

Yoga & Meditation

with Christiane Braun-Walker

2 - 9 September 2023



BabZouina
yoga, nature & retreat



Christiane Braun-Walker

Christiane began her journey with classical ballet training at the Bavarian State Opera in Munich and at the same time was lucky enough to grow up in a family characterized by freedom and spirituality.

Curiosity, a spirit of adventure and the search for a deeper meaning brought her in her early twenties for several years onto a sailing boat in the Caribbean, to Osho and to Sivananda in India.

Since then, Christiane has gained experience in various trainings and different schools for bodywork, meditation, yoga asana and yoga therapy.

In her classes, she encourages her students to get to know and feel their entire being with playfulness and a spirit of research. Whether strengthening Vinyasa flows, opening Yin Yoga, or meditative Yoganidra, there is a special magic in everything when the soul is touched.

Her special thanks goes to her three children, who have been accompanying her on this journey for 31 Years.



Welcome

A week together, full of lightness, grounding and sun.

Through daily practice, you can experience the transformative, powerful effects of yoga and delve deeper into the process

We experience moments of silence, contemplation and community.

A wonderful time in a dreamlike garden, accompanied by delicious food and the sounds of nature.

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.

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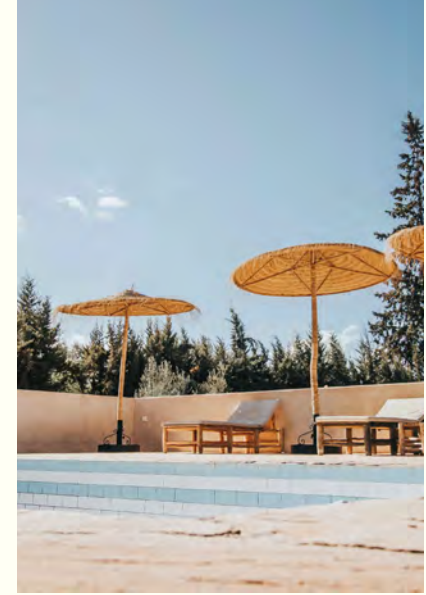




Traditional Moroccan and Berber meals are cooked daily with fresh and local produce.

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*

Triple room	€1'060/pers.
Double room w/ shared bathroom	€1'305/pers.
Double room w/ private bathroom	€1'410/pers.
Single room w/ shared bathroom	€1'515/pers.
Single room w/ private bathroom	€1'620/pers.

*Earlybird discount of 100€ until April 2023.

Includes:

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

A deposit of EUR 500 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

Day 1 : Arrival

TBC	Welcome at Marrakesh airport & Transfer to Bab Zouina
17:30 - 19:00	Welcome practice
19:30	Dinner

Day 7: Departure

8:00 - 10:00	Asana practice & meditation
10:30	Brunch
TBC	Departure

Day 2 - 6

8:00 – 10:00	Asana practice & meditation
10:30	Brunch
17:00 - 18:30	Afternoon session / Yin Yoga
19:00	Dinner



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