

Oasis of light  
FIRST Certified Asha MEDITATION  
RETREAT  
IN TUNISIA, THE SAHARA  
OF TIMBEINE

From the 19th to the 24 Mars 2019  
4 days and 3 nights  
of spiritual retreat  
in the desert,  
disconnected from the urban world  
and in connection with the stars.



Book Now!  
FACEBOOKPAGE ; ROSTOM FOUNDATION  
YOU CAN CONTACT US On Whats App  
(00216) 22 806 211  
or E-MAIL;  
[www.rostomfoundationofficiel@gmail.com](mailto:www.rostomfoundationofficiel@gmail.com)

# MINDFULNESS MEDITATION RETREAT

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IN THE TUNISIAN  
DESERT  
Of Douz



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Change your  
resonance, change  
your world !

**A spiritual retreat,  
a journey to the heart of  
the Sahara in the extreme  
south of Tunisia.**

**A gathering of people who  
search for transcending life  
in openness,  
in a paradise setting,  
totally disconnected from  
everyday life and in  
connection with Saharan  
nature.**

**During this program you will  
learn valuable,  
transformative meditation  
tools that help you in daily  
life in an alchemistic  
transformation and  
reconnection to  
The Natural State.**

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**If you are longing for  
more inner peace  
and a deeper  
connection with life  
this journey is what  
you are looking for.**

**The peaceful  
solitude and silent  
beauty of the desert  
offers a wonderful  
space to dive deep  
into.**

**The stunning night  
skies and wide  
landscapes are great  
mirrors for  
remembrance of the  
infinite and eternal  
essence. Your inner  
voice will get space  
and time to be heard**

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“Traveling – it leaves  
you speechless,  
then turns you into  
a storyteller.”

– Ibn Battuta





**Whoever knows the desert  
will never be the same  
again.**

**Sunrises and sunsets  
awaken us to ourselves.  
The sky so pure, dressed  
with its thousands of  
sparkling stars, sends us  
back to our immensity.  
The power of the desert  
reminds us gently of our  
inner power. Filled with  
healing vortexes, just  
being in the vicinity of the  
powerful two mountains of  
Tembaine which are said  
to facilitate deep  
healing.**

**Marvel at picturesque  
sights and incredible  
landscapes.**





**Location: Desert Camp  
Desert of Douz,  
Tunisia**

**Type MINDFULNESS  
MEDITATION RETREAT Yoga  
Retreats, Wellness Retreats,  
Meditation Retreats  
Mystic Music**

**Date**

**March 19 - 24, 2020**

**Duration**

**4 days,3 nights  
plus 2 days energetic  
transition and preparation  
before and after going to the  
desert in a charming Hotel  
in the magical city of Sidi Bou  
Said**

**Prices: 695**

**Book Now!**

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Sleep safely, snugly and serenely under the stunning desert stars in the luxury camp. Step out barefoot onto the warm sands as you greet your yoga mat and the sunrise. Enjoy your daily practice amidst the Sand dunes. This Oriental exploration of Bedouin culture, yoga, relaxation techniques, spiritual awakening, meditation will open your heart and mind. Stay in the outdoor vibe for 4 blissful days of self-discovery in this breathtaking desert oasis journey of a lifetime.

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## Vegetarian "not obligatory"

### Organic

All the meals on our desert trip will be cooked on site with fresh and local ingredients. We will be able to provide both vegetarian and meat choices.

Kindly state if you have any special dietary requirements at the time of booking.





## Skill Level

Beginner

Intermediate

Advanced

## Benefits

Return home with inner peace  
and feeling refreshed in your  
body

Having learnt a valuable  
meditation method for use in  
your daily life

Rediscover yourself after too  
long of feeling disconnected

Restore your mind, body, and  
soul

The ideal location to unplug  
and enjoy the beauty of  
nature

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# Location

## Tunisia Desert

The desert in the Tunisia is very diverse with many different faces.

There are open plains and sand dunes with surrealistic sandstone hills and rocks carved by winds.

