



MAISONS DES RÊVES

2017

Dar Ahlam celebrates  
its 15<sup>th</sup> anniversary.

# 15 Weekends for 15 Years

How can we thank guests for their loyalty?

Very simply by offering them an amazing gift: get-togethers, discoveries, and fine dining for 15 weekends!

It's a simple principle:

In addition to the experiences that have made Dar Ahlam so magical for 15 years, the idea is to punctuate every stay with unforgettable moments for our guests who have come from far and wide to make our establishment what it is.

Every one of the events featured on these 15 weekends is available to our guests on every date! Just book your stay like you would normally and we'll sign you up for all the surprises!

Want to meet the personalities who have made our establishment a success? enjoy a yoga or shiatsu detox weekend? a concert under the stars? a champagne tasting?

Want to listen to the most beautiful of the Thousand and One Nights at the foot of the Casbah? ...learn the art of cocktails or calligraphy? ...or even help write a new page in the establishment's history.

That's what will be happening at Dar Ahlam throughout 2017 and it's our present to you!

## Happy Anniversary !!



MAISONS DES RÊVES

## The 2017 Program

# Meditation & Shiatsu



# A weekend dedicated to Meditation and Shiatsu

February 11/12

"And our accord in the present will lead to the utmost harmony,  
enlightenment and wisdom..."

To do so, Isabelle Nyssen and Patrick Benazet offer you a combination of Shiatsu, Meditation and Do-In.

Meditation readies your mind to achieve a state of fullness and enlightenment for full awareness.

Shiatsu is a manual, natural method for easing tension, tiredness and pain, and activating vital, physical and mental strength.

Do-In exercises are an ideal accompaniment to Shiatsu preventive health, beauty and wellness, which is based on ancient Eastern philosophy and its concept of the wholeness of body and mind. You perform Do-In on yourself through physical exercises including self-massage, stretching and loosening your joints in harmony with your breathing.

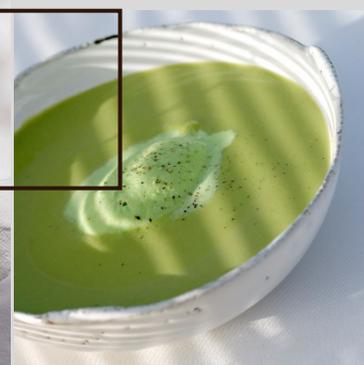
Trained in Tai Chi Chuan, Chi Kong, Hatha yoga and Shiatsu, Isabelle Nyssen is a graduate of the Iokai Shiatsu Academy run by Master Kazunori Sasaki Sensei.

She has been passing on the tradition of the Masters since 1982.

To support you, she will be accompanied by Patrick Benzet a meditation, relaxation & wellness coach.



# A Surprise Anniversary Meal



A 10-course anniversary meal in the company  
of Frédérick e. Grasser Hermé and her surprise guests!

February 18/19

*"In 2001, la Maison des Rêves completed its Odyssey under the artistic direction of Thierry Teyssier. This is how this dream adventure began...*

*My mission: to make it simple, to enjoy the best of Dar Ahlam cuisine (carte blanche for the savoury while Pierre Hermé had free rein for the sweet).*

*Determined to take the Oulipo approach, a surrealist movement that seeks to give free rein to creativity without constraints or pigeonholes!*

*Georges also recalls... A gourmet guide was produced like a Raymond Queneau handbook but not with the millions of poems — rather with millions of poetic delicacies and extraordinary sweets, blending into one.*

*I'm jumping with joy at the thought of getting together with a group of friends, first for a memorable 10-course shared meal where everyone indulges their whim, in the Gardens of Bliss at Maison des Rêves.*

