

Terre De Femmes

AN IMMERSIVE JOURNEY FOR **WOMEN**
THROUGH **EARTH, SOUL, AND LIGHT**

• Sept 16–20 / Oct 14–18

Accompanists of the retreat
Catherine Mardoyan / Cindy De Oliveira



RIAD BELDI BY MAHA
MOROCCO / AGADIR SIDI MOUSSA LHAMRI



Riad Beldi
BY MAHA



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Retreat Program



Day 1

ARRIVAL / SOFT IMMERSION

- Transfer from Agadir
- Welcome at the Riad (tea & sweet treats)
- Check-in + free time (heated pool, relaxation)
- Opening circle (setting intentions for the retreat)
- Homemade dinner (starter + tagine + dessert)
- Gentle evening (music, candles, garden atmosphere)





Day 2

BODY & ENERGY

Morning

- Gentle awakening + breathing / meditation
- Aquagym in the heated pool
- Signature brunch

Afternoon

- 30 min massage (included)
- 30 min Reiki session (included)
- Free time (rest, reading, animals, sunshine)

Late afternoon

- Wellness workshop (energy / intuition / journaling)
- Sunset + quiet moment

Evening

- Homemade dinner
- Women's circle / intuitive dance





Day 3

VIBRATION & TRADITION

Morning _____

- Gentle awakening
- Sound Healing / sound therapy
- Relaxed brunch

Choice of: _____

- Non-permanent henna hand tattoo OR
- Wellness workshop (natural ear candle ritual)

Late afternoon _____

- Introduction / pétanque game

Evening _____

- Special Moroccan dinner – royal couscous
- Immersive evening (Gnawa music or local ambiance)





Day 4

RITUAL & GROUNDING

Morning _____

- Meditation + gentle movement
- Brunch

Daytime _____

- Hammam + massage in Agadir (2h)
- Visit to the souk / medina of Agadir (light shopping)

Back at the riad _____

- Quiet time

Evening _____

- Closing circle
- Festive dinner
- Sharing moment





Day 5



DEPARTURE

- Breakfast / brunch
- Free time
- Airport transfer

Accommodation

- Shared rooms (2 people)
- 2 double rooms with King-size beds
(for mother daughter, sisters & friends)
- 1 twin room with two single beds

Room allocation thoughtfully arranged by us
Private room option available (limited spots)

Program Highlights (summary)

- Meditation & gentle awakening
- Aquagym in heated pool
- Relaxing massage / Reiki at the riad
- Hammam & treatment in Agadir
- Sound Healing / sound therapy
- Wellness workshops / women's circles / intuitive dance
- Journaling & personal time
- Souk & medina excursion in Agadir
- Soft evenings & sharing moments



Price : 790€

per person

Option

Private room: +€200 per person (limited to 2 rooms)

- ✓ 4 nights
- ✓ All meals included
- ✓ 1 massage per person
- ✓ Hammam + external massage
- ✓ 1 full excursion
- ✓ Wellness activities
- ✓ Access to heated pool
- ✓ Personalized guidance

• Payment Terms

A 50% deposit is required to confirm registration and secure your spot (registration becomes final upon receipt of the deposit).

The remaining 50% must be paid no later than:

- 16/08/26 for the September retreat
- 14/09/26 for the October retreat

• Payment Method

Payments are made exclusively by bank transfer.
Bank details will be provided upon registration confirmation

Please include the following reference:
"Terre de Femmes – Full Name"



• Cancellation Policy

Any cancellation must be communicated in writing (email or message).

- In case of cancellation by the participant, the deposit remains non-refundable.
- In case of cancellation by the organizer (force majeure or insufficient participants), all payments will be fully refunded without additional compensation.

Note: The program may be adjusted to adapt to local conditions and the group's rhythm, while respecting the spirit of the retreat.

• Retreats in Morocco – Only 6 spots

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Catherine Mardoyan – Retreat facilitator
Cindy De Oliveira – Retreat facilitator