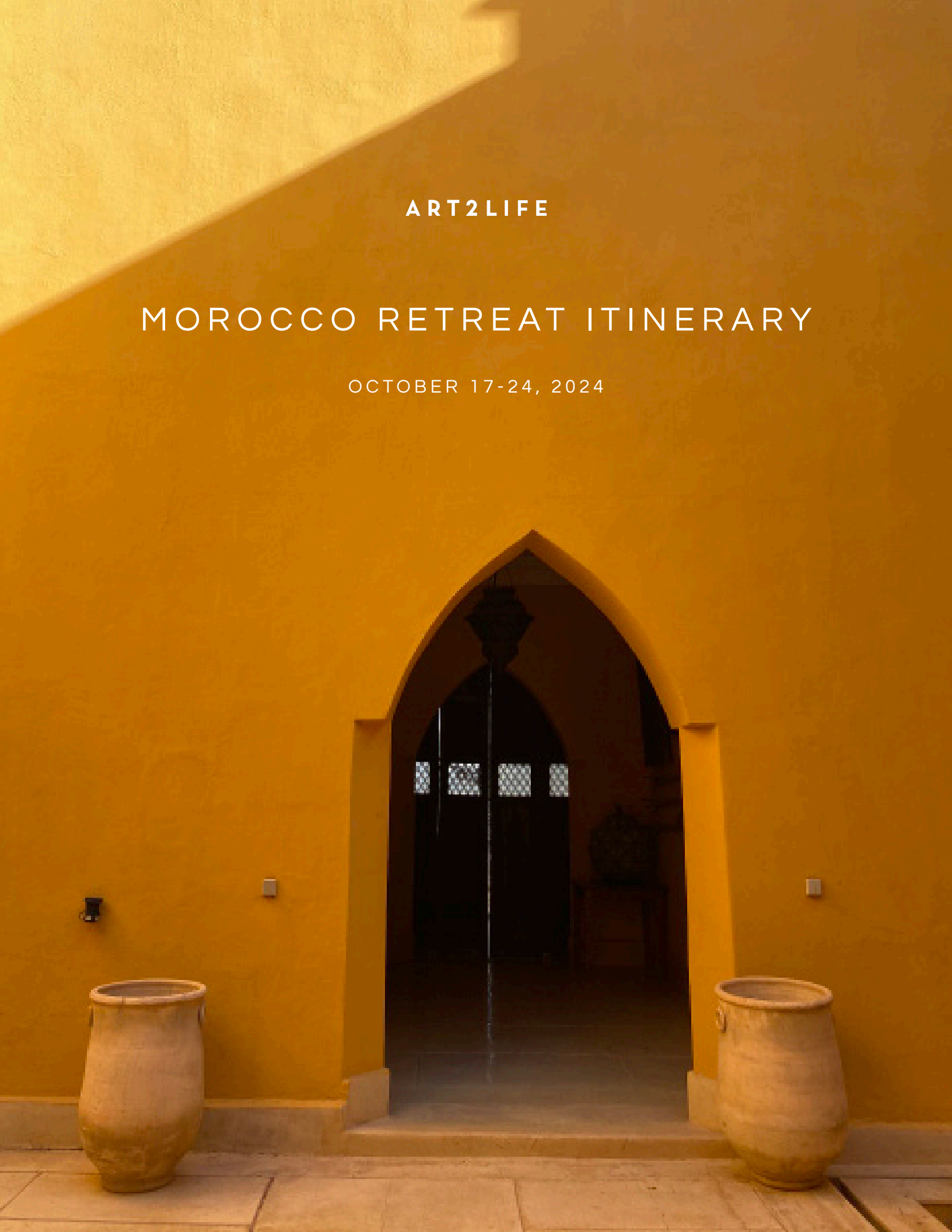


ART2LIFE

MOROCCO RETREAT ITINERARY

OCTOBER 17-24, 2024





WELCOME!

Over the course of the retreat, Nicholas and his creative team will guide you through the Art2Life Practice, with an emphasis on discovering and clarifying your art/life-making. The emphasis of this retreat is to help you make your art/life a more aligned, congruent expression of who you are and especially who you are becoming.



THURSDAY, OCTOBER 17TH

Arrival

Arrive at Jnane Tamsna throughout the day. Although official check in time at Jnane Tamsna is at 2:30pm, you may arrive at Jnane Tamsna earlier if you need to. You can relax by the pool or in the lounge as your room is prepared.

Orientation

Meet for an orientation before dinner.

The time will depend on when everyone arrives. Expect to gather close to 5pm. The orientation will include a short introduction explaining a little about Jnane Tamsna and the Retreat itself.

Dinner

7:00pm

Jnana Tamsna
Douar Abiad, Palmeraie
Marrakesh 40000, Morocco



FRIDAY, OCTOBER 18TH - WEDNESDAY, OCTOBER 23RD

This is the schedule for the next six days.

BREAKFAST	8:00am - 9:30am
ART-MAKING	9:30am - 12:30pm
LUNCH	1:00pm
BREAK	12:30pm - 3:30pm
ART-MAKING	3:30pm - 6:30pm
DINNER	7:00pm

The creative team will attend all morning & afternoon art-making sessions.
You're welcome to continue working anytime, the art studio is open 24/7.

CUISINE

Jnane Tamsna prides itself in offering quality, organic, healthy meals, served in a style influenced by Moroccan and Mediterranean flavors. Jnane Tamsna is also known for the freshness of its cuisine, using fruits and vegetables harvested from their very own gardens; additional ingredients are sourced from the local markets.

BREAKFAST 8:00am - 9:30am

LUNCH 1:00pm

DINNER 7:00pm



RELAX RENEW DISCOVER

BREAK 12:30pm - 3:30pm

Enjoy your free time! You can continue to make art,
relax around the pools, or visit the town of Marrakesh.





THURSDAY, OCTOBER 24TH

BREAKFAST	8:00am
CLEAN UP AND FOND FAREWELL	11:15am - 12:00pm
DEPARTURE	12:00pm

We will all be leaving Janane Tamsna by 12:00pm.