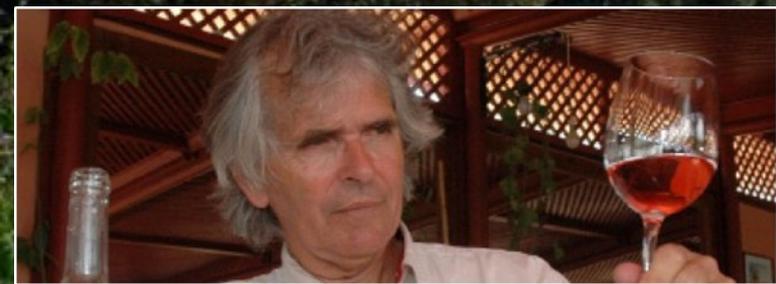
*We're all bound to be inspired by this cornucopia and reinterpret it.*

*I'm dreaming!"*

FeGH

And if Frédérick's dreaming, we are licking our lips in anticipation!!

# The Moroccan Wine Route



# The Moroccan Wine Route

March 4/5

Don't worry, we're not suggesting you do a 4x4 tour of Morocco in one weekend!

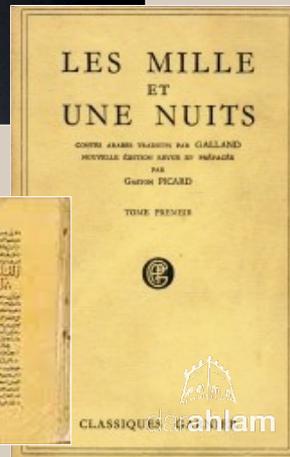
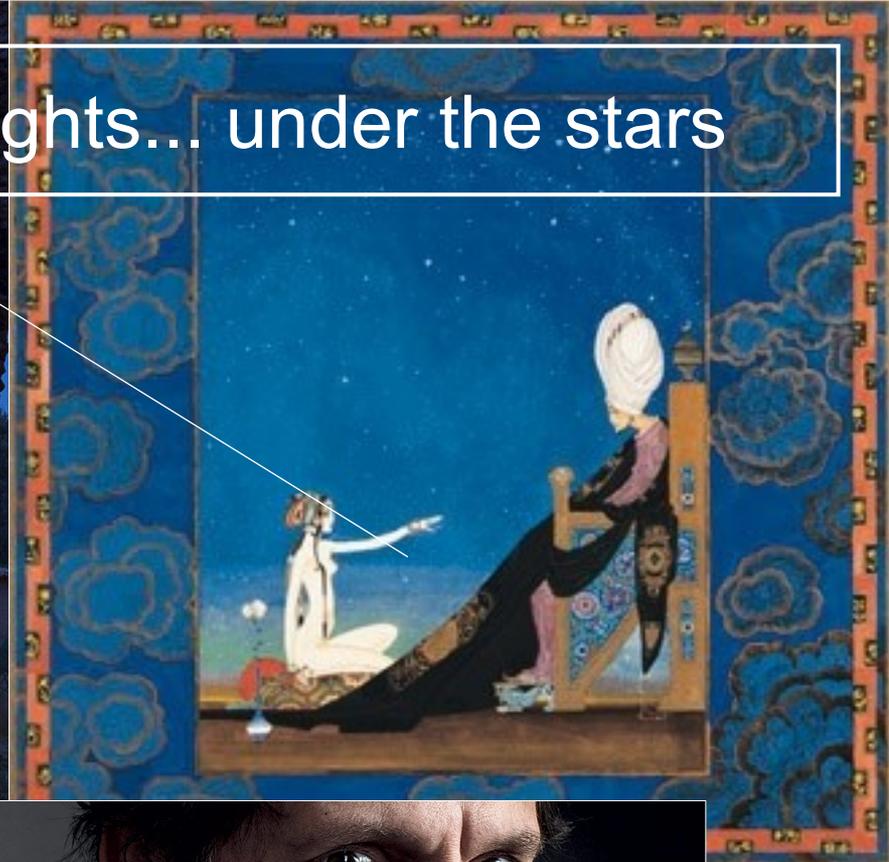
Although that wouldn't be a problem for our drivers, the idea is actually to bring all these magnificent wines for you to taste at Dar Ahlam.

