

Jivamukti Yoga Retreat

with Conor Byrnes & Ian Szydlowski

28 January - 4 Feb. 2024



BabZouina
yoga, nature & retreat



We're thrilled to announce the return of the Morocco Jivamukti retreat for 2024! Join us in End of January for an unforgettable experience led by the incredible instructors, Conor Byrnes and Ian Szydlowski.

What to Expect:

🧘 Jivamukti Yoga: Dive deep into your practice with daily Jivamukti Yoga sessions. Whether you're a seasoned yogi or a beginner, these sessions will help you find balance, strength, and inner peace.

🧘 Meditation: Explore the serenity of your inner self through guided meditation. Discover the profound benefits of mindfulness and inner reflection amidst the stunning Moroccan landscapes.

This retreat promises to be an oasis of tranquility and growth, where you can leave behind the stresses of daily life and embrace the healing power of yoga, meditation, and vegan nourishment. Don't miss out on this opportunity to nurture your well-being and create lasting memories in the heart of Morocco.



Conor Byrnes



Ian Szydlowski

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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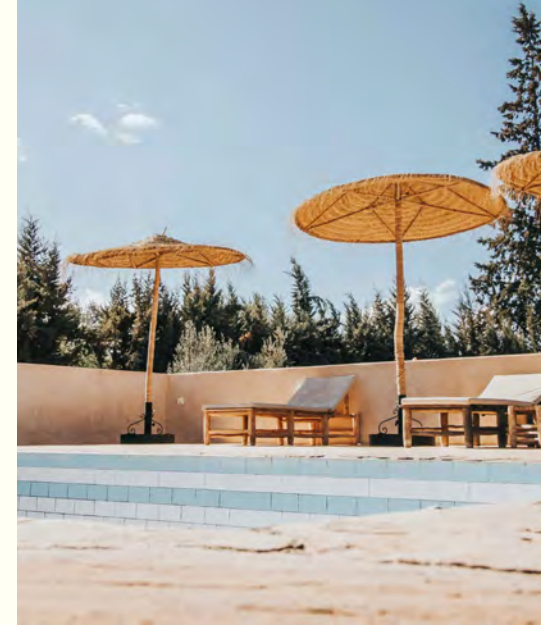




Traditional Moroccan and Berber meals are prepared daily using fresh local produce. Vegetarian/vegan dishes are available for those who wish.

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 20°C during the day and 10°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 (all subject to availability).

Registration & Price

Triple room	€1'120/pers.
Double room w/ shared bathroom	€1'365/pers.
Double room w/ private bathroom	€1'470/pers.
Single room w/ shared bathroom	€1'575/pers.
Single room w/ private bathroom	€1'680/pers.

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

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

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 at: bab-zouina.com/cancellation-registration

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



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