

Yoga Raha
WITH ALEX

EM (body your) POWER

#RAHARETREAT



Friday, Feb 24 - Sunday, Feb 26, 2023

Bab Zouina, 29km from Marrakech



About the **#RAHARETREAT**

This retreat is designed to explore your unique power in yoga and in all aspects of your life, with the intention that you leave feeling empowered to manifest your desires and ambitions. Your experienced teacher, Alex, will guide you through hatha, vinyasa, yin, meditation, and postural classes to explore how movement, breath, and meditation can tune us into our softness and fierceness. Participants should come with open minds and some experience practicing asana. Participants should take away joy, a sense of well-being and community, and heightened self awareness upon departure.

Embody Your Power will take place at Bab Zouina, an oasis thoughtfully constructed by a yogi for yogis, with improved amenities. Single, double, and triple rooms with and without private bathrooms are available. All meals and snacks are vegetarian and included in the retreat fee.

For more info, whatsapp Alex +212613969469