

Yoga, Travel & Meditation

with Siri Tuseth

15 – 24 September 2023



BabZouina
yoga, nature & retreat

Siri Tuseth

Siri has been practicing and teaching yoga since the beginning of 2000. She runs Satya Yoga School and two yoga studios on the west coast of Norway and provides Teacher Training programs.

Additionally, she does public speeches about self-care and awareness, and works with other professionals in the topic of holistic health.

For Siri, yoga as a student and now as a teacher is a long ongoing journey. She is full of gratitude to her teachers, her students and her colleagues from whom she is continuously learning about yogic tradition and how to understand yoga in the world of today.

Siri teaches yoga with a lot of philosophy linked to the asanas. Her motto is to listen and learn both from the body and the breath. Her greatest wish is to teach her students how to train their awareness and develop their honesty and their respect for themselves as well as for their surrounding environment, the people, the society and the nature.

The idea is to break patterns that no longer serve our heart or people around us. We are all in this together!



Taking place at a traditional Moroccan villa, **Bab Zouina**

The retreat will take place in 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 buildings are ecologically built with cut stone and natural mud bricks.

With a lush ornamental garden designed by Swedish artist and landscaper Catharina von Unge, the environment provides an oasis for meditation and peace.

...an authentic and serene spirit,
respectful of the environment.

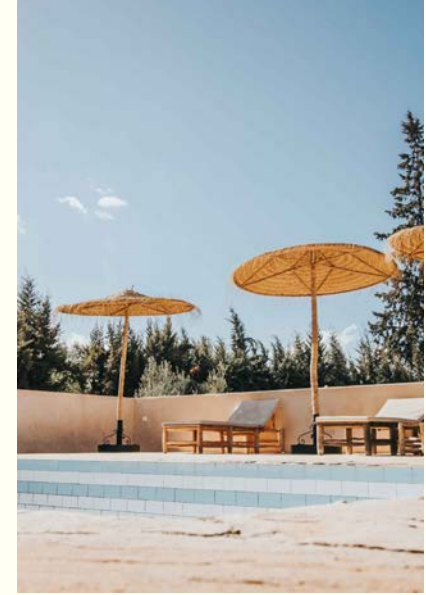




Traditional Moroccan and Berber meals are cooked daily with fresh and local produce.

Guest rooms are spacious and authentic: carpets, cushions, crafts, and a traditional Berber bed futon.





Stroll the countryside freely as the weather will be mostly sunny, around 30°C during the day and 20°C at night. A pool of natural water is available.

Ourika Valley is full of cultural, recreational and 'nature' activities. Activities on offer include: visits to a saffron plantation, botanical garden or the Berber souk, hiking in the mountains or bread making with the women of the village. (subject to availability)

Registration & Price

The number of participants is limited to 25 with a minimum of 6 participants.

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| Quadruple room | €1,230/pers. |
| Triple room | €1,320/pers. |
| Double room w/ shared bathroom | €1,590/pers. |
| Double room w/ private bathroom | €1,725/pers. |
| Single room w/ shared bathroom | €1,860/pers. |
| Single room w/ private bathroom | €1,995/pers. |

Includes:

- Yoga courses for the whole retreat
- transfer to and from Marrakesh airport
- accommodation
- all on-site meals
- a visit of Marrakesh
- fruits and Moroccan tea at all times.

A deposit of €550 is required to confirm registration. The balance is due one month prior to the retreat.

This deposit is only refundable in case of retreat cancellation. Cancellation policy is available on: bab-zouina.com/cancellation-registration

To register please send an email expressing interest to marhaba@babzouina.com

Schedule

Friday 15th September 2023: Arrival

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| TBC | Welcome at Marrakesh airport & Transfer to Bab Zouina |
| TBC | Introduction & Welcome |
| 20:30 | Dinner |

Saturday 16th to Saturday 23rd September 2023

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| 8:00 – 8:50 | Pranayama |
| 9:00 | Breakfast |
| 10:00 – 12:00 | Asanas |
| 12:45 | Lunch |
| 13:45 – 17:00 | Free time |
| 17:30 – 19:00 | Asanas |
| 19:30 | Dinner |

Wednesday 20th September 2023: Free day

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| 8:00 | Breakfast |
| 9:00 – 19:00 | Optional activities and excursions (cultural visit of Marrakesh, mountain hike, etc.) |
| 19:00 | Return to Bab Zouina |
| 19:30 | Dinner |

Sunday 24th September 2023: Departure

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| 8:00 | Breakfast |
| TBC | Departure to Marrakesh airport |



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