

NEW YEAR'S RETREAT

29/12/2022-02/01/2023



PANTIARA
YOGA



TRANSFORMATION

LETTING GO OF 2022 WITH GRACE
WELCOMING 2023 WITH A VISION



At Bab Zouina
a green paradise. 2
Hectars of holy
gardens. A mix of
modern and
traditional
Moroccan Riads.
Located in Ourika
valley at the foot
of the Atlas
mountains

Olive and fruit
trees, different
gardens, hidden
terraces and silent
nature.

Arrive comfortably
at Marrakesch:
from there a
transfer will be
arranged for you
to the venue.





YOGA

MEDITATION

BREATH WORK

SINGING

JOURNALING

SELFLOVE

MOUNTAIN HIKE

DANCING

FLOW IN THE RHYTHM OF
YOUR OWN

BREATH



AND BODY

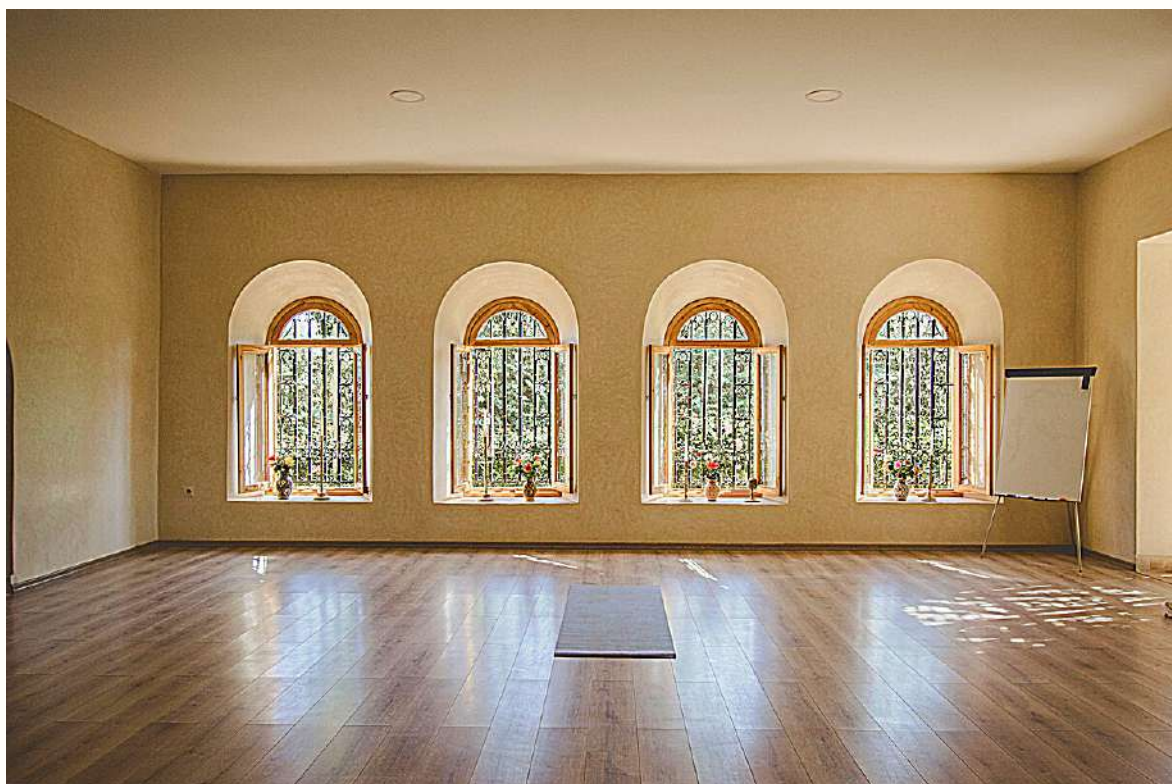
CLASSES LED BY ANETTA



Outdoor

in the fire pit
or at one of the
rooftops, if the
weather allows

Indoor in the beautiful Yoga Shala



Hands-on adjustments by
Anetta - certified yoga teacher
(Vinyasa and Ashtanga Yoga)

