



# Yoga, & Meditation

with Niki Silk



**Marrakesh, 2 to 9 October, 2022**





# 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.

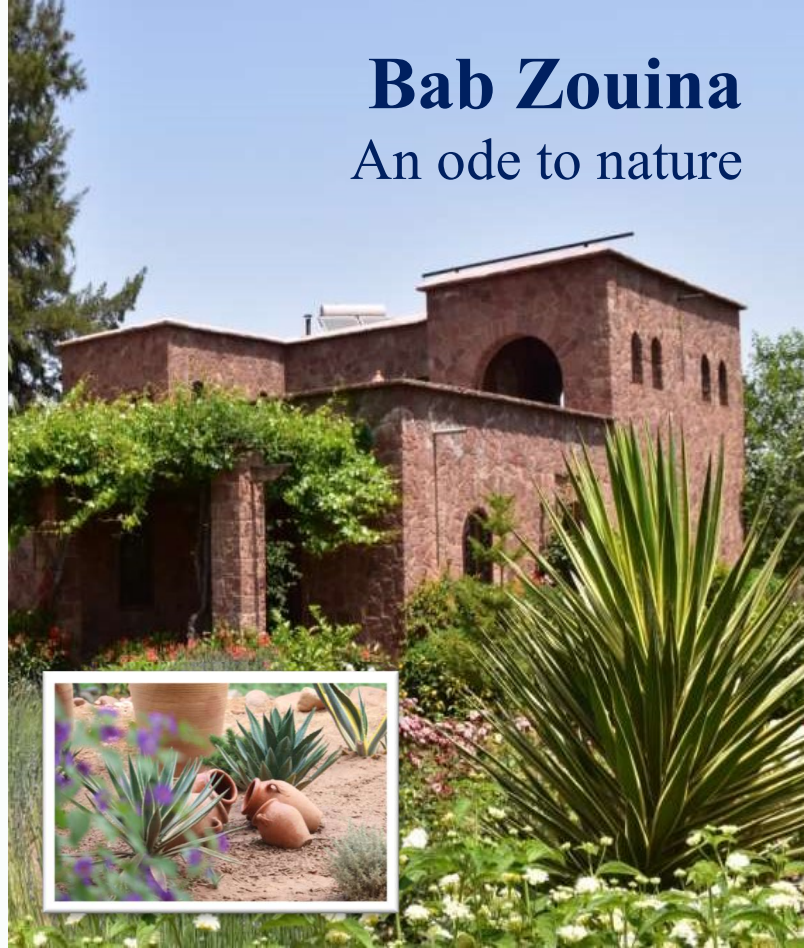


Meals are cooked with fresh and local products according to Moroccan and Berber recipes. Each meal is be a culinary experience in itself. The guest rooms are spacious and authentic: carpets, cushions, traditional crafts, and a bed futon according to Berber tradition.

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](http://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.





## ◆ Niki Silk

I have been teaching Yoga and mindfulness to adults and children since I became a certified teacher of aerial & mat based yoga in 2015 – what an exceptional journey of healing and connection it has been!

I enjoy teaching yoga and breathing techniques from the foundations in a simple step by step holistic style.

My passion is teaching real people to meet real health goals, learn to focus the mind and body, and share the transformational benefits of this amazing practice. It is my pleasure to hold this retreat with you in 2022, and indulge daily Yoga in such beautiful surroundings of Bab Zouina nature retreat.

## ◆ Registration & Price

The number of participants is limited to 20 with a minimum of 6 participants. The registration form below should be sent as soon as possible to [silkyogaflow@gmail.com](mailto:silkyogaflow@gmail.com).

The cost of the workshop in triple shared room is **895 GBP/person** (995 GBP/pers. in a double room and 1220 GBP/pers. in a single room) and includes: yoga courses during the whole retreat, yoga workshops, transfer to and from Marrakesh airport, accommodation (7 nights), all on-site meals, fruits and Moroccan tea at any time, a visit of Marrakesh as well as an Atlas excursion.

A deposit of 500 GBP is required to confirm registration. The balance is to be paid before September 15, 2022.

A valid passport (minimum 6 months validity) 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 Easyjet and Ryanair offer direct flights to Marrakesh at the best price.



# The Programme

From 2-9 October 2022

<i>According to schedules</i>	Welcome at Marrakesh airport Transfer to Bab Zouina
8.30	<i>Monday/ Wednesday/ Saturday:</i> Opening Circle of Yoga, Mindfulness & Intentions Setting <i>Tuesday:</i> Energising Flow, linking breath with movement & Cleansing Pranyama <i>Thursday:</i> Sun Salutations & Vinyasa - Gratitude practice <i>Friday:</i> Vinyasa Flow & Intention Setting <i>Sunday:</i> Closing Circle, Gratitude & Manifesting energy
10.00	Breakfast
13.00	Lunch
15.00	<i>Monday:</i> Yoga Pranyama breathing techniques workshop <i>Thursday:</i> Open class <i>Sunday:</i> Farewell
18.00	Yoga flow class & relaxing guided meditation
19.30	Dinner
20.30	Music, social, sound healing meditation, film

## Excursions:

<i>Timing to be confirmed</i>	<i>Tuesday:</i> Excursion Anima Garden <i>Wednesday:</i> Excursion Atlas <i>Saturday:</i> Excursion - Marrakech Medina (prior to airport)
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## ◆ Registration form

I register for the Yoga Retreat that will take place in Bab Zouina, 2 to 9 October, 2022. By signing this form, I agree to pay the deposit of 500 GBP 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/>

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

Address: .....

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

Email: ..... Tel.:.....

Place: ..... Date:.....

Signature:.....

Please send your scanned registration form to [silkyogaflow@gmail.com](mailto:silkyogaflow@gmail.com)