THE POWER OF SURRENDER

MARRAKECH RETREAT @BABZOUINA

FEBRUARY 09 TO 11, 24

BAB ZOUINA

BY ZINEB ABA

FEBRUARY 09 TO 11, 24

BAB ZOUINA

THE POWER OF SURRENDER RETREAT

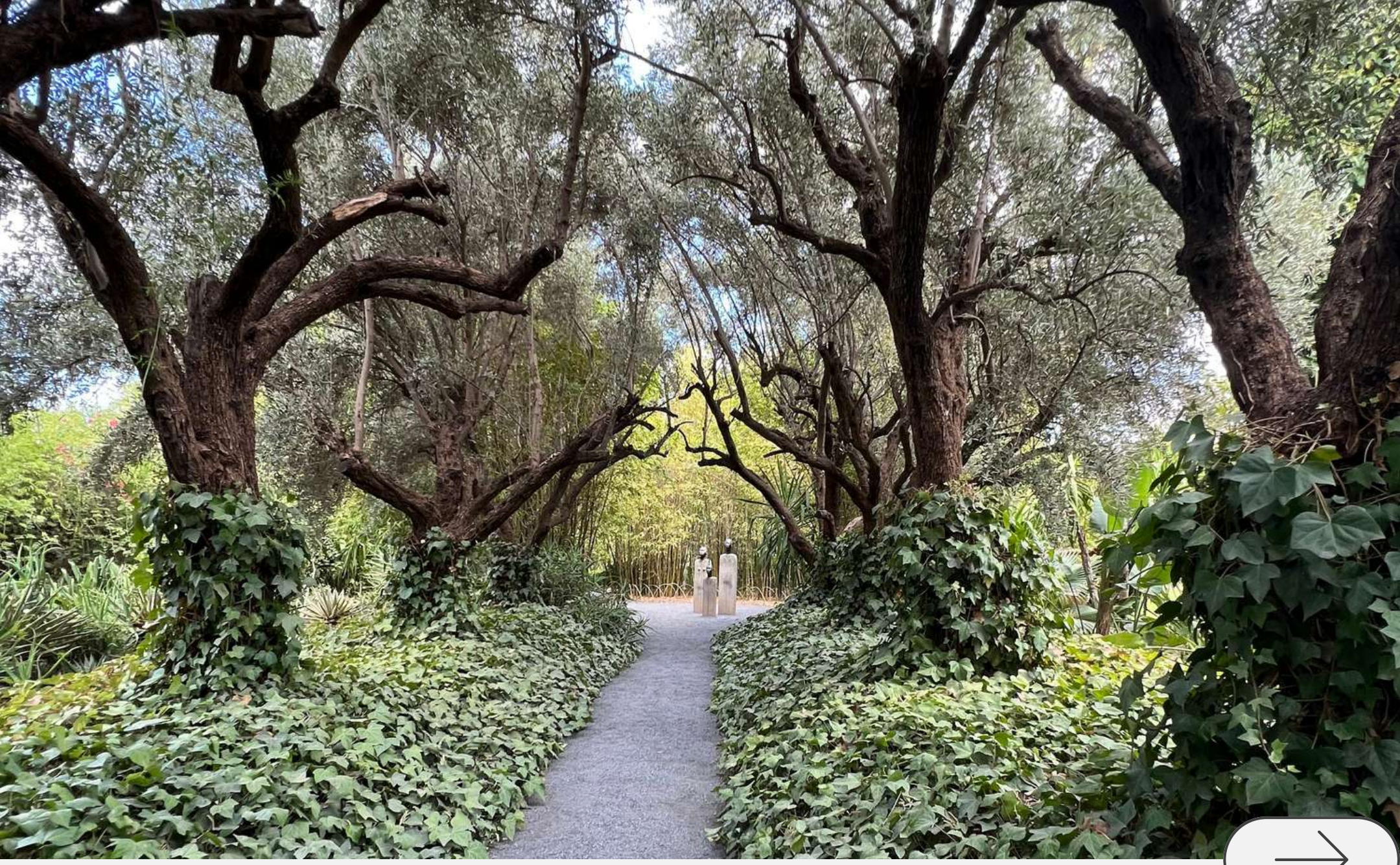
3 DAYS TO CULTIVATE A DEEPER CONNECTION TO OURSELVES AND OTHERS AS WE DIVE DEEPLY INTO THE EXPLORATION OF THE SACRED POWER OF TRUST.
A JOURNEY TO INTERNALIZE, EXPERIENCE, LIVE AND EXPAND OUR TRUST.

SURRENDER IS THE BLOSSOM OF TRUST. IT MEANS DROPPING ALL MASKS AND ALL LIMITATIONS. SURRENDER IS FREEDOM BEYOND JUDGMENTS, LABELING MENTAL & EMOTIONAL RESISTANCE.

JUST JOIN AS YOU ARE.

BOOK YOUR SPOT +212 666 308 228

BY ZINEB ABA



THE POWER OF SURRENDER RETREAT

WE WILL EXPLORE EVERY MORNING MINDFUL AND DYNAMIC CLASSES FOCUSED ON ALIGNMENTS, BREATH AND CORE ACTIVATION. WE END THE DAY WITH YOGA NIDRA OR RELAXING AND CALMING CLASSES FOCUSED ON MUSCLE STRETCHES, HEART OPENING AND HIPS AND LOWER BACK RELEASE.

YIN YOGA - YOGA NIDRA - YINYASA - CHAIR YOGA - LYMPHATIC MASSAGE - FACE YOGA - MEDITATION SOUND BATH - PRANAYAMA - HIKING - FIRE PLACE & KIRTAN MUSIC - HEALTHY YUMMY FOOD.

