



RISING WOMEN RETREAT

MOROCCO
AT THE FEET OF THE ATLAS MOUNTAINS

25/03/- 31/03/2023



COME BACK TO YOUR FEMININE POWER

Exercises rooted in feminine embodiment practices, presence work, self love, personal development



Re-connect with the qualities of being a women: in your softness lays strength, your playfulness is attractive, your body and heart are unbelievable wise. Connect in a circle of like-hearted women & nourish yourself in Sisterhood.





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.



Example of a retreat day

8:00-11:00 Morning Yoga Session with Meditation
+ Opening Circle + Garden Time

11:30 Brunch

FREE TIME

17:00 Dinner

20:00-22:00 Evening Yoga Session at fire pit with
Breathwork + Closing Circle

PROGRAMM HIGHLIGHTS:

Hammam | Atlas Mountain Hike |
Ecstatic Dance | Cacao Ceremony |
Daily Women Sharing Circle



DAILY CLASSES

all levels, also beginners



Indoor
in the beautiful Yoga Shala



Outdoor

in the fire pit
or at one of the rooftops

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

A mix of strong and soft, playful and sensual, powerful and restorative
Yoga Sequences.

HIKING TRIP TO THE ATLAS MOUNTAINS



MOROCCAN CUISINE



Freshly cooked
everyday and served
as delicious and
healthy brunch and
dinner at the table
with love and care

vegetarian - vegan
saisonal - regional

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)

Additional: Shiatsu and Oil
Massages
(ask for price list)





Chamber of your choice

Quadruple Room

Triple room

Double or Twin room

+ private bathroom

Single Room

+ private bathroom

980 EUR/pers.

1040 EUR/pers

1220 EUR/pers

1310 EUR/pers

1400 EUR/pers

1490 EUR/pers

Prices are per person and include 6 nights, 7 days at Bab Zouina, Airport transfers, Hiking trip to the Atlas Mountains, Hammam, usage of the pool, gardens, terraces, tennis court, Brunch and Dinner, Snacks and beverages, the whole retreat program, classes, ceremonies, supplies; 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
- 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

