



*Jivamukti yoga & Mindfulness retreat
with Conor & Marc*



Bab Zouina, 24 - 31 July 2022

Ourika Valley, Marrakesh

PROGRAMME

7h - 8h Meditation

8h - 8h30 Light Snack

8h30 - 11h Asana

11h - 12h30 Break, activities*

12h30 - 14h Lunch

14h - 15h30 Coaching session 1

15h45 - 17h15 Coaching session 2

17h15 - 18h30 Break, activities*

18h30 - 20h Dinner

20h - 20h30 Recap, sharing, mediation

*Pool, Tennis, Petanque;

Optional Massage & Hammam



CONOR BYRNES



MARC WELTERSACH

DESCRIPTION

Spend a week at this picturesque Moroccan oasis where we apply the tools of insight, daily asana practice, mindfulness sessions, theory and discussion in order to reorient and reorganize and revitalize our lives.

Let us explore aspects of our psychology and physiology that drive behavior and emotional patterns in order to understand and transform.

- Reinforce our body
- Mastering the subconscious mind
- Exploring emotional intelligence
- Refining rational intelligence
- Going beyond the ego
- Non.Violent communication

REGISTRATION

The number of places is limited to 25 people. The course will be held with a minimum of 8 participants. A deposit of EUR 500 is required to confirm registration. The balance must be paid before 10 July 2022.

Register by sending an email to:
marhaba@babzouina.com



PRICE

The price of the retreat is EUR 1'075 in a triple room, EUR 1'215 in a double room* and EUR 1'460 in a single room*. It includes: 7 days of teaching, transfer to and from Marrakech airport, accommodation for 8 nights, meals at Bab Zouina, fruit and Moroccan tea at will.

*Extra EUR 105 for a private bathroom



BAB ZOUINA

The workshop will take place at Bab Zouina, a traditional guest farm, located in the Ourika valley (30 km from Marrakech) in a magnificent domain in the middle of olive trees; a swimming pool is available for the amateurs. The domain abounds in terraces and peaceful places to relax. The botanical and aromatic gardens surrounding the property give the place a poetic charm and invite to a soft meditation.



The vegan meals will be cooked with fresh local products and will allow the participants to discover the local cuisine with Berber and Moroccan recipes.

