BreatheMoveBliss Tunisia Retreat Itinerary

The Magic of Life

May 14-21, 2027 | 8 days, 7 nights

The venue for our **first 3 days and nights** is a little gem of a 6-room boutique guesthouse in the heart of the most charming neighborhood on the island of Djerba. Within its jasmine-scented walls, you are invited to slow dow, savor and enjoy the warmth of Tunisian hospitality. Between yoga, breathwork sessions and sound baths, you'll have plenty of free time to lounge by the pool, indulge in massages or the hammam, go for a swim in the ocean, wander the artsy village of Erriadh and the Midoun souk, barter for handwoven rugs, or try a pottery class.

The morning of **day 4**, we'll leave Djerba and commence our journey into Tunisia's mainland. We'll have lunch in the Berber village of Tamezret and admire the mountain views before continuing on to a base camp in the desert. That night, we'll set out on a meditative camel ride into the desert for an otherworldly camping experience. Our guides will prepare our tents and a traditional Bedouin dinner around a campfire.

The next morning, we'll see the sun rise over the dunes and enjoy a Saharan breakfast before returning to base camp, where hot showers await us.

We'll continue our journey to Tozeur, where we'll be spending **the last 3 nights** of the retreat: a magical sanctuary in the heart of Tozeur. Until our evening rooftop yoga class, you'll have free time for an afternoon of relaxation, journaling, enjoying the gorgeous pools, meandering through the medina, enjoying a massage or the hammam.

Day 6 will begin with rooftop yoga and breakfast. We'll then head out in 4x4's to visit the idyllic desert oases of Chebika, Tamerza and Mides. We'll admire the stunning landscape of the desert and the Atlas mountains, the magnificent bounty of crystals found in the land here, and optionally, cool off in a refreshing waterfall.

After a refreshing lunch, we'll visit the oasis of Tamerza and the spectacular canyons of Mides. We'll then head back to our hotel to freshen up, relax, and enjoy a sumptuous dinner.

Day 7 will begin with kundalini yoga on the rooftop, followed by breakfast. You might wish to relax at our hotel oasis for the day, or explore the medina. Before dinner, we'll have our closing ceremony on the rooftop.

On **Day 8**, we'll have a final yoga session by the pool, then breakfast and checkout. You'll head on to your next destination, refreshed, rejuvenated, and sparkling with vitality and zest for life.

(Actually, I cannot promise how you will be feeling. But it is my heart's deepest intention to facilitate an experience that brings you to that state of being.)