

# A Retreat which Celebrates the Life

with Mariana Bularga

16 - 20 February 2023



**BabZouina**  
yoga, nature & retreat



# Mariana Bularga

I'm Mariana Bularga, in love with creation and humanity!

Being driven by my addiction to learn and understand life as deeply as I can, I realized that life itself is a gift and our payoff for this is to learn to live a happy, liberated, and fulfilled life! That is why the retreat is dedicated to the Celebration of Life – the Force beyond our logical understanding, however accessible through our Senses, Emotions.

I am practicing in my every day giving group workshops using guided body meditations, breath work, and sharing my lived experience. And not each single, but 85% of each 1:1 coaching session is a big Breakthrough.

Being a certified life & business coach in NLP, Hypnosis, and Time Line Therapy didn't satisfy my thirst of understanding the human wholeness, So my journey followed another year-long Sex, Love & Relationship coaching program with a Tantric approach, which is quite a juicy combination of therapy, embodiment, emotional intelligence, Tao and Tantra practices, and empowerment into thriving in life as a pleasure filled body, with a divine life force.

It felt important and so powerful the breathing practices that I decided to go deeper into this topic, becoming a «Breath of Love» facilitator. This is a powerful yet super gentle methodology of releasing trauma from the body and expanding into joy, while prioritizing the body relaxation and ease in your life.





## Give yourself a Break from Drama, and Connect to your Inner Joyful & Abundant Being

The core of this retreat is simplicity and, appreciation of what is easy and joyful, in other words – expansive. So most of our divine energy can be oriented toward creating and, celebrating the creation.

What to expect from this retreat?

- Lighted up people
- No Drama, but Deep softness and relaxation
- Summer in the winter
- A corner of Paradise to be in
- Dive into the Berber & Moroccan cultures
- To have a transformational experience
- To be treated as a God or Goddess



# 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.





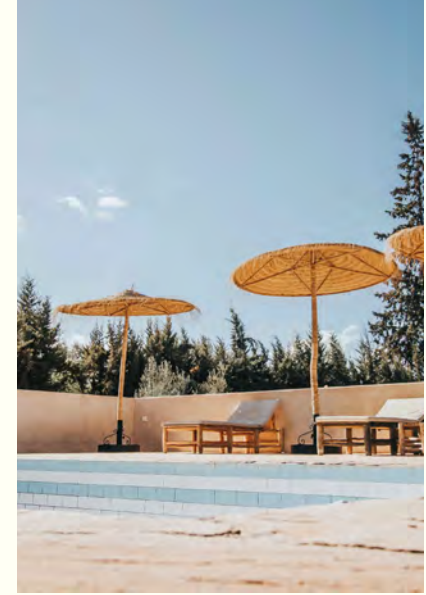


Traditional Moroccan and Berber meals are cooked daily with fresh and local produce.

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)





The Hammam is a real tradition in Morocco, a place of relaxation par excellence. It is an indispensable purification ritual in our rich culture.

Our Hammam vault invites you to bathe in an ancestral gentleness while the light of candles reflect in the glass roof incrustation. Built with noble materials, marble and tadellakt, this timeless space is a hymn to well-being. We offer our guests a 60-minute session including: soaping, scrubbing, body wrapping and oil moisturizing.



# Registration & Price

|                                 |              |
|---------------------------------|--------------|
| Quadruple room                  | €935/pers.   |
| Triple room                     | €975/pers.   |
| Double room w/ shared bathroom  | €1,055/pers. |
| Double room w/ private bathroom | €1,115/pers. |
| Single room w/ shared bathroom  | €1,195/pers. |
| Single room w/ private bathroom | €1,255/pers. |

A deposit of EUR 200 is required to confirm registration. The balance is due one month prior to the retreat.

The maximum capacity of the participants is 20-22.

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

## Includes:

- one zoom 1:1 coaching session with Mariana, before the retreat, related to you being intimate with yourself and opening up for connection with others
- 2 group coaching sessions before the retreat
- transfer from and to the airport
- 4 nights accommodation
- 3 meals a day
- tea, coffee, water, and fruits on breaks, to your wish
- teaching program for 4 days with Mariana
- specially designed experiential retreat by Mariana, and gifts
- private evening concert
- 90 min hammam, with homemade beldi soap and ghassoul (mud with organic herbs), & rubbing session by Bab Zouins staff, hydrating oil
- 1-hour oil massage with a professional therapist
- nourishing place in nature & caring host

To register please send an email expressing interest to [marhaba@babzouina.com](mailto:marhaba@babzouina.com)



# Schedule

## Day 1: Arrival

|               |  |
|---------------|--|
| 13:00 - 14:00 | Lunch  |
| 15:30 - 17:30 | Group Teaching: Welcoming all of what we are; Getting into full inclusion, and surrendering. |
| 18:00 - 19:00 | Dinner   |
| 20:00 - 22:00 | Connecting into one rhythm ritual, with the music and the fire.                              |

## Day 2 / Day 3

|               |  |
|---------------|--|
| 8:00 - 9:00   | Sensual Conscious Body Movement «COMING INTO SENSES»                               |
| 9:00 - 10:00  | Breakfast  |
| 10:00 - 11:00 | Time for Self-Care   |
| 11:00 - 12:30 | Connect to your body wisdom / Becoming intimate with your emotions                 |
| 13:00 - 15:00 | Lunch & Relaxation   |
| 15:30 - 16:30 | Allowing yourself to be seen by the other, and giving recognition / Breath of Love |

|               |   |
|---------------|---|
| 16:30 - 17:00 | Fruity / Tea Break  |
| 17:00 - 19:00 | Breath of Love / Emotional aliveness. Energy. Pleasure-filled body. |
| 19:00 - 20:00 | Dinner  |
| 20:30         | Gathering around the fire   |

## Day 4: Tantra Day

|               |  |
|---------------|--|
| 8:00 - 9:00   | Tantric Morning Ritual                   |
| 9:00 - 10:00  | Breakfast                                |
| 10:30 - 12:30 | Exploration of the Tantric Inner Harmony |
| 13:00 - 14:00 | Lunch                                    |
| 14:00 - 15:30 | Tantric Shared Presence                  |
| 16:00 - 17:30 | Integration. Sharing                     |
| 18:00 - 19:00 | Dinner                                   |
| 20:00 - 23:00 | Private Concert around the fire          |
| 23:00         | Wrapping up the Whole Experience         |

## Day 5: Departure

|              |                       |
|--------------|-----------------------|
| 9:00 - 11:00 | Breakfast & Check-out |
|--------------|-----------------------|





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