

# MOROCCO

## A JOURNEY BETWEEN FOREST AND DESERT TO KNOW THE THERAPEUTIC POWER OF NATURE

The trip is a practical workshop that begins with easy hiking and pleasant rests in the **Cedar forests of the Middle Atlas** to *know and experience the most advanced and effective techniques that allow us to receive a real health benefit from Nature*, guided by one of the greatest innovators of these disciplines. We discover **how trees can produce many long term effects on our physical and mental wellbeing** learning to use Nature as a great support to our health. The study and experience of our relationship with trees and waters will be deepened using bio-electromagnetic measurements on our body.

We enter then in the magnificent orange sand dunes of the **Erg Chebbi Desert**, *spending two days in silence, practicing beneficial sand baths and specific yoga practices and breathing exercises, measuring their bioenergetic effects on the organism.*

Subsequently we cross the **Draa Valley**, one of the most fascinating places of Morocco, full of date Palms, ancient Kasbah of clay and colorful Souk. Last stage is **Marrakech**, one of the most fascinating city of North Africa.



Meeting at the FES airport and departure from MARRAKECH – MOROCCO



## WHAT WE WILL PRACTICE

### **1. BIOENERGETIC LANDSCAPES: the energetic impact of trees on our body.**

An innovative technique to measure the influence that bio-electromagnetic fields emitted by the trees have on major human organs and the environment and the benefits they produce on our physical and mental wellbeing. This method also allows to measure the bio-compatibility of trees and natural elements with our body. We will discover the latest surprising findings that this technique allows in the field of bio-communication with plants ([www.archibio.it/en/](http://www.archibio.it/en/))

### **2. FOREST BATHING: breathe the nature.**

Ancient Japanese practice proven by recent international biomedical investigations. It consists of a easy trekking and to stand in woods full of special aromatic substances (monoterpenes) able to take action against stress, normalize heart rate, blood pressure and strengthen the immune system. The areas of the forest where we walk have ideal characteristics for the application of this practice gentle but very effective.

### **3. THERAPEUTIC LANDSCAPE: the psychological and emotional impact of the natural environment.**

We will develop the focus on the principles of this technique based on multidisciplinary studies to recognize and evaluate the elements of the landscape for which is proved a positive action on some mental processes of stress management, able to develop real therapeutic responses of adaptation and psycho-physical recovery

**THE CONDUCTOR:** Marco Nieri is a researcher in bioenergetics, health of habitat and creator of the "Bioenergetic Landscapes". He's working in the application of multidisciplinary design of nature trails and green therapeutic spaces in Italy and abroad.



**TRAVEL IS OPEN TO ALL AND DOES NOT HAVE SPECIAL DIFFICULTIES**

### **INFORMATIONS AND REGISTRATION**

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**PLEASE CONTACT US TO ORGANIZE A TRAVEL OF 9 DAYS .**

**NB: the journey will be carried out with a minimum of 8 people**