Because Moroccan wines, still too unknown, have great surprises to offer wine lovers.

Tastings will be in the company of Charles Melia, owner of the Val d'Argan Estate, the only vineyard in Morocco to have obtained the European certificate of conformity for organic farming.

Gazelle, Perle or Orian — once tasted, you'll dream about them forever!

# The Thousand and One Nights... under the stars



A weekend dedicated to Theatre,  
with Christian Gonon of the Comédie Française

May 13/14

When people think of the East, they recall the tales of the Thousand and One Nights, also known as the Arabian Nights.

These tales are an Arab adaptation of a Persian work, the oldest known manuscript of which is a 9th-century fragment.

The story that provides the setting is the King and Scheherazade, and originates in India: Sultan Shahryar, in retaliation for his wife's infidelity, condemns her to death, and to make sure he is never deceived again decides to execute every morning the woman he married the day before.

Scheherazade, the daughter of the grand vizier, offers to marry the sultan. Helped by her sister, every night she tells the sultan a story but leaves it at a cliffhanger that can only be finished the next day. So the sultan is never able to execute her, putting it off day after day to hear how the story ends that began the previous night.

Little by little, Scheherazade wins her husband's trust and, finally, after a thousand and one nights, he decides not to execute her.

Christian Gonon, a member of Comédie Française will, through readings over the course of a weekend, revisit these colourful characters.

A theatrical interlude that will keep you on the edge of your seats for... how many nights?!



# The Eye & Lens of Véronique Durruty

# Dar Ahlam under the lens of Véronique Durruty

May 21/22

*"Her camera transmits the emotions and vibrations of a rich harvest of sensitive, sensuous, mysterious, always harmoniously composed shots...«*

*Claude Nori, La photographie en France des origines à nos jours*

To meet Véronique Durruty is to set off with her at dawn to capture the perfect instant, the one that requires no retouching or cropping, as she never compromises on her work.

It also means taking the time to learn to see, rather than just look.

Her photos have featured in more than 20 works, as well as in exhibitions all around the world, and her portfolio forms part of the basis of many public and private collections of contemporary art.

She recently contributed to the Maisons des Rêves book which has just been published by Martinière.

# The Dar Ahlam Vegetable Garden



# The Dar Ahlam vegetable garden and its creator Roger Maelstaf

May 27/28

Come discover "Roger's tomatoes"!

You no doubt know Roger Maelstaf, the Pouzols gardener who won the prize for the best tomatoes in the world... Supplier to the Pourcel Jardin des Sens, as well as to Pierre Gagnaire, Bernard Pacau, Michel Bras...

For a while, he left the Languedoc for other hotter, more distant lands.

Which is how he settled in Morocco, and the vegetable garden designed by Louis Benech was launched under Roger's stewardship!

His specialties – tomatoes – Black Russian, Moya, pineapple, green, are all as tasty and stunning as each other, tomatoes of every kind...

Although Africa's soil is different, the love invested to make them grow is the same... Roger is convinced that these tomatoes wouldn't be as good without love; that a plant always delivers more when you pamper it... But you can hear him explain this in his own words!

Roger Maelstaf today embodies the recognition of taste: Through his work, he has opened the tasting culture to vegetables and to a culinary imagination that goes far beyond his vegetables...

He humanises his craft by discussing and sharing, the keywords that turn it into its finest form.

# The Art of Cocktails



# Discover the art of cocktails over the course of a weekend

June 3/4

Alcoholic or alcohol-free?

Christopher Gaglione is on hand to share with you the secrets of a successful cocktail.

Former head barman at the "Les Heures" bar in the Prince de Galles hotel, Christopher Gaglione has just opened his own establishment "Le Solera".

