

25. FEBRUARY – 1. MARCH
2024

Master the Magic In You

AN INTENSIVE 5-DAY MAGICAL RETREAT OF AWARENESS, MOVEMENT, AND FUN



Awareness

Heighten your state of mindfulness, self-reflection, presence, emotional intelligence, perception of reality and cognitive flexibility. Refine your skills in tapping into the energy fields where you can better navigate your inner and outward worlds.



Movement

Harness your ability to cultivate healing and health in your daily routine where you experience mind-body coherence through flexibility, relaxation, and flow.



Fun

Experience the magical effects of having fun. Sharing magical moments with like-minded people can be the most rewarding and enjoyable reawakening process.



CONTACT US

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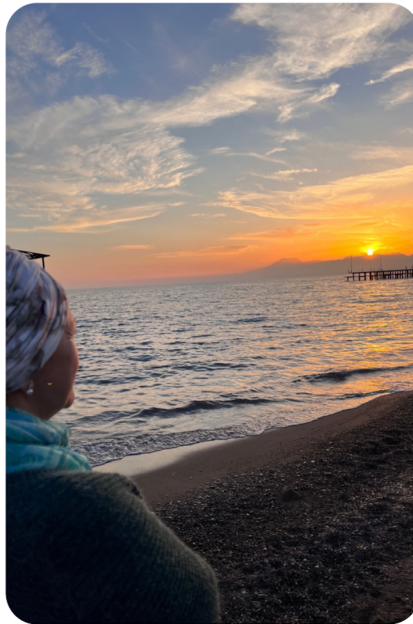
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Ready to experience your magic?

AN INWARD AND OUTWARD JOURNEY FOR AWAKENED WOMEN



Escape the hustle and bustle of daily life and embark on a transformative journey of self-discovery, rejuvenation, and connection at our "Master the Magic In You" 5-day retreat in a beautiful house "Dar Meryem" in Kerkouene, Tunisia. This retreat is designed to help you reconnect with your inner self, deepen your awareness, revitalize your body, and create unforgettable memories filled with magic and adventure.



Day One

CONNECTION

- Morning Meditation
- Individual breakfast
- Welcome to the retreat!
- Orientation session
- Lunch break
- Nature hike
- The wheel of life exercise
- Light Dinner (soup and salad)
- Bonfire with the elements

Day Two

MINDFUL MOVEMENT

- Sunrise Energy Morning Routine
- Individual breakfast
- Workshop / Session
- Group discussion
- Lunch
- Qi Gong
- Workshop / Session
- Group Discussion
- Light Dinner
- Evening stargazing with powerful whispers

Day Three

SELF-DISCOVERY

- Morning mindfulness practice
- Individual Breakfast
- Self-discovery session 1
- Journaling
- Group sharing and discussion
- Lunch
- Tour to Kelibia: ceramic shop, market, fortress, port, cafe „Sidi Bahri“
- Light Dinner
- Self-discovery session part 2
- Group sharing and discussion

Join us for a blissful experience that combines mindfulness, movement, and moments of pure fun.

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Our “Master the Magic In You” 5-day retreat is a unique opportunity to discover the profound impact of awareness, movement and fun on your overall well-being. Come and rekindle your connection with yourself, explore the beauty of nature, experience magic in both inner and outward worlds, and build lifelong memories with like-minded individuals. Leave this retreat with a rejuvenated spirit, a sense of inner peace, and the tools to continue your journey of magic and power.



Day Four

ADVENTURE

- Morning meditation / exercise
- Individual breakfast
- Outdoor adventure activities:
The museum of Kerkouene - a trip to the past
- Mindful adventure session
- Group discussion
- Lunch
- Team-building activities
- Group practice
- Light dinner
- Evening Campfire storytelling

Day Five

INTEGRATION

- Walking meditation at the beach
- Individual breakfast
- Individual sessions
- Lunch
- Individual sessions
- Gratitude exercise
- Celebration Ceremony
- Farewell Dinner
- Tunisian Dance Party

Join us and let your senses come alive!

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We encourage you to expect not just an event but a transformative journey. Together, we will explore the depths of your potential and create a roadmap to a life filled with purpose, resilience, empowerment, and magic.

Expect to leave this retreat with a renewed sense of self, armed with the tools and knowledge to pursue your dreams and aspirations confidently.



Arrival day: 25 February 2024

Arrival at Tunis Carthage Airport

Transfer to Kerkoune (approximately 2 hours)

Settle into your typically Tunisian accommodation

Join us at a restaurant in Darlouche (pay your own)

Departure day: 2nd March 2024, 8 o'clock in the morning

Join us on this empowering voyage to embrace the best version of yourself and build lasting connections with a community of like-minded women.

| www.meryben.com | info@meryben.de | +49-15229644929 |

Master the Magic in You

**OPEN TO ALL WOMEN WHO WANT TO
REKINDLE THEIR INNER MAGIC**

This 5-day retreat combines self-discovery workshops, group sharing, individual and group sessions, energy work, magical experiences, mindful movement, and friendships.

PRICE: 1.200 €

(Flight to Tunis, Carthage not included)!

Retreat Package Inclusions:

- ***Transfers (Airport and tours)***
- ***Make your own breakfast: freshly baked tunisian bread, olive oil, jam, honey, olives... Please bring your own coffee, tea and sugar!)***
- ***Lunch, dinner, water, and fruits***
- ***Divination materials***
- ***Souvenir photos***
- ***Exclusive membership to the Women With Magic community***

**FOR MORE INFORMATION, BOOKING, INQUIRIES OR CONCERNS,
CONTACT THE ORGANIZER: MERY BEN MINDSET CONSULTING
EMAIL: INFO@MERYBEN.DE
OR WHATSAPP: +49 17677865638**

The participants are encouraged to bring in the following:
tea, coffee, sugar (hard to get in Tunisia these days), towels, and
your favourite book and earphones

