

THEHIVE 
by Justa Guillén

THEHIVE RETREATS

“Connecting with my essence”



20-25 FEBRUARY 2024
SAHARA DESERT

“CONNECTING WITH MY ESSENCE”

We present you with great enthusiasm this **new THEHIVE retreat** for **February 2024 from the 20th to the 25th**, in a magical place such as the SAHARA desert, where you will feel that **"NOW IT IS YOUR TURN"**, which is your moment to take care of yourself, heal yourself, take a break, connect with yourself and pamper yourself as until now you had not done; sharing this experience with the others and above all having fun, going back to being a child, where the priority will be **"YOU"**.

The desert will clean you, heal you and transform you !





The goal of this retreat is...

that you learn the keys to **trust yourself**, **set limits**, be able to **make decisions for your good**, to **receive what you deserve**, to **value yourself** and above all **to love you so you can love others**.

The first days we will stay in a private and exclusive villa **only for the group "SAHARA DESERT VILLA"** at the gates of the desert near the town of MERZOUGA, where there is a settlement of the **BERBER tribe**, they are characterized by their hospitality, joy, generosity and sense of freedom.

BOUTIQUE HOTEL DESERT VILLA





BOUTIQUE HOTEL
DESERT VILLA





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DESERT VILLA



The Berber tribe is the oldest race in North Africa and cradle of the origin of humanity. Their culture, called **IMAZIGHEN**, means "**free man**", is of great wisdom and closely linked to the Mother Earth, her knowledge of medicinal herbs and agriculture.

We will get to know their traditions, their crafts and we will be able to live the **experience of be part of the family during our stay.**

We will be for a few days like a Berber woman, they will teach us their culinary art, the richness of color and ornaments, of their clothing, how they make up, their traditional tattoos, their music and dance. Also the importance of the role of being a woman in the family, the whole wisdom and its language that is transmitted orally from the origins.





In the last days we will stay one night in "**MIRAGE LUXURY CAMP**".
Unique luxury spaces, with all the services and amenities, **exclusive for the group**,
where we will carry out activities connected with the nature of the place, the
infinite sky full of stars and the beauty that surrounds it.

MIRAGE LUXURY CAMP



We will connect and meditate on the unique sunrises and sunsets
to remember what the flow of life is like, being born and dying.



MIRAGE LUXURY CAMP





MIRAGE LUXURY CAMP





MIRAGE LUXURY CAMP

1. What is a THEHIVE meeting and what is its purpose?

It is a "unique life experience that will accompany you forever", where you will develop your feminine (creative) side to strengthen it and integrate it with your (rational) masculine side, balance it, create harmony and peace.

You will find the time and space for yourself that you need and long for,
You will learn to take care of yourself, to heal your wounds in this way, enhance and develop your creative capacity and connect with your BEING.
You will return to your inner "child", to feel free and you will enjoy sharing this experience with others.

You will feel that "now it is your turn", that it is your moment!

2. What does it consist of?

They are physical meetings where workshops and activities are carried out through a proprietary method based on the development of the creative capacity.

It consists of four areas: Holistic, quantum, artistic and artisan. All are connected to each other through a conductive thread, each one of them they will lead us to our purpose. Works on the overall vision, in perfect harmony and synchronicity.



3. What kind of diet will we follow?

We will follow a basically vegetarian diet, menus created especially for the occasion by our chefs, where of course possible food intolerances and/or allergies will be taken into account of the attendees.

We believe in the freedom of what you want to eat, since only with freedom we are creative so a full menu will be offered daily "healthy" where there will be a wide variety of foods but without processing, organic, typical of the place where we are and seasonal.

4. What do I take with me?

Comfortable clothing for yoga practice, light clothing for the day, coat for the nights, appropriate footwear for walks, sunscreen and hat.

For creative workshops, clothes that you don't mind staining.

A notebook and pen for your notes.

And nothing else, the workshops go with the material included.

5. How do I get there?

There are direct flights from Madrid, Malaga, Seville and Barcelona in Spain to CASABLANCA (Morocco), if you travel from abroad, you can get information in your city.

Our meeting point will be at the CASABLANCA airport to connect with the flight that leaves for ERRACHIDIA.

Upon arrival in ERRACHIDIA, we will have a transfer waiting for us to Go to the Desert Villa boutique hotel.

The return will be on the flight from ERRACHIDIA to CASABLANCA to then link from CASABLANCA to cities of origin.

