
THE SELF-DISCOVERY TOUR

The City

MARRAKECH,
MARRAKESH,
MOROCCO

@wellnessandwondergb

The Package

THE SELF-DISCOVERY TOUR

Our only tour created exclusively for women. The Self Discovery Tour: City Edition is an archetypal journey participants often describe as magical, potent and deeply transformative. It's the "cycle-breaking" one.

Each Discovery Tour blends self-development with adventure, combining reflective sessions with meaningful real-life experiences that help you connect with parts of yourself you rarely slow down enough to notice. The excursions are not an add-on. They're part of the process - each intentionally planned to ensure you can integrate what you have learnt in sessions.



Across the week, you'll explore three feminine archetypes – The Maiden, The Mother and The Crone – uncovering how each one shapes your confidence, expectations and the way you move through life.

Most of us don't realise these archetypes quietly influence our behaviours and decisions. But once you begin to recognise them, you gain a deeper sense of self-awareness, clarity and choice.

Like all Self Discovery Tours, this experience is reflective, deeply relatable and designed to help you understand yourself in a way that feels grounded and applicable to everyday life.

You'll return home feeling clearer, steadier and more connected to yourself – with the sense that something within you has shifted, expanded or quietly awakened.

& Inclusions

THE SELF-DISCOVERY TOUR

Each TSD Tour includes the self discovery programme, private accommodation, morning and evening meals, group excursion and a celebration evening.

Included in the Marrakech City Edition:

- Georgina's signature archetypal programme based on feminine archetypes
- 5 nights in a beautiful modern riad with pool, located in the heart of Marrakech's vibrant souks (shared room, with private upgrade available)
- Somatic breathwork session to start the week feeling grounded
- Practical breathwork and nervous system regulation techniques woven throughout the experience
- • Daily fresh Moroccan breakfasts
- • Unlimited Moroccan tea and coffee at the riad
- • 4 authentic evening meals, including:
 - 2 x three-course dinners at the riad
 - A traditional Berber dinner in the Atlas Mountains
 - A celebration dinner in the Agafay Desert
- • Guided introduction walk to Jemaa el-Fna Square and the famous souks
- • Full-day Atlas Mountains excursion with local guide
- • Agafay Desert celebration evening with Moroccan entertainment, fire show, optional quad biking and camel ride

Not Included: Flights, airport transfers, lunches, drinks (excluding tea and coffee at the riad), and city tax (€25 per person).

THE SELF DISCOVERY TOUR

City Edition



Hi, I'm Georgina, founder of the Self Discovery Tours.

Morocco is where it all began, and it's a destination that still amazes me every time I visit. After navigating my own challenges and searching for a deeper understanding of

myself, I discovered archetypes and breathwork – and they changed the way I saw and approached my life. That journey inspired me to create the Self Discovery Tours. These aren't retreats. They're adventure-filled group travel experiences that blend exploration with self-awareness. Through coaching, somatic bodywork and unforgettable experiences, you'll discover new places and new perspectives. If you're curious about the world, and curious about yourself, you're in exactly the right place. I can't wait to share the journey with you.

*The itinerary below is subject to change. All sessions and excursions are optional.



A Detailed OVERVIEW

1

ACTIVATION

16.00-16.30 Check in & relax

Chance to unpack, unwind, relax and explore your home for the next 5 nights.

16.30-17.30 Welcome meeting

18.30-20.00 Twilight Session

This session will set the tone for the trip ahead. By understanding archetypes and how they can be used to deepen our self awareness and confidence, we will delve deep into our focus archetype, Persephone: a Greek goddess associated with the maiden, the mother and the crone. These are the energies we will be actively exploring during the tour, but for the first evening, simply relax as Georgina guides you through a deep meditation to activate those Persephone codes within.

20.30-22.00 Reservation at local restaurant

Experiencing Marrakech at night, we will head to a local restaurant for the first evening. A perfect opportunity to break the ice & get to know one another before our week together. This meal is not included in the price.

A Detailed OVERVIEW

2

THE MAIDEN

8.45-9.45 Early Riser Breathwork

As a somatic coach, Georgina invites you to this early morning session, welcoming the new day through the power of breath, considering the cyclical nature of seasons, reflecting on the season you are in and where you are heading.

10.00-10.45 Breakfast

11.00-13.00 Brunchtime Session

Persephone is the ultimate ‘maiden’. For this reason, we begin the sessions learning about the innocence and playfulness associated with this part of our psyche, using scripting as our modality to bring words and self concepts to life.

13.00-18.30 Time to explore the Souks

We head to Jemma El-Fnaa, where we split into small groups and stop for lunch in the vibrant square, full of colour and joyful chaos. Once you’ve fuelled up, you’ll have time to explore the maze of souk markets and pick up some trinkets or souvenirs. This is an ideal time to transcend the shadow of the maiden which we learn about in session, standing firm and haggling for the price that feels right.