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MORE INFORMATION :

- **TARIFS :**
  - **3200 MAD / PERSONNE EN CHAMBRE DOUBLE SALLE DE BAIN PRIVATIVE.**
  - **3000 MAD / PERSONNE EN CHAMBRE DOUBLE SALLE DE BAIN PARTAGEE.**

Le prix comprend l'hébergement selon la formule choisie en option all in : toutes les pratiques et activités citées dans le programme, tous les repas ainsi que des tisanes, café, fruits secs et fruits de saisons all the day. Dm us for the single room.

- **Retraite accessible à tous.**
- **LE GROUPE EST LIMITÉ À 8 YOGIS.**
- **CHECK IN : VENDREDI À PARTIR DE 16H (PREMIÈRE ACTIVITÉ À 19H15) ET CHECK OUT : DIMANCHE À 13H.**
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OUR SHALA BAB ZOUINA IS A CHARMING RETREAT FACILITY. AT BAB ZOUINA THEY LIVE BY HUMAN EQUILIBRIUM, COMMUNITY IMPACT AND SUSTAINABILITY. THEY STRIVE TO CREATE LOCAL ADDED VALUE BY CONTRIBUTING TO THE ECONOMIC AND SOCIAL DEVELOPMENT OF THE OURIKA VALLEY. BAB ZOUINA ACTS ACCORDING TO ETHICAL INTEGRITY AS WELL AS SOCIAL AND ECOLOGICAL RESPECT. HAVING THE PRIVILEGE OF BEING IN AN IDYLLIC AREA, BAB ZOUINA STRIVES TO PRESERVE AND IMPROVE ITS IMMEDIATE ENVIRONMENT. DURING OUR RETREAT, THEY WILL LET US KNOW MORE ABOUT THIS OASIS OF PEACE.

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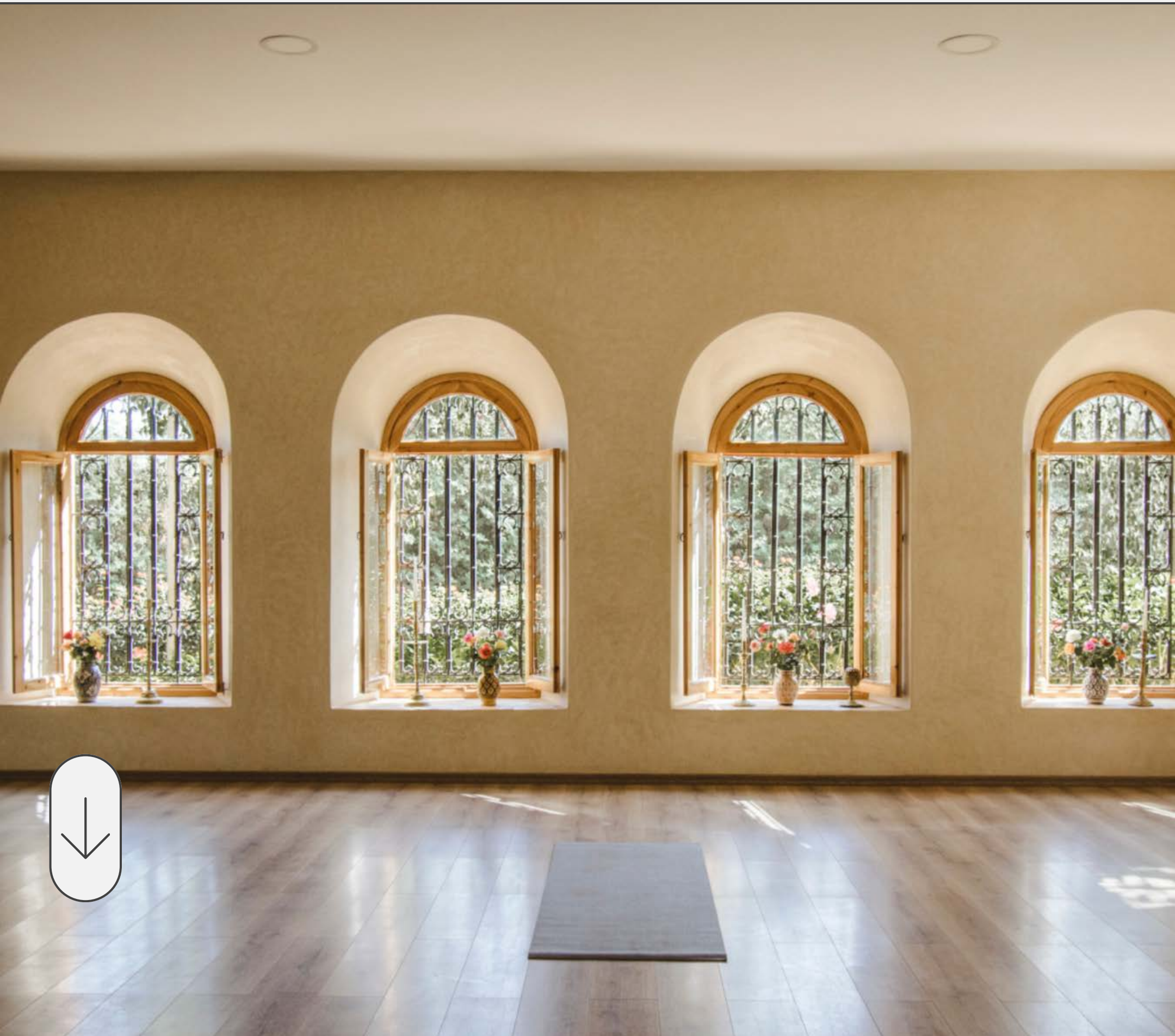

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