

Wellness & Yoga Retreat

with Emma Heald

8 - 15 December 2024



BabZouina
yoga, nature & retreat



Discover Tranquility in the Heart of Morocco: Wellness & Yoga Retreat 🇲🇴🌿

Unveil the magic of Bab Zouina and embark on a journey of self-discovery and rejuvenation at our exclusive Wellness & Yoga Retreat this December. Immerse yourself in the vibrant culture of Morocco while nurturing your mind, body, and soul. 🧘

Retreat Highlights:

Daily Sunrise & Evening Yoga: Awaken your mind, body and spirit with daily yoga sessions as we welcome in the sunrise. Let the warm light of the sun invite you to your practice and set a positive tone for the day. Expect movement, meditation, breathwork, discussion and deep rest. All levels welcome.

Traditional Moroccan Wellness: Indulge in the art of self-care with traditional Moroccan wellness rituals. From invigorating hammam experiences to aromatic massage treatments, immerse yourself in the local culture's holistic approach to well-being.

Guided Excursions: Explore the enchanting surroundings with guided excursions to historic sites, vibrant souks, and the majestic Atlas Mountains. Immerse yourself in the culture and beauty that Bab Zouina has to offer.

Emma Heald

Emma Heald, founder of Em Yoga & Wellbeing, brings 12 years of retreat experience alongside over 1,000 hours of teaching and facilitating yoga and wellbeing sessions.

Emma's inspiration for creating retreats stems from her first ever retreat in Morocco back in 2009. Within a retreat Emma creates opportunities for movement, deep rest, contemplation, discussion and for people to invest deeply in themselves. Her yoga teaching is open to different abilities and different approaches offering an accessible and light hearted approach.

Expect yoga asana/practice, meditation, breathwork, relaxation, time for creativity, discussion and connection to the Self.

Emma can be found at www.emyoga.co.uk and Instagram [@emmyogaforyou](https://www.instagram.com/emmyogaforyou).



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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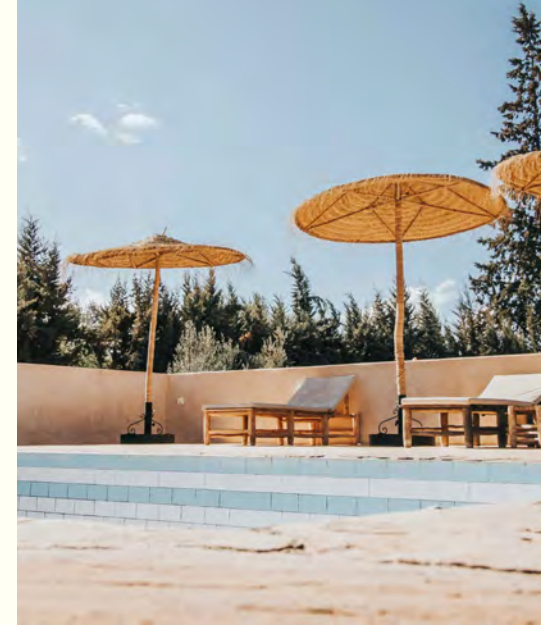




Traditional Moroccan and Berber meals are prepared daily using fresh local produce. Vegetarian/vegan dishes are available for those who wish.

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	895 GBP/pers.
Double room w/ shared bathroom	1'145 GBP/pers.
Double room w/ private bathroom	1'245 GBP/pers.
Single room w/ shared bathroom	1'345 GBP/pers.
Single room w/ private bathroom	1'495 GBP/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

Limited spaces available. A deposit of 500 GBP 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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