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## **What Makes This Retreat Special**

**The combination of our  
special meditation methods in  
combination with the  
surroundings and high  
frequencies in the Desert. We  
offer an opportunity for a  
transformative experience on  
all levels of existence -  
physically, mentally, and  
energetically.**

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## **What's Included in This Package**

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**Daily Nâm Yoga ,  
Energetic Body Re-  
alignment (EBR)  
Step by step learning  
Asha Meditation practice  
Special music nights  
3 nights accommodation  
in a luxurious camp in the  
desert  
two nights in the magical  
city of Sidi Bou Said  
Guided Meditations in the  
sunset on the dunes  
Transfers from and the  
Airport as well as to the  
desert  
Camel rides and Quad riding  
(optional)**





## **Program**

**This awaits you...**

### **Day 1**

**Pick up from Carthage  
airport by our team  
Drive to the hotel  
Meet and greet session  
Dinner  
Meditation**

### **Day 2**

**Breakfast at the hotel  
Drive to the main camp  
Camp briefing  
Lunch on the way  
Reaching the camp at  
sunset  
Meditation  
Dinner  
Evening Music**





## **Program**

**This awaits you...**

### **Day 3**

**NâmYoga \ Energetic**

**Body Re-alignment**

**Breakfast**

**Introduction to Asha**

**Meditation and sacred  
chanting.**

**Lunch**

**Free time in the desert to  
connect with your inner  
self**

