

# Yoga & Meditation

with Niki Silk

30 Sept. - 7 October 2023



**BabZouina**  
yoga, nature & retreat



## Niki Silk

From the moment I became a certified Yoga Teacher I've travelled far and wide to share my passion and knowledge with as many people, that "Yoga is for everyone". Niki's teaching journey began in 2015 teaching Aerial yoga in a school setting to children with autism as well as Breathing and flow to staff for relaxation. From an education setting Niki gradually expanded into teaching private and public yoga classes and workshops around Leeds, Calderdale and Craven.

During the pandemic In 2020 she spent time at Bab-zouina retreat in Morocco teaching yoga to children in the local village; in 2021 went to Mexico to co-teach Yoga Teacher Training programmes. Niki enjoys making Yoga accessible, exploring breathwork to train the nervous system, and meditation to calm the mind.

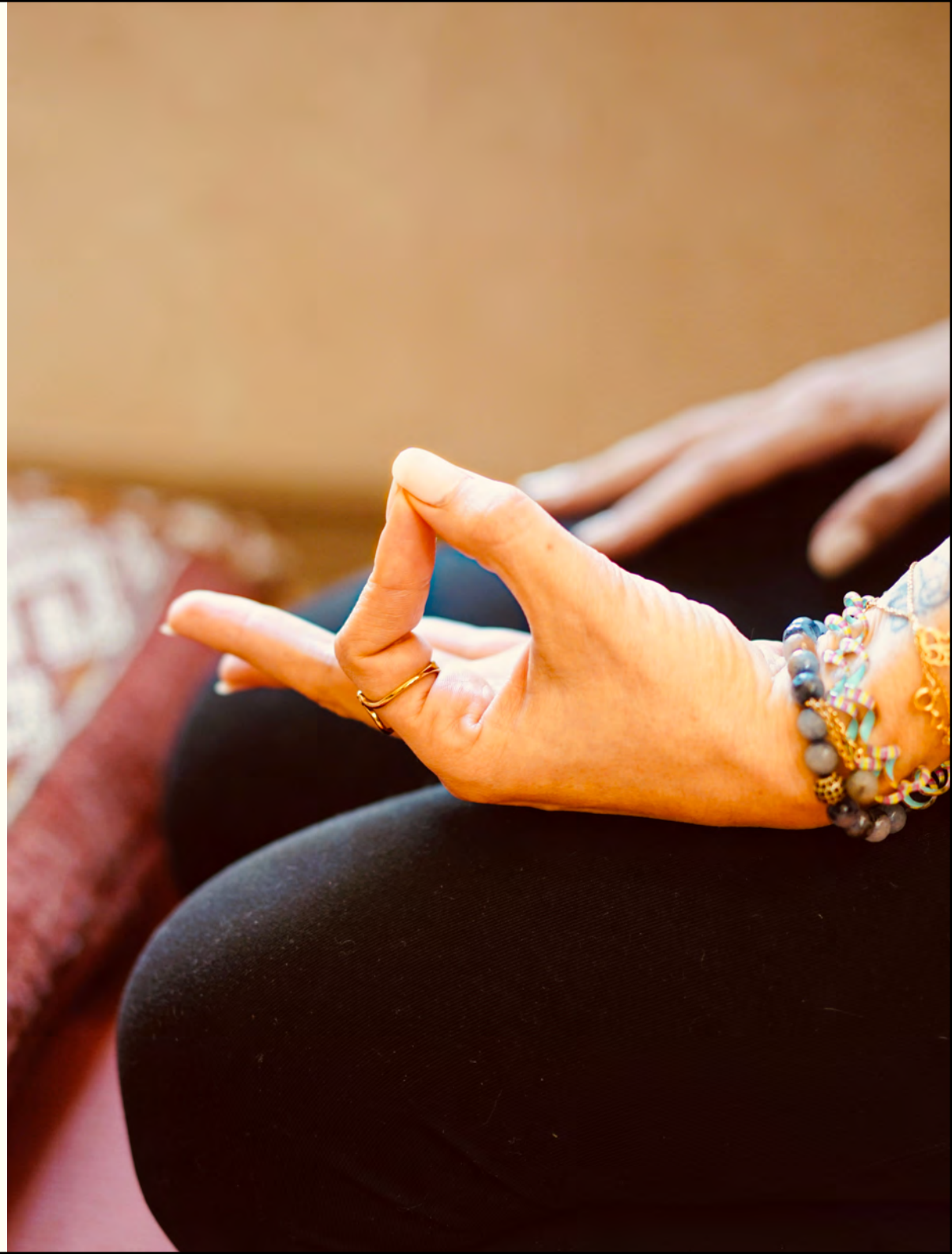
She enjoys the challenge of turning complex information into simple instruction, and help people understand how to 'feel' in each pose. Niki remains a dedicated teacher and eternal student of Yoga.

