

# Disconnect to Reconnect

with Stella & Wafaa

7 - 13 March 2023



**Bab Zouina**  
yoga, nature & retreat



# Disconnect to Reconnect

A 6-night journey to disconnect from your everyday life and connect with nature and yourself. Enjoy meditation, daily yoga and immersive experiences in the abundant nature of the Ourika Valley.

Unplug, relax, and rejuvenate your mind, body and soul. Join this unforgettable experience and return home feeling calm, energized and inspired.

## Typical Schedule

6:30	Sunrise Meditation (Optional)
7:00	Tea & Journal
8:15	Asana
10:00	Breakfast
12:00	Discourse
13:45	Lunch
17:30	Asana
19:30	Dinner



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

An oasis for meditation and peace, Bab Zouina is situated at the foot of the Atlas Mountains surrounded by olive trees and lush ornamental gardens. Far from urban living, the buildings are ecologically built with cut stone and natural mud bricks in respect to the environment. Bab Zouina has kept an authentic serene spirit allowing guests to enliven their senses and in rhythm with nature.





## Yoga

Hatha, Vinyasa, Hormone Yoga Therapy, Yin Yoga and Restorative Yoga



## Accommodation

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

## Cuisine

Dishes are prepared with locally sourced produce and fresh bread is baked daily in a traditional earth oven. All food is vegetarian and homemade.

Fruits, nuts, traditional tea and coffee are served all day.

## Hiking

Discover the High Atlas mountains and admire the beautiful diversity of nature accompanying each step.



# Registration & Price

Triple room	1,190 Euros
Twin room	1,370 Euros
Twin room w/ private bathroom	1,460 Euros
Single room	1,550 Euros
Single room w/ private bathroom	1,640 Euros

Prices are per person and include 7 days, 6 nights at Bab Zouina, airport transfers, yoga, hiking excursion to the Atlas Mountains, usage of the pool, gardens, terraces, tennis court, meals, snacks and beverages.

Excluded: flight and additional activities.

Additional upon request and availability

Excursions: Berber souk, Anima Art 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

To register please send an email expressing interest to : [stellavyoga@gmail.com](mailto:stellavyoga@gmail.com) or  
+212.666.16.27.52 / +974.5517.4933



# Teachers



Wafaa



Stella





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