



UMNYA DESERT CAMP · ERG CHEGAGA

RESET. RECONNECT. REAWAKEN.

A 5-day, 4-night yoga and wellness retreat in the Moroccan Sahara

OCTOBER 16 TO 20, 2026 · €1,850 PER PERSON · LIMITED PLACES

RESERVATIONS@UMNYADESERTCAMP.COM · +212 (0) 6 00 66 66 16

THE RETREAT

Escape to the Heart of the Sahara

Step away from the noise. Breathe deeper. Move slower. Reconnect with nature, your body and your mind beneath the endless Sahara sky, at Umnya Desert Camp in Erg Chegaga.

Built on four pillars: a genuine digital detox, daily mobility and functional training at sunrise, yoga and twice-daily meditation, and direct time with the Sahara nomads. Four seasonal editions run each year, twelve places each, so the experience always stays intimate.

5 DAYS	4 NIGHTS	€1,850 PER PERSON	UMNYA10 EARLY BIRD CODE
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Edition	Places left
October 16 to 20, 2026	6 of 12
December 7 to 11, 2026	9 of 12
February 1 to 5, 2027	10 of 12
April 5 to 9, 2027	12 of 12



Five Days in the Sahara

Day 1

Arrival and digital detox

Round-trip transportation collects you in Marrakech for the drive south to Erg Chegaga. On arrival, phones are stored away for the length of the retreat. Welcome tea, tent assignment, a sunset walk on the nearest dune, and an open-fire dinner under the stars. No programming today, just arrival.

Day 2

Reset

Sunrise mobility and functional training, followed by yoga and meditation. Full breakfast. A sunrise camel ride across the erg. Rest and free time through the warm hours. Guided walk with local nomads in the late afternoon. Evening meditation, campfire, and dinner under an open sky.

Day 3

Reconnect

Morning training and mobility, followed by yoga and breathwork. Traditional sand bread experience with the camp bakers, watch the khobz baked beneath the coals and taste it warm. Afternoon sandboarding on the high dunes. A relaxing massage before dinner. Stargazing at night with a professional telescope, guided through the constellations above Erg Chegaga.



Day 4

Reawaken

Final sunrise yoga and meditation session. A private meeting with the Nomads, a slow and honest exchange with the families who call this desert home, tea, conversation and craft. Free afternoon to walk, rest or journal in the dunes. Closing ceremony and celebration dinner around the fire, with Berber music under the Milky Way.

Day 5

Departure

A final closing meditation. Breakfast, then phones are returned as a deliberate re-entry into the connected world. Round-trip transportation returns you to Marrakech by early afternoon, in time for onward flights.

INCLUDED

- Bespoke desert accommodation, private tent with en-suite bathroom
 - Full board: breakfast, lunch and dinner throughout your stay
 - Round-trip transportation from Marrakech
 - Digital detox: phones stored on arrival, guided re-entry on departure
 - Daily mobility and functional training at sunrise
 - Daily yoga and twice-daily meditation
 - Sunrise camel ride, guided walk with nomads, sandboarding
 - Traditional sand bread experience and meeting with the Nomads
 - Stargazing with a professional telescope
 - One relaxing massage per person
 - Campfires, Berber music and desert evenings every night
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RESERVE YOUR PLACE

Join Us in the Dunes

PER PERSON · 5 DAYS / 4 NIGHTS

4 EDITIONS, OCT 2026 TO APR 2027

€1,850

UMNYA10

Use this code at reservation for 10% off any founding edition. Each date is capped at 12 places to keep the experience intimate.

NOT INCLUDED

- International flights to Marrakech
- Travel insurance
- Personal expenses and gratuities
- Alcoholic beverages





NEXT STEP

“Magical sunsets, campfires and unforgettable moments. Step away from the noise, and reconnect beneath the endless Sahara sky.”

Reserve your place now with code UMNIA10 for 10 percent off. We respond personally to every inquiry, usually within 24 hours.

RESERVE NOW

RESET Retreat · October 16 to 20, 2026

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umnyadesertcamp.com/en/reset-retreat-october-2026