



RÉVEIL DU PRINTEMPS YOGA RETREAT

23. MARCH - 29. MARCH 2024

WELCOME

Dive deep into your practice with daily Yoga sessions. Whether you're an experienced practitioner or a beginner, these sessions will help you find balance, strength, and inner peace. 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 movement, touch and nature.

I like a contemporary and down-to-earth approach to well-being. I want to create an open-minded place to feel at ease and rediscover balance organically, where you can really enjoy yourself and indulge in a meaningful retreat experience. In the morning we dive into creative Vinyasa Flow classes. In some of the afternoons we are going to discover the magic of Shiatsu massage. Touch can be responsible for physical relaxation, the regulation of emotions and the strengthening of the immune system. At the same time, I will incorporate and share my passion for movement, nature, adventure & self-discovery. Looking to develop the capacity to be responsive and regulatory for our body in space. A call to become aware and observe. The more we feel our bodies the more we can dive into deep relaxation, the state of pure bliss.

Bab Zouina provides multiple wonderful adventures, hikes, ceramic work, and well being treatments...

I can't wait to connect and relish in a world full lightness, indulgence & joy.

Lili

FACTS

WHEN

23th March 2024 - 29th March 2024

WHERE

Route de l'Ourika, Morocco
about 40 minutes from Marrakech

RETREAT LOCATION

Bab Zouina

INVEST

PRICE BASED ON ROOM CATEGORY
STARTING AT AN EARLY BIRD PRICE OF 990€

A GLIMPSE OF OUR DAYS

DAY 1

ARRIVAL

16.00 WELCOME CIRCLE

17.30 – 19.00 PRACTICE

19.30 DINNER

DAY 2 TO 6

7.30 – 9.30 PRACTICE

10.00 BRUNCH

16.30 – 18.30 AFTERNOON SESSION

19.00 DINNER

DAY 7

7.30 – 9.30 PRACTICE

10.00 BRUNCH

DEPARTURE



The Ourika-Valley is a little piece of paradise on earth. Bab Zouina (Gate of Beauty!) lies at the foot of the Atlas Mountains.



INDOOR & OUTDOOR

The Yoga Shala is a beautiful bright & spacious room. We also practice on the big terrace with views of the stunning Atlas mountains.



MAROCCAN CUISINE

served as brunch and dinner, cooked with love. Fruits and tea all day long.

Vegetarian

Vegan

Seasonal

Regional



BEAUTIFUL BEDROOMS FOR RESTFUL NIGHTS



BAB ZOUINA PROVIDES MULTIPLE WONDERFUL ADVENTURES

- Excursions: Marrakesh, Atlas Hike...
- Well-Being: Shiatsu/Oil Massage, Hammam, Acupuncture
- Workshops: Ceramics, Calligraphy ...



INVEST

Yoga: Early Bird price 450 € until 21th of November 2023, than 500 €!

- 12 Sessions (Yoga, Shiatsu and Workshops)
- Inner Journey
- Alignment Workshop
- Meditation
- Breathwork
- Free Movement

The different room options are limited. On a first come first serve bases. The prices are per person for 6 nights, 7 days at Bab Zouina Retreat Centre and include accommodation, meals and shuttle to and from the airport.

Triple	540,00 €
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Double	750,00 €
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Double & Bathroom	840,00 €
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Single	930,00 €
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Single & Bathroom	1020,00€
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TO SAVE YOUR SPOT WRITE ME AN EMAIL!

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 [LILL_CATHARINA](https://www.instagram.com/lill_catharina)

I CAN'T WAIT

LILI