



Mindfulness Journeys

MOROCCO, GREECE & ITALY

The ethos of Mindfulness Journeys is to make meditation and mindfulness more accessible to everyone, by approaching it in a gentle, lighthearted way. Created by American Tibetan Buddhist Brian Hilliard and South African-born Shannon van Staden, this is the perfect opportunity to reconnect with yourself and life under peaceful, star-studded skies. Retreats run throughout the year at various locations specifically chosen for their tranquillity, style and comfort. Choose from Urania Luxury Villas in Greece; an agriturismo close to Assisi, Italy; and two boutique locations in Morocco. The New Year Retreat in Marrakech is an annual

highlight. Guests will experience two mindfulness meditation sessions each day along with Lu Jong Tibetan yoga and talks, all interspersed with periods of silence for inner reflection. The menu is a combination of Moroccan and French cuisine (with wine if desired), all served in a traditional nomadic tent. Hilliard succinctly sums up the retreat's ethos: "We want to give you the tools for wellbeing, we want to give you something sustainable, something you can take with you into everyday life." From €1,750 per person inclusive for a seven-day Mindfulness Retreat in Morocco, mindfulnessjourneys.com.