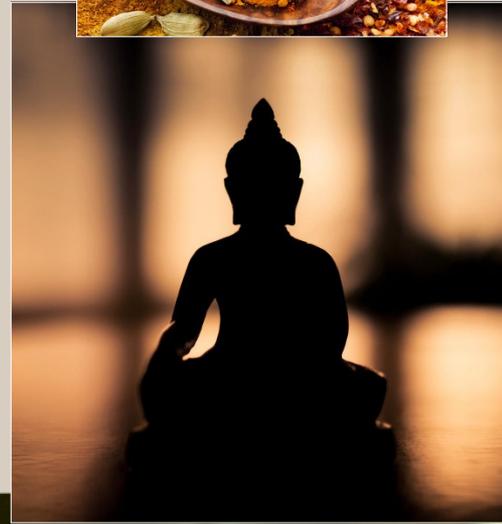
Before that, his career took him from the English bar at Piazza Athénée, to the Royal Monceau.

He is also the author of a work about cocktails, published by Epure.

A barman excited by concepts, Christopher Gaglione is obsessive about the minutiae of service, and the traditional touches that make cocktails and drinks special.

A real tasting and visual experience to be discovered behind the gates of Dar Ahlam...

Are you ready to shake?!



# Ayurvedic Massage

# Discover Ayurvedic massage

June 10/11

Ayurveda: The art of posture.

Ayurveda is a traditional form of Indian medicine. The name means "science of life" in Sanskrit.

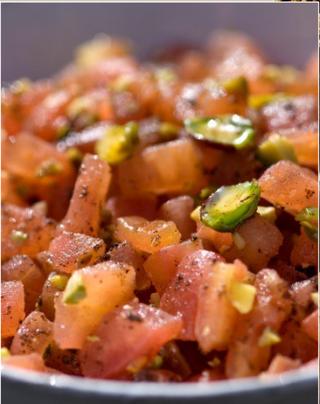
Native to India, this massage using lukewarm sesame oil rebalances your body and its functions and has many physiological benefits. It strengthens the immune system, improves respiration and circulation, relaxes joints and enhances muscle tone.

The entire body is massaged using slow, rhythmic movements focusing on the 7 "chakra" energy centres connected with movement. The warm sesame oil is extremely pleasing as warmth alleviates nervousness.

Caroline Chassaing is trained in Touch for Health, Dance for Health, and mainly in Ayurvedic massage. Her professional and personal career has led her to investigate society's attitude to the human body, the attention we pay to it, and the impact of those factors on our wellbeing. She has combined these diverse approaches to offer personalised massage paying special attention to each person's body.

The weekend will be rounded out by Isabelle Nyssen offering meditation sessions and Do-In exercises.

# In the Kitchen with Thierry Alix



# In the Kitchen with Thierry Alix

June 17/18

Thierry Alix... A two-pronged name for a chef doubly curious about everything...!

A free spirit of the culinary arts, who found his true self after an eclectic journey travelling the world for 8 years alongside the Pourcel brothers before parking his bags in Sète where he opened his first restaurant.

He has now returned to Château de Flaugergues, Montpellier, where you can meet him.

An adventurer, and sensitively human, his instinctive and spontaneous cuisine is inspired by his travels, encounters and talking to others.

This perhaps explains why Thierry Alix agreed to sign our map of Route du Sud: it represents the distillation of everything he loves and wants to share with us!

Thierry and Dar Ahlam invite you on a culinary trip highlighting the natural and traditional products of our region and, who knows, perhaps a chance to cook alongside him!



# Creating New Stories of Dar Ahlam



# Creating New Stories of Dar Ahlam

September 2/3

For 15 years, Thierry Teyssier has tirelessly been creating unforgettable scenarios for you to experience timeless moments...

Lunch by the water's edge, *Dîner en Blanc* under the stars, spice-tasting featuring a 1001 Nights menu, a sundown tea ceremony in the desert, an idyllic pastoral lunch in the garden, or tastings from its own vegetable plot...