**Meditation at the sunset  
on the Dunes**

**Dinner**

**Evening Mystical chanting  
and Music**





## **Program**

**This awaits you...**

**Day 4**

**Nam Yoga \ Energetic**

**Body Re-alignment**

**Breakfast**

**Asha Meditation and**

**Sacred Singing**

**Lunch**

**Free time to hike and walk**

**around the sand dunes or**

**ride Camels to the sacred**

**Mountains of Tembaine**

**Sunset Meditation**

**Dinner**

**Evening Talk around the fire**

**and Mystic Music Nights**

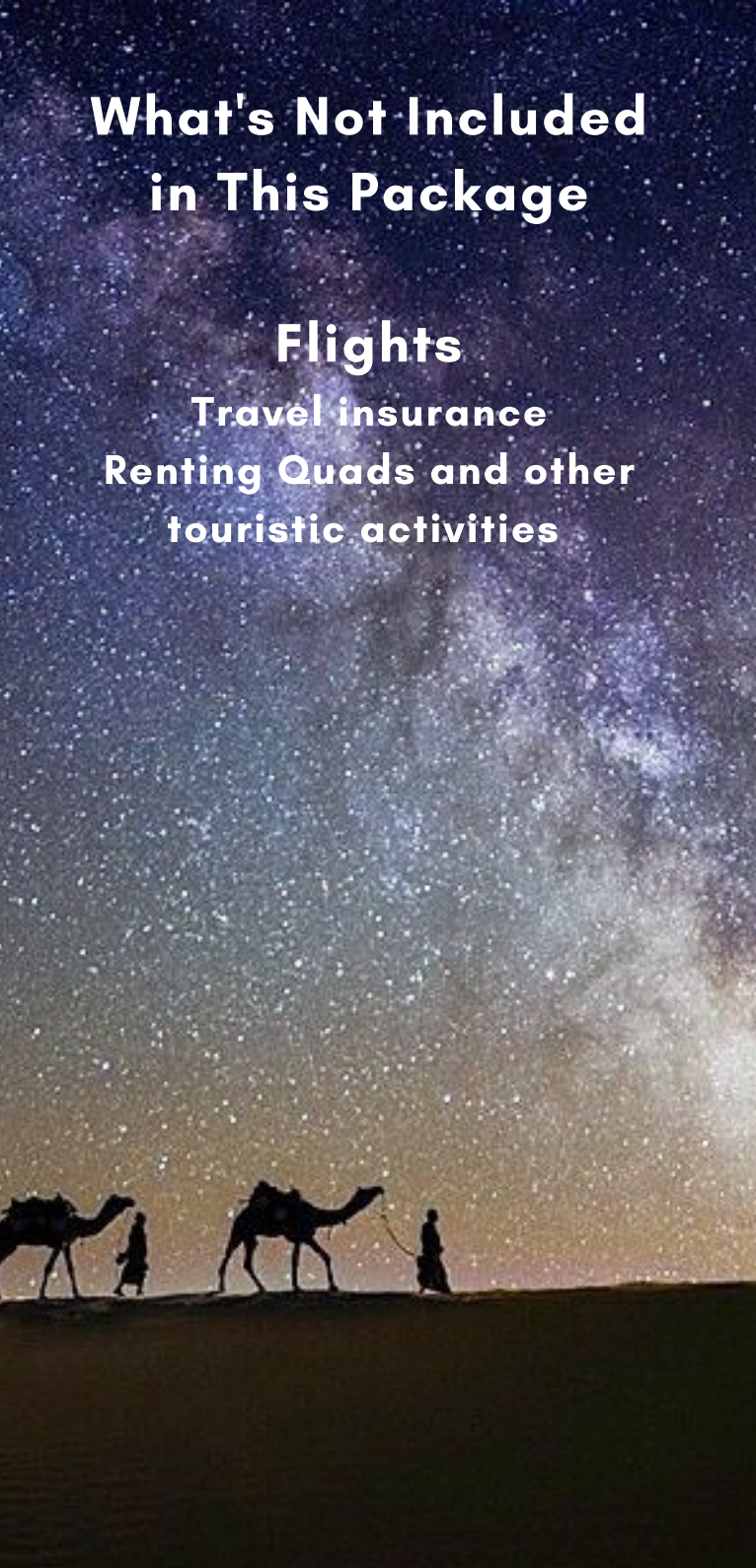




# What's Not Included in This Package

## Flights

- Travel insurance
- Renting Quads and other  
touristic activities





**Rostom Foundation  
and Music For Well-  
Being have put  
together the best  
conditions to  
provide you with a  
unique experience  
of liberation and  
serenity and find  
the motivation to  
move towards a  
"safe" practice that  
will lead you to  
more joy, more  
happiness, more  
freedom and  
contentment.**

# WORKSHOPS





**Asha Meditation / Nâm Yoga  
/& Mystical Chanting**

**Living Nâm has its roots in an ancient Supreme Yoga and provides tools for today's human being to approach Life in accordance with our true nature, according to the source of well-being and contentment. 'Nâm' is the essence of all ancient spiritual traditions, sometimes hidden behind cultural expressions. The yoga is not related to any culture or religion and is universal for all human beings in this modern age. For the benefit of both yourself as well as those around you.**





