



RISING WOMEN RETREAT

BY ANETTA TIARA

MOROCCO, OURIKA
ATLAS MOUNTAINS

23 MARCH - 29 MARCH 2024
05 OCTOBER - 11 OCTOBER 2024



At Bab Zouina

a green paradise. Holy gardens. A mix of modern and traditional Moroccan Riads. Located in Ourika valley at the foot of the Atlas mountains

Olive and fruit trees, hidden terraces and silent nature.

Arrive comfortably at Marrakesch: from there a transfer will be arranged for you to the venue.



RECLAIM YOUR FEMININE POWER

Exercises rooted in feminine embodiment practices, presence work, self love, personal development



Re-connect with the qualities of being a women: in your softness lays strength, your playfulness is attractive, your body and heart are unbelievable wise. Connect in a circle of like-hearted women & nourish yourself in Sisterhood.



Example of a retreat day

8:00-11:00 Morning Yoga Session with Meditation
and Mantra Singing + Women Circle + Garden Time

12:30 Brunch

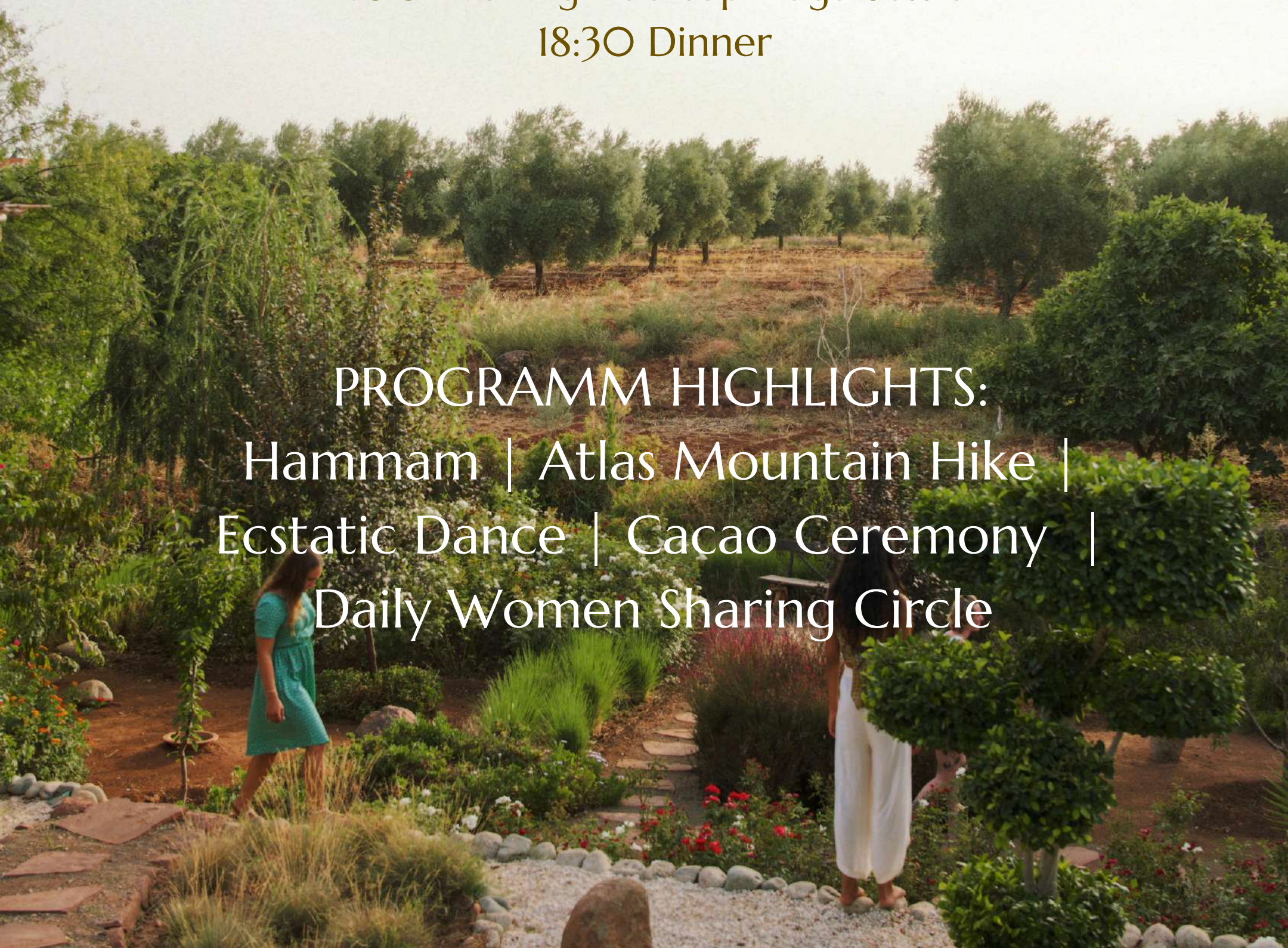
FREE TIME

17:00 Evening Rooftop Yoga Session

18:30 Dinner

PROGRAMM HIGHLIGHTS:

Hammam | Atlas Mountain Hike |
Ecstatic Dance | Cacao Ceremony |
Daily Women Sharing Circle



DAILY CLASSES

all levels, also beginners



Indoor
in the beautiful Yoga Shala

Outdoor
in the fire pit
or at one of the rooftops



Hands-on adjustments by Anetta - certified yoga teacher
(Vinyasa and Ashtanga Yoga)

A mix of strong and soft, playful and sensual, powerful and restorative
Yoga Sequences.

HIKING TRIP TO THE ATLAS MOUNTAINS



DELICIOUS & HEALTHY BRUNCH AND DINNER



Freshly cooked,
various Moroccan
Cuisine served at
thetable,
handmade bread,
freshly juices every
day.

vegetarian - vegan
saisonal - regional

Fruits, soft dates,
nuts, traditional tea
and coffee all day





RELAX

Peace and silence in the gardens,
terraces and at the pool.

Detox from Social Media (WIFI
only available in the reception)

Additional: Shiatsu, Oil Massages,
Henna Hands Painting, Cooking
Class, Pottery Class, Marraksch Trip
(ask for price list)





Chamber of your choice

Quadruple Room

1045 EUR/pers.

Triple room

1105 EUR/pers

Double or Twin room

1315 EUR/pers

+ private bathroom

1405 EUR/pers

Single Room

1495 EUR/pers

+ private bathroom

1585 EUR/pers

Prices are per person and include the retreat program, yoga supplies, 6 nights, 7 days at Bab Zouina, Airport transfers, Hiking trip to the Atlas Mountains, Hammam, usage of the pool, gardens, terraces, tennis court, Brunch and Dinner, Juices, Nuts, Dates, Tea & Coffee the whole day; Excluded: flights and additional activities

Additional

- Excursions: Berber souk, Anima garden, saffron farm, quad, Agafay desert, camel ride, hot air balloon, Marrakesch,
- Well-Being: shiatsu/oil massage
- Workshops: calligraphy, pottery, Moroccan cooking, bread making, Hemna Hands
- 1:1 Private Coaching, Meditation, Yoga Session with Anetta

Opportunity to prolong your stay

Feel free for more information