Are you ready to immerse yourself in a week of relaxation, rejuvenation and self-care? Join Niki Silk for her upcoming Yoga Retreat in Bab Zouina, Morocco from September 30th to October 7th, 2023.

Nestled in the heart of Morocco, this luxurious retreat is the perfect opportunity to unwind and connect with your inner self. With daily yoga sessions led by Niki, you'll have the chance to deepen your practice and explore new poses in a breathtaking natural setting.

In addition to yoga, the retreat offers a variety of activities to help you unwind and reconnect with yourself. From guided mindfulness meditations to traditional Moroccan hammam spa treatments, you'll have plenty of opportunities to relax and recharge.

The retreat also includes daily healthy, delicious meals made with local ingredients, as well as excursions to explore the stunning local scenery and culture. Whether you want to hike in the Atlas Mountains, visit a local market or simply lounge by the pool, there's something for everyone.



# 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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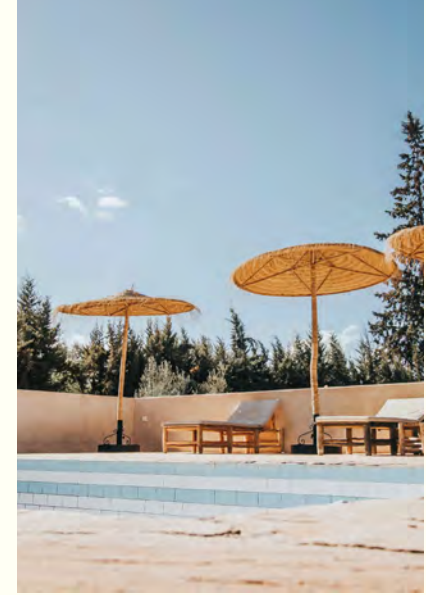




Traditional Moroccan and Berber meals are cooked daily with fresh and local produce.

Guest rooms are spacious and authentic: carpets, cushions, crafts, and a comfy bed





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	€1'145/pers.
Double room	€1'390/pers.
Double room with private bathroom	€1'495/pers.

\*Single room upon request, according to availability

## 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 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](http://bab-zouina.com/cancellation-registration)

To register please send an email expressing interest to [marhaba@babzouina.com](mailto:marhaba@babzouina.com) or via WhatsApp: +41-79-336.48.48

# Schedule

## Day 1 : Arrival

TBC	Welcome at Marrakesh airport & Transfer to Bab Zouina
18h	Gentle Mindfulness + Moving Meditation
19h	
19h30	Quiet greeting and light refreshments before bedtime

## Day 2

9h	Opening circle of Yoga, Mindfulness & Intentions setting in the yoga shala
10:30	Brunch
15h	Yoga Pranyama breathing techniques workshop/Hammam Spa/poolside relax
18h	Sunset flow & Guided Meditation for Healing

## Day 3

9h	Energising Flow, linking breath with movement & Cleansing Pranyama
10h30	Brunch
12h	Excursion Anime Musea/ Hammam Spa treatments onsite/Massage
18h	Yoga & Heart Chakra Activation
19h	Dinner
20h30	Music, Chanting & Social

## Day 4

9h	Opening circle of Yoga, Mindfulness & Intentions setting in the yoga shala
10h30	Brunch
12h	Excursion Atlas/ onsite Hammam Spa session
18h	Gentle Slow Flow & Extended Deep Guided Meditation Chakra activation
19h	Dinner
20h30	Chanting, sound healing meditation



## Day 5

9h	Sun Salutations & Vinyasa / Gratitude practice
10h30	Brunch
15h	Shala/rooftop terrace Open class / Mysore style; develop your own practice
18h	Yoga flow class & relaxing guided meditation
	Dinner
	Music, social, sound healing meditation

## Day 6

9h	Hot Yoga style class '26/2' with Relaxation Guded Meditation + Music
10h30	Brunch
12h	Exploring different styles of Yoga / Q&A workshop
18h	Fire Circle meet at the Stone circle for a gentle moving flow + guided elemental meditation
19h	Dinner
20h30	Music, social, sound healing meditation

## Day 7

9h	Opening circle of Yoga, Mindfulness & Intentions setting in the yoga shala
10h30	Brunch
12h	Excursion - Marrakech Medina
18h	Yin Yoga flow & relaxing guided meditation
19h	Dinner
20h30	Music, social, sound healing meditation

## Day 8

9h	Closing Circle, Gratitude & Manifesting energy
10h30	Brunch
	Farewell



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