Roundtrip transfers to and from airports are included and also those that we visit nearby towns.

Flights are not included in the cost of the meeting, but we will be happy to help you in whatever you may need.

7. How do I book?

You can write an email to thehive.byjustaguillen@gmail.com or call at **+34 630853511** and we will explain the payment details.



I LOVE ME, I HEAL AND TAKE
CARE OF MYSELF, CREATING

#NOWITISMYTURN

Welcome to
THEHIVE



PROGRAM 20-25 FEBRUARY 24

THEHIVE SAHARA DESERT

TUESDAY 20

Departure flights from origin and destination Merzouga. Sahara desert.

Transit stopover in Casablanca and towards Errachidia airport.

11:00 p.m. Departure flight from Casablanca to Errachidia airport

11:59 p.m. arrival at Errachidia airport

00:20 Transfer to **DESERT VILLA** hotel in Merzouga

02:30 a.m. Arrival at the hotel

WEDNESDAY 21

9:00-9:30 a.m. Breakfast

9:30-10:30 Welcome, presentation of THEHIVE meeting, objectives and program

10:30-11:30H Get to know the AMAZIGH (Berber) culture, its traditions, the family and what they do, etc... "Berber names for each participant"

11:45-13:15 Walk around the hotel, visit the town of Merzouga.

13:30-14:30H Light lunch at the hotel

14:30-15:00H Free time

15:00-17:30H Quantum workshop "Connecting with my essence, my superior being"

17:45-18:30H Chi-Kung and meditation at sunset in the dunes

18:30-20:00H Free time and/or massage

20:00 Dinner

9:00 p.m.-10:00 p.m. Star reading according to Nomads

THURSDAY 22

7:45-8:45H Yoga awakening and meditation at sunrise

9:00-9:30 a.m. Breakfast

10:00-12:30H Artistic workshop "Expressing my essence"

12:30 p.m.-1:00 p.m. Free time

1:00 p.m.-1:30 p.m. Light lunch at the hotel

13:45- Transfer place space artistic workshop- Berber artisan

2:00-2:30 p.m. Presentation of the activity and Moorish tea in a "traditional Berber house"

14:30-17:00H Traditional Berber artistic-artisan workshop "Reflecting my roots"

5:15 p.m.- Transfer hotel

17:45-18:30H Chi-Kung and meditation at sunset in the dunes

18:30-20:00H Free time and/or massage

20:00 Dinner

FRIDAY 23

7:45-8:45H Awakening yoga or NIA yoga and sunrise meditation

9:00-9:30 a.m. Breakfast

9:30-10:30H Prepare bag to carry camp and check out hotel

10:30-11:00H Talk on THEHIVE nutrition and health benefits

11:00- 13:00H Traditional Berber cooking workshop

13:00-14:00 Lunch at the hotel

14:00-16:00H Rest-Free time: Town shopping, swimming pool, etc...

16:15H Transfer to Camp in the desert

16:30H Check in Camp

17:00-17:45 Dromedary ride through the dunes

17:45-18:30H Special meditation of connection to the sunset in the dunes

18:30-20:00H Free time

20:00 Dinner

9:00-10:00 p.m. Fire ritual, music and dance

SATURDAY 24

7:45-8:45H Meditation at sunrise in the dunes and Berber sacred geometry

9:00-9:30 a.m. Breakfast

10:00-12:00 Workshop on bees and Berber natural medicine in the
"camp orchard", health benefits.

12:15 pm Transfer **DESERT VILLA** hotel or to Berber settlement (to be confirmed)

12:30 pm Arrival at the hotel

1:00 p.m.-2:00 p.m. Lunch at a hotel or Berber pizza in a nomadic settlement
(to be confirmed)

2:00 p.m.-4:00 p.m. Rest-Free time: Town shopping, swimming pool, massage,
etc...

16:15-17:30 Closing meeting, sharing and delivery of diplomas

17:45-18:30H Chi-Kung and meditation at sunset in the dunes

18:30-19:30H Free time

7:30 p.m. Special closing dinner meeting

SUNDAY 25

4:00 a.m. Transfer to Errachidia airport.

7:30 a.m. Departure flight to Casablanca airport

8:30 a.m. Arrival at Casablanca airport

Departure flights destinations in Spain / International

FOR MORE INFORMATION AND BOOKING

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