



THE SOUL SEARCHER

Mindfulness Journeys, Morocco

Here you're not expected to give up pleasure in the name of enlightenment. The desert camp feels like a real retreat, with candlelit rooms warmed by log fires (there is no electricity and hot water is intermittent).

Every morning we meet at 7am on the hilltop, where the Atlas Mountains make a

striking backdrop for our Lui Jong class, a form of Tibetan yoga, taken by founder Brian Hilliard (a lama in the Tibetan Buddhist tradition). His style inspires you to look into yourself and observe what you find in a non-judgmental way, meditating with eyes open to take in the environment. Meals feature authentic Moroccan cuisine with French flair. Breakfasts are particularly delicious:

fresh fruit salad, eggs baked in a tagine and pots of coffee served under a bright blue sky. After breakfast we are encouraged to meditate in our own tent away from the other guests and afternoons are spent relaxing, followed by walking and sitting meditation before dinner under a star-studded sky.

NEED TO KNOW: Hilliard's approach is to provide brief guidance and then let you loose in your mind, so those after detailed instruction might struggle. There is one day of silence and a day to explore the area for a break from meditation. *By Jane Egginton*

Seven nights from £1,284 per person, based on two sharing a double room, all-inclusive, including full meditation and mindfulness tuition; retreats.pro

Looking for more mind soothers? Scan this page with the Net-A-Porter App for inspiration