

Tunisia Art Therapy

September 19 - 26

WanderLux
Travel Agency

★★★★★ [Four Seasons Hotel](#)

★★★★★ [Jaz Tour Khalef Resort](#)

The first 3 days are all about exploration.

wandering the medinas of Tunis, feeling the breeze in Sidi Bou Said, and stepping back in time in Carthage. It's slow, sensory travel designed to awaken your curiosity.

Then, we shift into retreat mode.

The next 4 days, you'll stay in an all-inclusive seaside resort in Sousse, includes three guided workshops.

(Tap each name for more information)

Singing with
[Mahdieh Mohammadkhani](#)

Painting with
[Mahnaz Karimi](#)

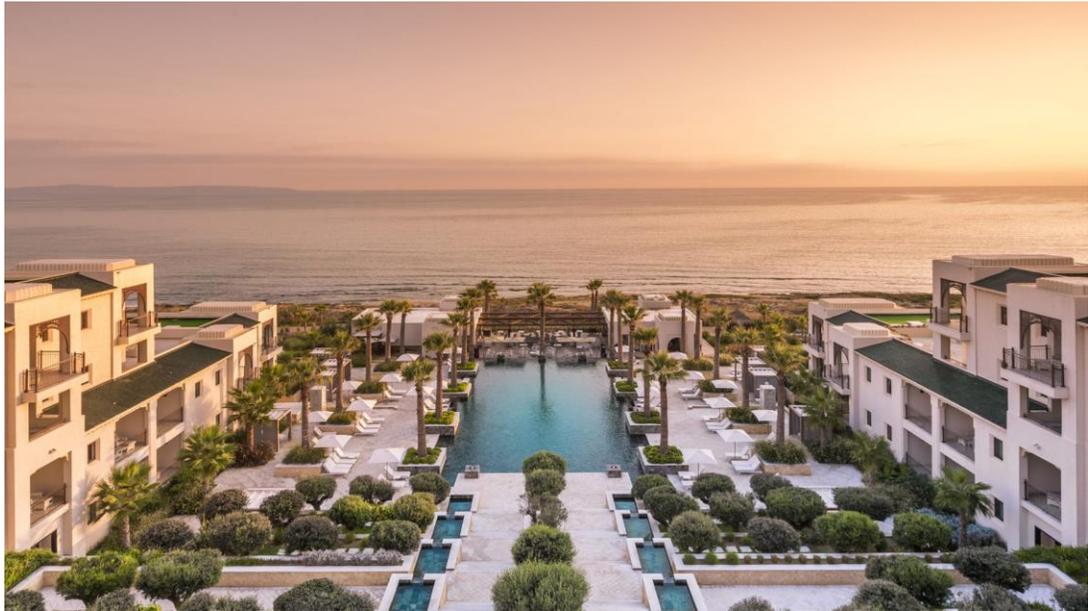
Dancing with
[Eli](#)



DAY 1

Arrival in Tunis

Upon landing, enjoy a smooth transfer to the luxurious [“Four Seasons Hotel”](#)



DAY 2

Cultural Immersion in Tunis

Exploration of the **Medina of Tunis**, **Carthage** and **Sidi Bou Said** village



DAY 3

Explore Countryside & Enjoy Shopping!

Exploring **Bir Drassen** with wine tasting experience

Heading to **Azur City Mall**



DAY 4

Coastal Beauty & Art Therapy overview

-Heading to **Sousse** and check into “[Jaz Tour Khalef Resort](#)”

-Optional excursion to **El Djem**.

-Your **Art Therapy** guide will provide an overview of the program ahead.



DAY 5-7

Art Therapy | Dance, Sing, Paint!

Each day during your art therapy retreat in Sousse is intentionally designed to bring balance, creativity, and deep inner peace. Through a seamless blend of mindfulness, artistic exploration, movement, and healing practices, you'll reconnect with your essence in a serene coastal setting.

Daily Schedule:

08:00 – Morning Meditation by the Sea

09:00 – Nourishing Breakfast

10:00–12:00 – Painting Workshop with Mahnaz Karimi

12:00–17:00 – Free Time for Rest & Rejuvenation

- The golden hours of the day are yours to embrace:
- Lounge by the beach or enjoy a refreshing sea swim
- Optional spa treatments (mud wraps, aromatherapy massages)
- Enjoy a light poolside lunch
- Reflect with journaling or sketching under a private cabana

17:00–18:00 – Dance Therapy with Eli

18:30–20:00 – Sound Healing Session with Mahdieh Mohammadkhani

DAY 8

Departure | A Gentle Closing

Begin your final morning with a light group stretch to awaken the body.

Depart with a full heart, sun-kissed skin, and a reignited creative spirit, carrying the essence of Tunisia and the healing power of art with you long after the journey ends.



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www.wanderlux.ae