



# Yoga Retreat

Bab Zouina

Klara Puski  
& Conor Byrnes

## Schedule

### **DAY 1**

Arrival

17:00 - 18:30 Welcome practice

19:00 Dinner

### **DAY 2, 3, 4, 5, 6,7**

8.00-10.00 Practice

10.30 Brunch

17.00-18.30 Evening practice

19.00 Dinner

### **DAY 8**

8.00-10.00 Practice

10.30 brunch

Departure

Teachers



*Conor Byrnes*



*Klara Puski*

## Accommodation

### *A Paradise on Earth*

The Ourika valley is a little bit of Paradise on earth. Bab Zouina (Door of Beauty in Moroccan) is located at the foot of the Atlas mountains, three hours by camel from the hustle and bustle of Marrakesh. This enchanting place, surrounded by olive trees, still lives with the rhythm of nature. The purity of the air, the invigorating smells, and the ochre soil interspersed with varied hues of green provides a wonderful opportunity to enliven the senses and to facilitate contemplation. The magic of this wonderful site is enhanced by the changing light during the day and the clarity of the starry sky at night.



## Accommodation



### *Bab Zouina*

is a traditional riad, a gorgeous Moroccan villa, located on a beautiful piece of land planted with fruit trees, palm trees and a vegetable garden. The house is spacious and has many nooks and corners for the different times of the day. Bab Zouina has various terraces and peaceful places that allow visitors to relax.



## Outdoor & shala

Struck by the calmness of the surrounding countryside, our ears start listening to the continuous chirping of the birds, the braying of the donkeys, the crowing of the cock and the call of the cuckoo, the croaking of the toads and the frogs, the laughter of children playing in the distance, the call to prayer by the muezzin from the neighbouring mosque, the refrain of sounds from the farmers in their fields...



## Outdoor & shala



During the Spring, flowers of all colours blossom everywhere. The Summer gives the fields a beautiful golden colour. Autumn is punctuated by olive picking and pressing the precious oil. Finally, Winter allows the earth to regenerate and to regain its vitality and the Atlas looms over the valley often covered in snow.

## Pricing



## *Price*

Includes Yoga, accommodation & food

7 nights – 19th to 26th Nov

- **1 765 euros** : Single w/ private bathroom
- **1 660 euros** : Single room
- **1 520 euros** : Double w/ private bathroom
- **1 415 euros** : Double
- **1 275 euros** : Triple

## Activities

### On-site



Many on-site activities are proposed such as hammam, oil massage, shiatsu massage, calligraphy, pottery, hiking, trekking...



A black and white photograph of a couple embracing. The man, wearing a white long-sleeved shirt, has his arms around the woman. The woman is wearing a dark crop top and dark pants. They are standing in front of a stone wall. To their left is a window with a metal grid that has some missing panes. To their right is a wall covered in dense ivy. The text "Thank You" is overlaid in the upper right area.

Thank You

Hope to see you there

- Klara & Conor