



Yoga, Travel & Meditation

with Siri Tuseth



Marrakesh, 1 to 8 October, 2022

YOGA
Satya

 **BabZouina**
yoga, nature & retreat

Bab Zouina

An ode to nature

The workshop will take place in Bab Zouina, a beautiful traditional Moroccan villa situated in the Ourika Valley (30 km from Marrakesh) in a magnificent property surrounded by olive trees. Far from urban stress, Bab Zouina has kept an authentic and serene spirit, respectful of the environment; the main house is ecologically built with cut stone and the new buildings with natural mud bricks. The material used is entirely traditional: tadellakt on the wall, zellij on the floor and cedar and epicea for the woodwork.

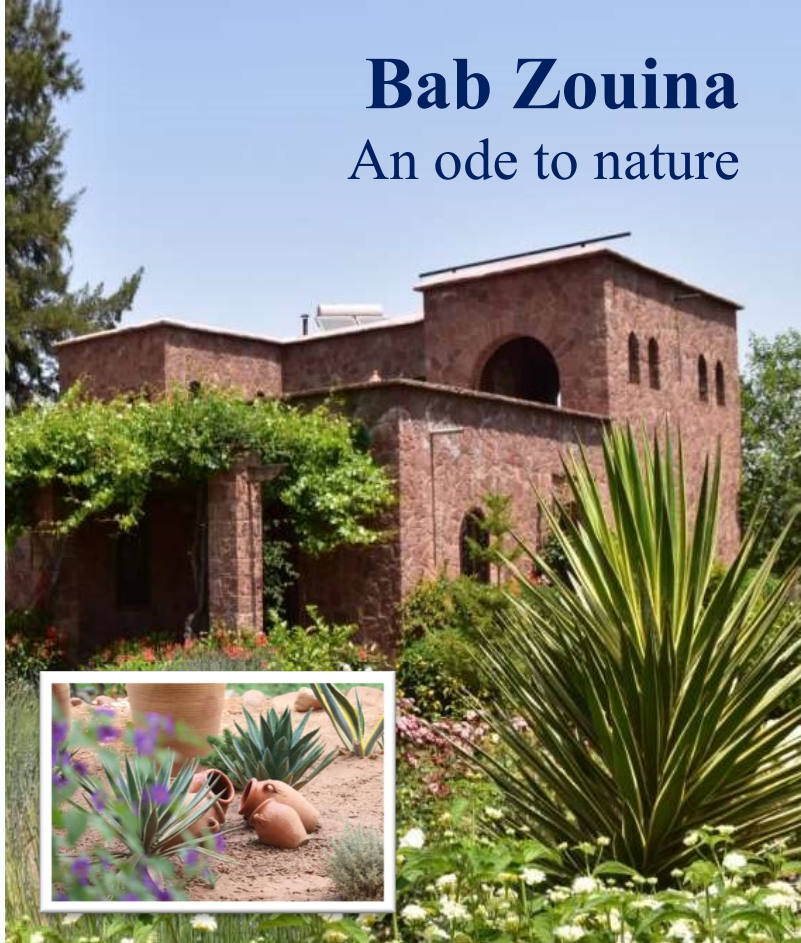


Meals are cooked with fresh and local products according to Moroccan and Berber recipes. Each meal is be a culinary experience in itself. The guest rooms are spacious and authentic: carpets, cushions, traditional crafts, and a bed futon according to Berber tradition.

It is possible to have daily walks in the beautiful countryside nearby. The weather will be mostly sunny, about 30° C during the day and about 20° C at night. A pool of natural water is available.

The Ourika valley is full of cultural, recreational and 'nature' activities. Depending on the desires of the participants, activities will be offered on an optional basis: visit to a saffron plantation or a botanical garden, the Berber souk, hiking in the mountains, the local hammam, bread making with the women of the village, etc.

www.bab-zouina.com



The estate is full of terraces and peaceful places to recharge your batteries. The botanical and aromatic gardens surrounding the property give the place a poetic charm and invite to a gentle meditation. The amazing Swedish artist and landscape designer, Catharina von Unge, conceived and designed the ornamental garden surrounding the property. She managed to combine British aesthetic taste with rusticity and simplicity of the place. With the Mexican corner and its incredible varieties of cactuses, Catharina dares to hint at the Majorelle garden by Yves Saint Laurent and the neighboring garden by André Heller.





◆ Siri Tuseth

Siri has been practicing and teaching yoga since the beginning of 2000. She runs Satya Yoga School and two yoga studios on the west coast of Norway and provides Teacher Training programs. Additionally, she does public speeches about self-care and awareness, and works with other professionals in the topic of holistic health.

For Siri, yoga as a student and now as a teacher is a long ongoing journey. She is full of gratitude to her teachers, her students and her colleagues from whom she is continuously learning about yogic tradition and how to understand yoga in the world of today. Siri teaches yoga with a lot of philosophy linked to the asanas. Her moto is to listen and learn both from the body and the breath. Her greatest wish is to teach her students how to train their awareness and develop their honesty and their respect for themselves as well as for their surrounding environment, the people, the society and the nature. The idea is to break patterns that no longer serve our heart or people around us. We are all in this together!

◆ Registration & Price

The number of participants is limited to 25 with a minimum of 6 participants. The registration form below should be sent as soon as possible to marhaba@bab-zouina.com.

The cost of the workshop in triple shared room is 1'050 EUR/person (1'250 EUR/pers. in a double room and 1'450 EUR/pers. in a single room) and includes: yoga courses during the whole retreat, transfer to and from Marrakesh airport, accommodation, all on-site meals, a visit of Marrakesh, fruits and Moroccan tea at any time.

A deposit of EUR 500 is required to confirm registration. The balance must be paid before August 31, 2022.

A valid passport is required for entry to Morocco. The ticket is to be taken by each participant as soon as the retreat is confirmed. Companies such as Easy Jet and Ryan Air offer direct flights to Marrakech at the best price.

Sanatory requirements: covid vaccination or a negative PCR test maximum 72 hours prior to departure. In due time, please check those requirements on-line.

The Programme

Saturday 1 October 2022: arrival

<i>According to schedules</i>	Welcome at Marrakesh airport Transfer to Bab Zouina
20:30	Dinner

Sunday to Thursday 2-6 October 2022: workshop

8:00 – 8:50	<i>Pranayama</i>
9:00	Breakfast
10:00 – 12:00	<i>Asanas</i>
12:15	Lunch
13:15 – 17:00	Free time
17:30 – 19:00	<i>Asanas</i>
19:30	Dinner

Friday 7 October 2022: free day

8:00	Breakfast
9:00	Departure to Marrakesh. Free day: visit of souks & historical sites
19:00	Return to Bab Zouina

Saturday 8 October 2022: departure

8:00	Breakfast
<i>According to schedules</i>	Departure to Marrakesh airport

◆ Registration form

I register for the Yoga Retreat that will take place in Bab Zouina, 1 to 8 October, 2022. By signing this form, I agree to pay the deposit of EUR 500 upon receipt of confirmation of my registration. This deposit is only refundable in case of workshop cancellation. Cancellation policy is available on: <https://bab-zouina.com/activities/>

Name:..... Surname:.....

Address:

Post Code:..... City:.....

Email: Tel.:.....

Place: Date:.....

Signature:

Please send your scanned registration form to **marhaba@bab-zouina.com**