

PSYCHED IN THE DESERT

OUTLINE PROGRAMME ITINERARY

Psyched in the Desert allows the most adventurous, creative minds to liberate themselves from the bind and grind of daily routine. Taking place in either the Siwa Oasis or the Moroccan Sahara Desert, both locations reflect a slow-paced oasis life miles away from our day-to-day reality. This programme is tailor-made to meet your needs and designed to open you up to other ways of being. Creating space, room and freedom to challenge and cross boundaries and see the world from a wider perspective. Below is an example itinerary.

PRE

- Initial one to one consultation with founder
- Heart rate variability testing
- Meeting group and practitioners

FULL RESIDENTIAL (FOR FIVE DAYS)

- Group Qi Gong
- Breakfast
- Group process
- Group Kung Fu
- Morning meditation
- Lunch
- Individual session (personal kickboxing, kung fu or tai chi training, executive therapy, acupuncture, yoga)
- Desert activity
- Group process
- Break
- Group Qi Gong
- Dinner
- Evening meditation

POST

- Group integration meeting
- Executive therapy individual integration
- Feedback and future strategy



MOST SUITED TO:	Adventurous creatives
SUGGESTED DURATION:	7 days
LOCATION:	Marrakech, Morocco or Siwa Oasis, Egypt



PSYCHED