

# Iyengar Yoga Retreat in Beautiful Morocco

with Rahel Wasserfall

9 - 17 November 2024



**BabZouina**  
yoga, nature & retreat





Join Rahel Wasserfall on an Iyengar yoga adventure in the foothills of the Atlas Mountains of Morocco.

During this eight-day communal immersion, we will explore how practice supports our daily life.

Sutra: 1:33 says friendliness, compassion, joy, equanimity, and clarity of vision are the keys to support us as we meet our lives where they are – as they change, through age, joy, sorrow, and wisdom.

Each day we will use all of the tools of yoga – asana, pranayama, philosophy, and meditation – toward realizing the promise of an integrated life.



# Rahel Wasserfall

I am a Certified Iyengar Yoga Teacher (CIYT) who has been teaching in the Boston area for 18 years. I began my practice and study of Iyengar yoga in 1993. I trained, and continue to study, with Peentz Dubble and Patricia Walden. During the pandemic, I ran two international programs: Virtual Coffee for Confined Yogis and Yoga and Aging. Each brought together many of the most senior Iyengar teachers in the world with a wide international audience.

I am a devoted student of yoga philosophy and I am most interested in exploring how our physical practice affects our state of mind. As a teacher, I combine a methodical approach to asana instruction with attention to students' needs. I seek to contribute to the wellness of my students by helping them develop a deeper awareness and appreciation of their body and mind in space. As B.K.S. Iyengar wrote: "A yoga practice is a meditation in action."

I was born in France. I hold a PhD in Anthropology from The Hebrew University of Jerusalem. I spent the first part of my life as a career academic, trainer, and researcher. I am the author of two books in the field of Anthropology and Jewish Life.

<http://www.rahelyoga.com/>







# What is Iyengar yoga?

Iyengar yoga is one of the world's most widely practiced forms of yoga. An Iyengar yoga class is an experience in quieting the mind, finding alignment and a deeper sense of integration in our bodies as a whole. The postures are taught to help students achieve evenness of body and lightness of spirit. "The body is our temple," says B.K.S. Iyengar. Through the bodily postures we encounter and develop mindfulness as we learn to balance in the present moment.

As an Iyengar teacher, I seek to teach to the needs of my students. I adapt and improvise so that the experience of yoga quiets the mind while it opens the body. Iyengar yoga guides students along a journey of self-discovery; it is a practical, experiential, and intensely personal work of art.



# 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/19 miles 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,  
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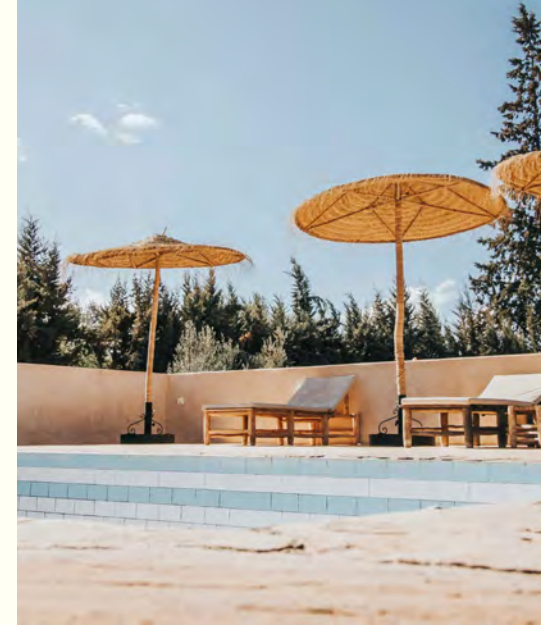


Traditional Moroccan and Berber meals are prepared daily using fresh local produce. Vegetarian/vegan dishes are available for those who wish.

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 23°C/73°F during the day and 16°C/61°F 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 (all subject to availability).

# Registration & Price\*

|                                 |                 |
|---------------------------------|-----------------|
| Triple room                     | USD 1,390/pers. |
| Double room w/ shared bathroom  | USD 1,690/pers. |
| Double room w/ private bathroom | USD 1,850/pers. |
| Single room w/ shared bathroom  | USD 1,990/pers. |
| Single room w/ private bathroom | USD 2,080/pers. |

**\*Early bird discount of \$100 until January 31, 2024.**

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

Not included:

- Flight tickets
- Excursions (optional)

Detailed schedule will be prepared in due time based on yoga level of participants.

A deposit of 500 USD 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 at: [bab-zouina.com/cancellation-registration](https://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

For more info, please visit our website:

<https://bab-zouina.com/>



# Schedule

## Daily program

|             |                      |
|-------------|----------------------|
| 8h - 8h45   | Pranayama            |
| 8h45        | Breakfast            |
| 10h - 12h   | Asana                |
| 12h - 16h   | Lunch & Free time    |
| 16h - 17h30 | Philosophy and asana |
| 19h         | Dinner               |

## Notes

- 1st day (Nov. 9) : Arrival day
- 2nd day (Nov. 10) : Half day programming
- 5th day (Nov. 13) and 7th day (Nov. 15) : Half day no afternoon session, optional excursions instead, to Marrakesh and to nearby sites (Anima Gardens, Berber Market, etc...), or leisure time at the pool, Hamam (steam bath), or massage
- 9th day (Nov. 17) : Breakfast and departure





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