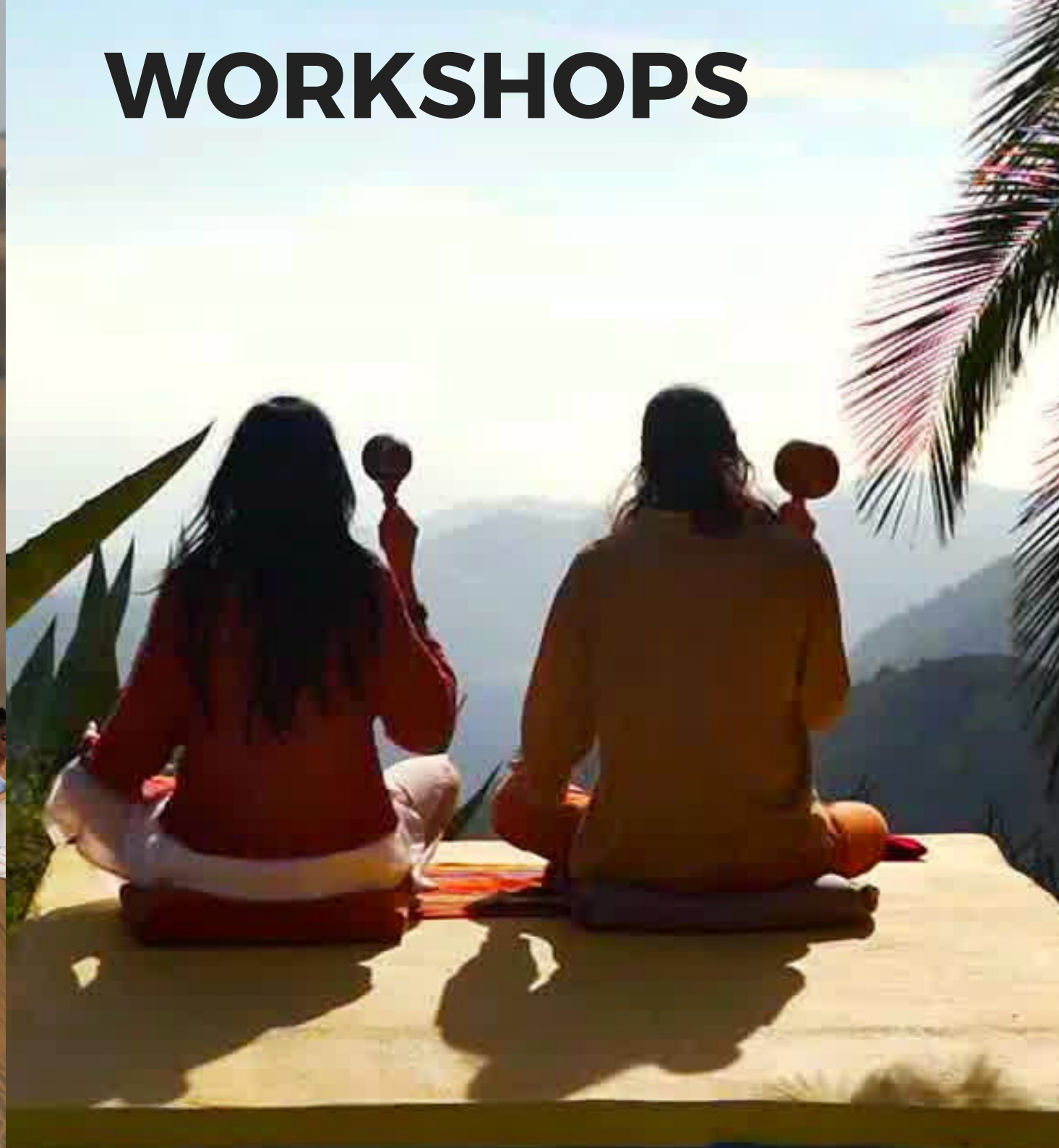
## ASHA MEDITATION

A powerful meditation method, developed by Yoginâm (founder of LivingNâm) for day to day life of the modern human being, but with an ancient origin, in which a specific rhythm with a rattle and vocal sounds are used to help calming down the brain. The regular use of Asha Meditation opens up for a change in your Resonance and brings you faster to states of calmness and tranquility, reducing stress and anxiety.

During this retreat you will learn, step by step, how to use Asha Meditation in an effective way in your daily life in which it will benefit both yourself as well as those around you.