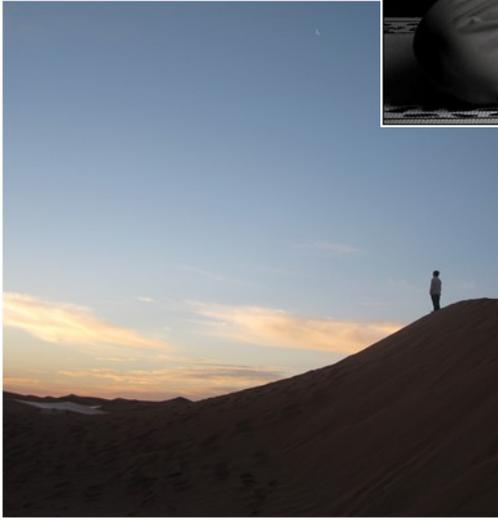
So many of these memories are forever etched in our minds as exceptional moments!

To celebrate the 15th anniversary of the Maison, Thierry Teyssier has decided to offer new stories to experience – full of surprises!

But to do so, they have to be set up, and adjusted at the last minute... And rather than keeping this a big secret, he decided it would be much more rewarding to share it all with you!

Over the course of a weekend, come and join in at the birth of new stories of an establishment that is decidedly not like any other!!

# A Weekend Dedicated to Yoga



# A Weekend dedicated to Yoga in the company of Nathalie Belloir

November 11/12

The word "yoga" comes from the Sanskrit "yug" meaning "to join" or more broadly "to link" or "connect".

We all have three levels of being: body, mind and spirit.

Yoga means "linking body and mind" and being willing to learn to control your mind to achieve self-control through posture and breathing.

The ultimate aim being to find in yourself, despite all of life's vicissitudes, a state of stability, peace and tranquillity, a wellspring to which you can connect at any time.

In traditional yoga, you work on three levels: postures for body and mind, breathing for longevity using Pranayama (breathing techniques at the end of the session), and meditation or full awareness.

The only thing that proves that you practice yoga, is this combined postural and breathing work. If you're not working on breathing, you're not doing yoga!

Why not try it with us for a weekend?! Nathalie Belloir is our special guest for these few days...

Member of the French Federation of Yoga Therapy, a certified yoga instructor trained by Bernard Bouanchaud of the French Institute of Yoga, Nathalie Belloir has just completed an exciting yogatherapy training program given by Dr. Chandrasekaran, an Indian physician and renowned yogatherapist and founder of the Vaidya Sala Yoga School. She also runs the blog Yoga & Go ([yogaandgo.com](http://yogaandgo.com)).

# Little-known & Famous Tea Stories



# Little-known and famous tea stories in the company of Constance Braud

November 25/26

In 2015, Maisons des Rêves launched its first collection of exceptional teas.

This collection would never have materialised had we not met Constance Braud, a tea selector...

Constance Braud is passionate about the rich and complex world of tea, and its long-standing traditions and rituals.

She is always on the lookout to find intense aromas and quality products, and has devoted herself to her passion since 2008, the year she founded her own brand "Les Thés de Constance".