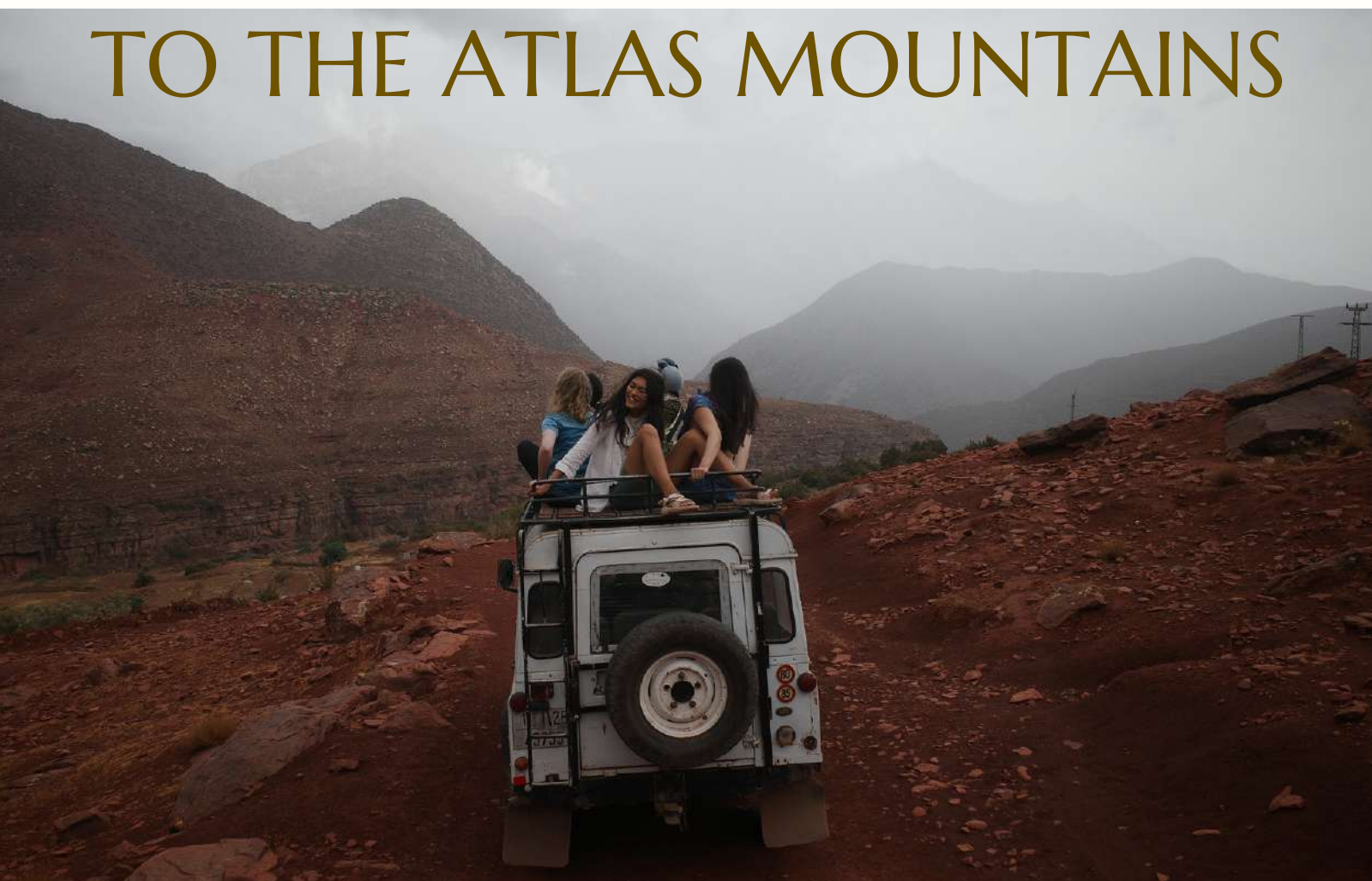
YOGA PHILOSOPHY & EXERCISES FOR CONNECTION



ONE HIGHLIGHT



HIKING TRIP TO THE ATLAS MOUNTAINS



MOROCCAN CUISINE

served as
delicious and
healthy brunch
and dinner at
the table

vegetarian
vegan
saisonal
regional
fresh



Fruits, nuts,
traditional
tea and
coffee all
day



RELAX

Peace and silence in
the gardens,
terraces and
lounges

Detox from Social
Media (WIFI only
available in the
reception)



Hammam, Shiatsu
and Oil Massages
additional at Bab
Zouina
(ask for price list)



A BREAK

from your every day life





Find Rest & Deep Sleep

With our different accomodation options





Chamber of your choice

Quadruple Room

750 EUR

Triple room

790 EUR

Double or Twin room

870 EUR

+ private bathroom

930 EUR

Single Room

1010 EUR

+ private bathroom

1070 EUR

Prices are per person and include 4 nights, 5 days at Bab Zouina, Airport transfers, usage of the pool, gardens, terraces, tennis court, all meals and beverages, retreat program, classes, ceremonies, supplies, mountain hike.

Excluded: flight and additional activities

Additional

- Excursions: Berber souk, Anima garden, saffron farm, quad, Agafay desert, camel ride, hot air balloon
- Well-Being: shiatsu/oil massage, reflexology acupuncture, osteopathy, hammam
- Workshops: calligraphy, pottery, Moroccan cooking, bread making
- 1:1 Private Coaching, Meditation, Yoga Session with Anetta

Opportunity to prolong your stay

Feel free for more information









Submit this form

www.pantiara-yoga.de/sign-up-for-the-new-years-retreat-for-transformation/

if you want to be part of this
unique adventure!

contact: hello@pantiara.de