). Alongside targeted exercises, it is a formula that encourages deep cellular cleansing and rejuvenation that hundreds of our guests have enjoyed and greatly benefited from.

MOVEMENT SESSIONS

VARIOUS PHYSICAL EXERCISES

YOGA

Yoga is the perfect physical and mental practice to prepare yourself to fully enjoy the Sudarshan Kriya breathing technique and meditation

DANSE

This joyful form of aerobic exercise is a full-body workout that strengthens muscles, promote weight loss, improves endurance, balance, coordination and agility, reduces stress and enhanced cognitive functions

MOUNTAIN HIKING

Besides offering a fantastic combination of physiological and psychological benefits, offers important social benefits:

- **Strengthened Relationships:** Reaching a summit together fosters a unique sense of accomplishment and shared bonding that can reduce feelings of loneliness and isolation
- **Digital Detox:** Mountain environments often lack signal, forcing a break from screens and allowing the mind to "reset" from attention overload
- **Increased Resilience:** Overcoming the physical and mental challenges of a difficult climb builds long-term grit and a growth mindset that translates to professional and personal life





BREATHING TECHNIQUES & MEDITATION

Several scientific studies show that Sudarshan Kryia and mediations proposed by the Art of Living foundation reduce the biochemical markers of stress: it reduces cortisol and blood lactate (meaning you get a tremendous inflow of oxygen in the body), increases the levels of well-being hormone prolactin and antioxidant enzymes which rapid aging in the body.

Mental Well-being

Restores and Enhances Vibrant Mental Health

Relieves depression, reduces anxiety, impulsivity and addictive behaviours, improve emotional regulation, optimism, well-being and quality of life

Enhanced Brain Functioning

Increased mental focus / heightened awareness

Improved Quality of Sleep

3x more time spent in deep restful stages of sleep

Physical Well-being

Enhanced Immune Function

Improve immune cell counts

Enhanced Cardiovascular and Respiratory Function

Reduced heart rate, reduced blood pressure, improved cholesterol and triglyceride (lipid) profile

ACCOMMODATION

MAIN VILLA SPECIFICATIONS

OPTION 1.

Suites in the main villa

Total inside area : 35 m²

- Central Air conditioning and heating
- TV
- Private bathroom (10 m²)
- Private terrace (8 m²)
- King-size double bed
- Living area
- Office area
- Large dressing room
- All toiletries included



ACCOMMODATION

PAVILION SPECIFICATIONS

OPTION 2.

Suites in the pavilion

Total inside area : 25 m²

- Central Air conditioning and heating
- TV
- 2 Private bathroom (7 m²)
- Separate beds in case of sharing or one king-size double bed
- Living area
- Office area
- Large dressing room
- All toiletries included



PROGRAMME

RETREAT TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00		Herbal teas		Herbal teas		Herbal teas	
8:30		Sudarshan kryia Sunrise meditation	Breakfast	Sudarshan kryia Sunrise meditation	Breakfast	Sudarshan kryia Sunrise meditation	Breakfast
9.30		Breakfast	Trek in atlas mountain	Breakfast	Trek in atlas mountain	Breakfast	Long Sudarshan kryia / Meditation
10.30	From 10:30 pick up from Marrakech Airport	Danse		Danse		Yoga	
12:00		Cooking class		Cooking class		Lunch	
13:00		Lunch	Lunch	Lunch	Lunch	Departure to marrakech	Lunch
15:00		Hamam / scrub / sauna massage / 1:1 consultations rest around the pool	Hamam / scrub / sauna massage / 1:1 consultations rest around the pool	Hamam / scrub / sauna massage / 1:1 consultations rest around the pool	Hamam / scrub / sauna massage / 1:1 consultations rest around the pool	Jardin Majorelle / Musees Saint Laurent / shopping in Sidi Ghanem	Departure to Marrakech airport
17:00		Herbal tea time / green juice	Herbal tea time / green juice	Herbal tea time / green juice	Herbal tea time / green juice	Tea/coffee at Le Pacha	
17:30		Yoga	Sudarshan kriya Sunset meditation	Yoga	Sudarshan kriya Sunset meditation	Shopping in Medina	
19:30	Dinner and introduction talk	Dinner	Dinner	Dinner	Dinner	Dinner at Misan restaurant	



PRICE & RESERVATION

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	Two sharing	Single
Main villa suite	N/A	£3.600
Pavilion suite	£2.000 each	£3.100

Please complete the enquiry form
and we will come back to you ASAP.

ENQUIRE NOW >>>

A scenic view of a resort patio. In the foreground, there's a dark wooden dining table with several black chairs. To the left, a large terracotta pot sits on the patio. In the middle ground, a thatched-roof hut stands next to a stone wall. A small pool or hot tub is visible on the right. The background features rolling green hills and a range of mountains with snow-capped peaks under a clear sky.

To Join Us On This Retreat

[CLICK HERE >](#)