

Kalari retreat with Teji Lokare

5 - 12 October 2024



BabZouina
yoga, nature & retreat

Teji Lokare

Embark on a journey through time and tradition with Kalaripayattu, the world's oldest martial art, flourishing for over 3000 years. Originating in the vibrant heart of India, this ancient practice breathes life in the enchanting landscapes of Kerala.

More than a martial art, Kalari is a holistic embrace for body, mind, and soul. As Teji imparts wisdom gained from intense studies in India, her teachings transcend the physical, resonating with the deeper currents of the human experience.

Teji, an engineer in Semiconductors, seamlessly integrates Kalaripayattu into her daily life, experiencing its transformative wisdom as a wellspring of peace, self-growth, and strength. In the corporate hustle, it's her secret weapon for balance and focus.

Join Teji in this heartwarming exploration of Kalaripayattu, where the echoes of centuries past mingle with the rhythms of today, creating a harmonious symphony for the body, mind, and soul—a transformative journey awaiting all who seek balance, strength, and profound connection.



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.

...an authentic and serene spirit, respectful of the environment.





Traditional Moroccan and Berber meals are cooked daily with fresh and local produce.

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 30°C during the day and 20°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. (subject to availability)

Registration & Price

The number of participants is limited to 10 with a minimum of 6 participants.

Quadruple room	€ 1'185/pers.
Triple room	€ 1'255/pers.
Double room w/ shared bathroom	€ 1'500/pers.
Double room w/ private bathroom	€ 1'605/pers.
Single room w/ shared bathroom	€ 1'710/pers.
Single room w/ private bathroom	€ 1'815/pers.

Includes:

- Kalari courses for the whole retreat
- transfer to and from Marrakesh airport
- accommodation
- all on-site meals
- fruits and Moroccan tea at all times.

A deposit of EUR 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 on: bab-zouina.com/cancellation-registration

To register please send an email expressing interest to marhaba@babzouina.com

Schedule

Saturday 5 October 2024: Arrival

TBC	Welcome at Marrakesh airport & Transfer to Bab Zouina
TBC	Introduction & Welcome
20:30	Dinner

Sunday 6 to 11 October 2024

8:00 – 9:00	Kalari Lohars, Kicks, & Animal postures
9:00 - 10h15	Breakfast
10:30 – 11:00	History and teaching of Kalari
12:45	Lunch
13:45 – 17:00	Free time
17:00 – 18:00	Body Form : Vandanam
19:30	Dinner

Wednesday 9 October 2024: Free day

8:00	Breakfast
9:00 – 19:00	Optional activities and excursions (cultural visit of Marrakesh, mountain hike, etc.)
19:00	Return to Bab Zouina
19:30	Dinner

Saturday 12 October 2024: Departure

8:00	Breakfast
TBC	Departure to Marrakesh airport



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