18.30-20.30 Twilight Session

In the previous session, we explored the lighter aspects of the maiden. Now, we connect with her shadow, recognising how the ‘good girl’ can present itself in disempowering and manipulative ways. There’s sure to be some powerful breakthroughs as we recognise how these traits present themselves personally.

20.30-22.00 Evening Meal at the riad.

Option here to do Sunrise Hot Air Balloon Add-On

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THE MOTHER

10.00-10.45 Breakfast

11.00-13.00 Brunchtime Session

We transition from the maiden to the mother today, again focusing on the lighter aspects of the archetype first. The mother gives unconditionally and this is our opportunity to give back to ourselves unconditionally. This morning, we mother ourselves by tapping into our hearts and nourishing ourselves: mind, body, soul.

13.00-18.30 Free Time

Continue that self care, by visiting a garden oasis, having a massage, or simply relaxing by the pool. The choice and time is yours. Further info on the final page.

18.30-20.30 Twilight Session

We come back together in the evening to learn about the shadow of the mother. Overcoming her resistance to change, we find flow within our bodies during a somatic dance session. There’s sure to be high energy and potent shifts.

20.30-22.00 Evening Meal at the riad.

A Detailed OVERVIEW

4

THE CRONE

7.00-7.45 Breakfast

Breakfast will be served early today, in preparation for your transfer to the Atlas Mountains. This is your integration day focused all around the crone archetype.

8.00 Transfer for Atlas Mountains

8.00-18.00 Atlas Mountain Tour

The crone is often associated with wisdom and intuition, This will be deepened today, through your immersive experience in nature. The moderate walk through the beautiful valley of the mountains, will bring forward contemplation and a real opportunity to go inwards to consider how you have stood strong like the mountains and the crone within. You are treated to an abundance of Moroccan delicacies, as a local Berber family invite you to have dinner in their home.

18.00 Arrival back at Riad & Free Time

The transfer back will usually arrive between 5:30pm and 6:30pm. As it's been a long & full day, we give you this evening to choose what you want to do. This is your time to unwind, or head out for with your new friends to experience Jemaa El-Fna at night. The square has a completely different buzz once the sun goes down and the lights come on, and it's the perfect way to end the day.

5

CYCLE COMPLETION

8.45-9.45 Early Riser Breathwork

After the calm atmosphere of the mountains, this session connects you with your inner Crone. We begin with an energising Kundalini-style practice and then connect with the practical wisdom she, and the other archetypes, hold for you. It's a moment of clarity, where you actually hear your own knowing.

10.00-10.45 Breakfast

11.00-13.00 Closing Session

As we reflect on our time together, we honour the journey we've taken – the truths we've unearthed and the growth we've embraced. Each ending holds the quiet promise of a beginning, and as one cycle completes, a new one emerges.

13.00-15.00 Free Time

15.00-22.00 Celebration Evening

After a beautiful session and free time to let it all integrate, it's time to go out with a bang. Tonight we celebrate the connections made and the enjoyment which we have created. We're heading to the Agafay Desert to enjoy a feast fit for a queen. There will be quad bikes, fire breathing and lots of song and dance, as a traditional band joins us. Tomorrow we check out early and say our final goodbyes.

What to pack:

■ For sessions & free time:

4 x tops

4 x bottoms

■ 4 Evening Outfits (Relaxed or dressy - whatever you choose)

■ Gym/ walking wear for the Atlas Mountains + Jacket

■ Jumper/ thick fleece for evenings
Pashmeena/ scarf to cover shoulders

■ Swimming Costume,
SPF & Sunglasses

■ Toiletries & underwear

■ Ear Plugs & Eye Mask - Essential as
Call for Prayer is both early and loud.

■ 1 x sandals and 1 x trainers





Free time...

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NOT INCLUDED IN TOUR

Ideas for your free time on our Mother & Self-Love Day:

GARDENS

Hidden behind the bustle of Marrakech, its gardens offer rare pockets of calm. Le Jardin Secret, once a 19th-century palace, is now a peaceful Islamic garden tucked within the souks – a quiet contrast to the chaos outside. Across the city, the Majorelle Garden bursts with bold cacti and vivid colour, restored by Yves Saint Laurent. A true oasis you will love.

HAMMAN SPA/ HENNA

For a deeper dive into Moroccan tradition, you don't need to go far – our riad has its own hammam spa, where you can experience this centuries-old cleansing ritual in a serene, private setting. Whether you choose a full body scrub and massage or simply unwind in the steam, it's a moment of pure reset. Or, opt for traditional henna – a natural, decorative art form that offers a gentle connection to local culture.

SUNRISE HOT AIR BALLOON RIDE

For a truly unforgettable start to the day, take to the skies at sunrise in a hot air balloon. Floating high above the desert and distant Atlas Mountains, you'll witness the first light spill across the landscape in complete stillness. It's a magical, almost otherworldly perspective of Marrakech – peaceful, panoramic, and utterly breathtaking.