



Wild Heart, Desert Soul

10th – 17th November 2025

A 7-Day Journey Through Marrakesh and the Sahara of Healing, Ancestry & Nomadic Life

Yoga | Nomadic Living | Ancestral Wisdom | Connection with the Elements

Facilitated by Heemali, (*Leave Her Wild Yoga*) and Ali, (*Nomadic Desert Guide*)

This is not a retreat. It's a return

Wild Heart, Desert Soul is a journey back to breath, body, rhythm — guided by sun, sand, and the stories of the land.

Created and led by **Heemali**, a trauma-informed yoga facilitator, women's holistic health coach, and wellbeing author. This offering reclaims yoga as a healing, ancestral practice — one rooted in nervous system wisdom, rest, and ritual.

Together with **Ali**, a native Moroccan nomad and desert guide, this co-created experience invites participants into the heart of the Sahara — to walk alongside camels, share meals by firelight, and sleep beneath ancient stars.

This is a sacred exchange between cultures, practices, and ways of knowing.

A pilgrimage to the wild.
An invitation to come home to self.



Meet your hosts



As a yoga facilitator, wellbeing author, and women's health coach, Heemali brings a wealth of experience supporting nervous system healing and feminine embodiment. Her approach blends trauma-sensitive yoga with cultural reverence — honouring her Indian roots and the ancient wisdom of movement as medicine. She holds space with softness, depth, and grounded guidance.

A lifelong nomad of the Moroccan Sahara, Ali is a respected desert guide and cultural custodian. He brings a deep connection to the land and a passion for sharing the traditional nomadic way of life. His presence is warm, humorous, and quietly wise.

The Journey – Day by Day

Day 1: Arrival in Marrakech

- Arrival and transfer to a traditional riad in the Medina
- Free time to explore the city (Meals not included)

Day 2: Journey to the Desert

- Scenic drive through the Atlas Mountains and Berber villages
 - Stop at Aït Ben Haddou, a UNESCO World Heritage site
- Evening arrival in M'Hamid El Ghizlane desert camp (Includes lunch & dinner)

Day 3: Settling into Desert Rhythm

- Morning yoga
- Free time or desert activities
- Optional afternoon practice (Includes lunch & dinner)

Day 4: Camel Caravan & Wild Camping

- Morning yoga
- Camel-led trek into remote dunes (3.5–4 hours)
- Sleep in a secluded bivouac under the stars (Includes lunch & dinner)

Day 5: Return to Camp & Nomadic Culture

- Morning trek back to camp
- Visit to the Old Ksar of M'Hamid
- Cultural immersion with local nomads
 - Evening yoga or rest (Includes lunch & dinner)

Day 6: Chegaga Dunes & Local Visit

- Journey to the grand dunes of Chegaga
- Lunch in Oum Laalag and visit with nomadic families
- Return to camp for a peaceful evening (Includes lunch & dinner)

Day 7: Return to Marrakech

- Morning departure
- Scenic return journey with lunch stop
- Final night in a Marrakech riad (Includes lunch)

Day 8: Departure Day

- Breakfast and transfer to the airport

Yoga as it was meant to be. Slow, sacred, and somatic.

Led by Heemali, each practice offers gentle movement, deep rest, and nervous system support. Rooted in her ancestral lineage and trauma-informed training, the yoga offered is a healing space — not a performance.

Sessions may include:

- Slow asana and somatic flow
- Restorative postures and stillness
- Breathwork for nervous system regulation
- Reflective journaling (optional)

All practices are optional and open to all levels. The focus is on feeling — not form.



The Nomadic way

This journey is an immersion in rhythm, stillness, and ancient living.

You will experience the beauty and simplicity of desert life:

- Learn camel care and caravan movement
- Share traditional meals with nomadic families
- Visit historical sites and ancient ksars
- Listen to fire-side music and stories passed down through generations
- Support the preservation of local knowledge and economy

This is ethical, grounded travel — led by locals, rooted in respect, and centred on exchange.



What's Included

Investment: £1275
(Secure your space with 50% deposit)

Included:

- ✓ 7 nights accommodation (2 in Marrakech, 5 in desert camps)
- ✓ All meals from Day 2 lunch to Day 7 dinner
- ✓ Daily yoga & wellness practices
- ✓ Camel trek & bivouac overnight experience
- ✓ Local excursions & nomadic cultural experiences
- ✓ Transfers from/to Marrakech Airport
- ✓ Support from both facilitators throughout

Not Included:

- ✗ Flights to/from Morocco
- ✗ Meals on Day 1 and Day 7 dinner
- ✗ Alcoholic drinks, souvenirs, or gratuities
- ✗ Travel insurance

Cancellation Policy:

- After paying your deposit: A 50% cancellation fee applies.
- If you cancel 1 month or less before the retreat: You are liable for 100% of the trip cost.





Come as you are, leave a little wilder.