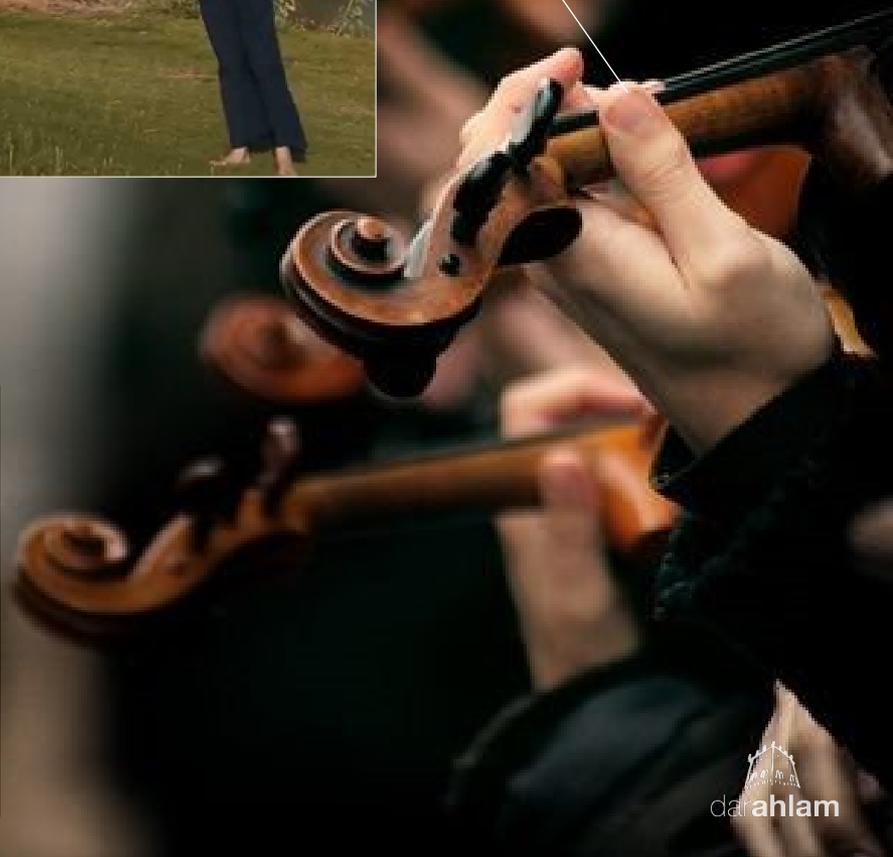
What sets her apart is discovering original, quality teas. Her favourites don't always follow the trend or align with the classics.

Her sources are tea producers and professionals among whom she never fails to discover precious nuggets from exceptional, often ephemeral harvests!

Spending a weekend in her company means taking the time to relax in the lounge and simply enjoying tea with friends, without realizing she is opening up a whole new world!

Careful, it's very addictive!

# Some musical notes



## Some musical notes...

### December 2/3

What would an anniversary be without music?!

We will be delighted to welcome the great violinist Iglïka Pandjarova–Gabbay!

Born in Bulgaria, Iglïka gave her first solo concert at the age of 7 and won numerous First Prizes including a young talent award in 1989. She continued her studies in France where at the age of 14 she won top prizes in violin and chamber music at CNR d'Avignon and then at CNR Marseille in the Jean Ter-Merguerian class.

Her world includes classical, contemporary and ethnic influences.

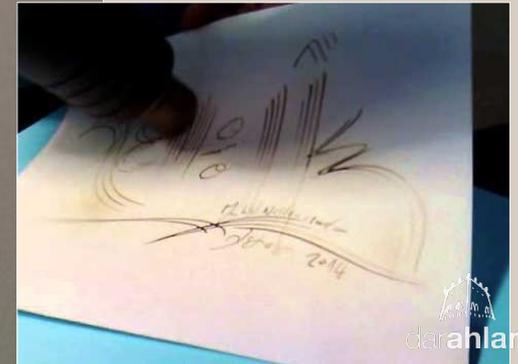
This allows her to deliver a vast repertoire, be either a soloist or chamber music player, and easily form part of any orchestral structure including the European Orchestra.

As well as accompanying classical artists such as Luciano Pavarotti and Andrea Bocelli, and French performers such as Johnny Halliday, Michel Sardou, Eddy Mitchell and Patrick Bruel!

Their production venues are just as prestigious and varied: Garnier Opera, Pleyel Room, Olympia, Bercy, Stade de France, Moscow Art Center, Avignon Festival and Montreal Festival.

It goes on all weekend and will offer you musical surprises you least expect... Here's to Life and Music!