# WORKSHOPS

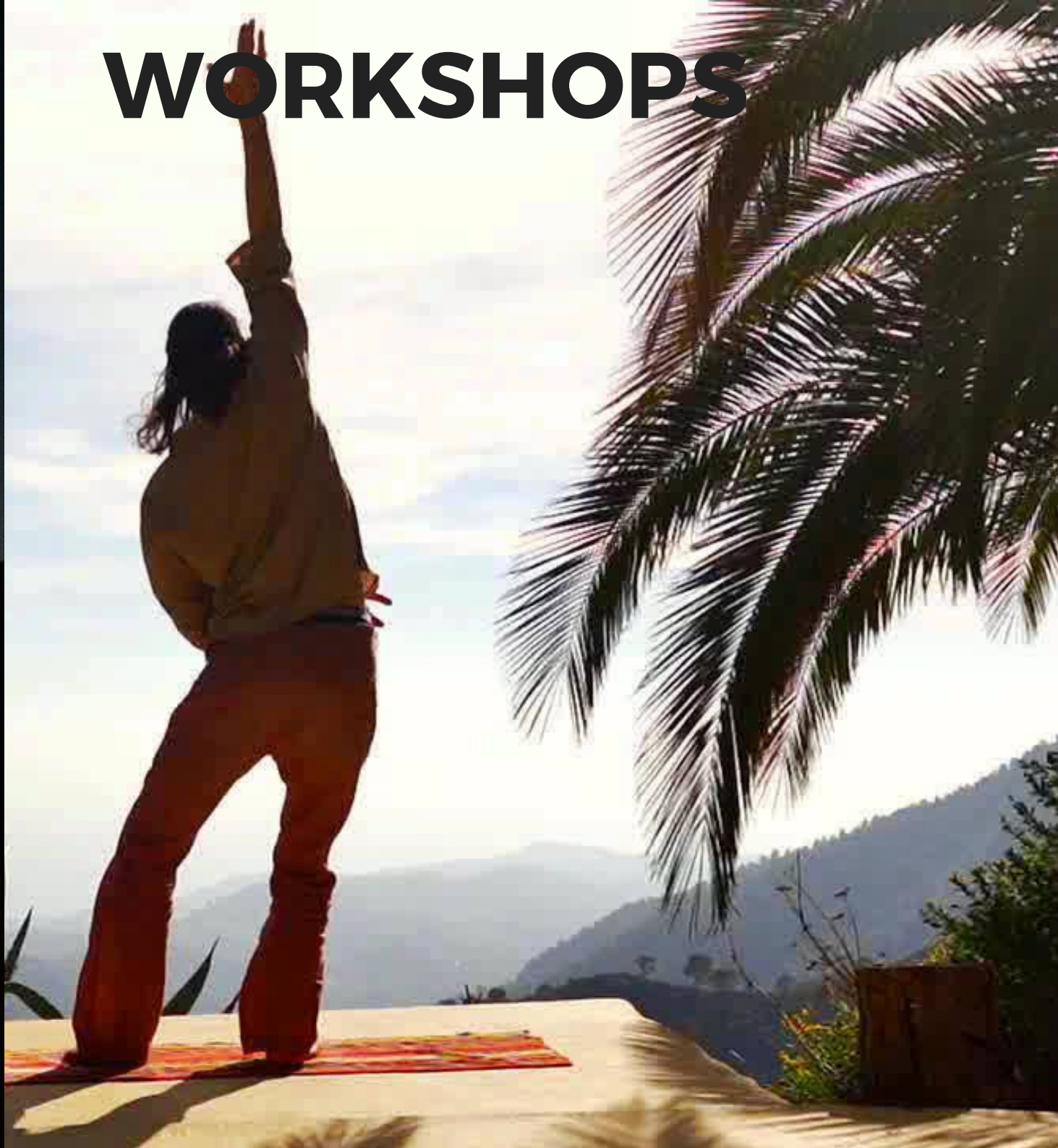




# WORKSHOPS

## Energetic Body Re-Alignment

Reviving energetic and physical excersizes, originating from ancient practices like Qui-Gong, Hatha Yoga and martial arts, that will help you to re-activate the process of the reviving of cells and cleaning energetic systems in and around the body.







# SEE THE WORLD

The desert is alive and flourishing with transformative power. Life in the desert is wild and rebellious, it's almost a defiance of social constructs, a refusal to be fenced in. A desert retreat wraps you in phenomenal beauty where trees grow from rocks and the rules are all a bit different.



Whoever knows the desert will never be the same again. Sunrises and sunsets awaken us to ourselves. The sky so pure, dressed with its thousands of sparkling stars, sends us back to our immensity. The power of the desert reminds us gently of our inner power.



# COLLECT MEMORIES



**CHANGE YOUR  
RESONANCE  
CHANGE THE  
WORLD  
AROUND YOU!**

## **ABOUT US**

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We are a Peace Foudation we believe that the change starts from the inside, so in order to create Peace in the world we should create peace inside first. This is why we brought together the best guides with the best techniques for a transecdental way of being. We offer the best travel packages so you can make the most out of the memories you collect all the way through.

**R O S T O M  
F O U N D A T I O N**