# An Initiation into the Art of Calligraphy



# An initiation into the Art of Calligraphy

December 9/10

Moulid Nidouissadan is a poet and calligrapher.

He writes his poetry in Tifinagh, the script used by the Amazighen (Berbers), dating back to 140 B.C.

He uses traditional Berber artisanal natural-saffron based ink and baked sheepskin steeped in water.

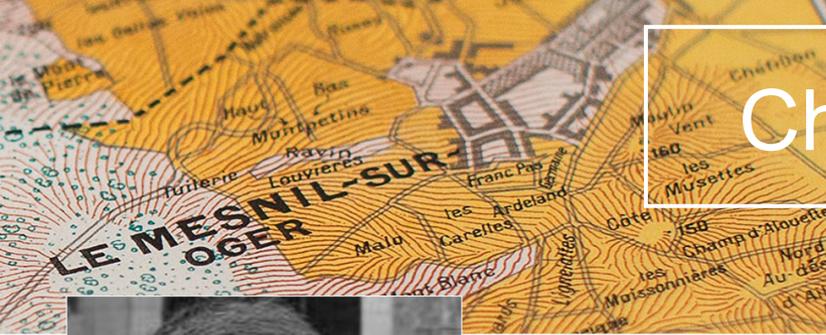
He makes his writing quills himself from reeds from the banks of the wadi.

At Dar Ahlam, you can see his work in the Antoine Room in the garden.

He works in a calligraphy studio in Taliouine in southern Morocco but has agreed, on an exceptional basis, to come to Dar Ahlam to share his passion and technique with you!

So...Get your brushes out!

# Champagne Tasting



# Champagne tasting

December 16/17

How do you end a year of festivities beautifully? With Champagne of course!!!!

The preferred beverage for celebrating exceptional moments in life, champagne just had to be a "guest" at Dar Ahlam on the occasion of its 15th anniversary!

An entire evening of champagne tasting from the House of Bruno Paillard which grew from his desire to create a wine that would be totally different from any other – exceptionally pure, elegant and complex at the same time.

At harvest time, grapes and must from more than 40 vintages arrive. The challenge is to let the best of each one to fully express itself in the resulting blend.

Grapes are immediately sent to the vineyard's nearest press and the must (juice) is sent to the fermenting vats in Reims.

Only the first press, the purest, is kept – the first 50 cl from every kilo of grapes.

The blending, maturing, turning, disgorgement and dosing process will hold no more secrets for you after this weekend at Maison Bruno Paillard!

You will be able to appreciate the wines at your own pace, as Dar Ahlam drivers will be there to bring you back after every surprise tasting!



MAISONS DES RÊVES

## The 2017 Schedule

February		
Week-end of February 11-12	Meditation & Shiatsu	Isabelle Nyssen
Week-end of February 18-19	Surprise Anniversary dinner	Frédéric Grasser Hermé & friends

March		
Week-end of March 4-5	The Moroccan Wine Route	Charles Melia

May		
Week-end of May 13-14	A week-end dedicated to Theatre	Christian Gonon
Week-end of May 21-22	Dar Ahlam under the lens of...	Véronique Durruty
Week-end of May 27-28	The Dar Ahlam vegetable garden	Roger Maelstaf

June		
Week-end of June 3-4	The art of cocktails	Christopher Gaglione
Week-end of June 10-11	Ayurvedic massage	Isabelle Nyssen
Week-end of June 17-18	The cuisine of Chef Thierry Alix	Thierry Alix

September		
Week-end of September 2-3	New stories of Dar Ahlam	Thierry Teyssier

November		
Week-end of November 11-12	Yoga	Nathalie Belloir
Week-end of November 25-26	Little-known & famous tea stories	Constance Braud

December		
Week-end of December 2-3	Concert at Dar Ahlam	Iglika Pandjarova – Gabbay
Week-end of December 9-10	Introduction to calligraphy	Moulid Nidouissadan