

Blossom

a Yoga & Ayurveda Retreat

11 to 14 april 2024

**BABZOUINA,
a peaceful place located in the Stunning
Valley of Ourika, Morocco**

With Nada & Kawthar

WhatsApp contact :

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Kawthar : +971 50 972 6232

What to expect

**4 days to discover, learn,
grow, and BLOSSOM !**

Thursday 11/04 :

Before 4.30 pm – Arrival and time to relax

5.30 pm – Yin & Nidra & Opening circle

8pm – Moroccan Ayurvedic Dinner

Friday 12/04 :

7 to 8.30am – Sunrise Ayurvedic Sadhana

9am – Moroccan Ayurvedic Breakfast

10am – 12 pm – **Masterclass** Fundamentals of Yoga

1pm – Moroccan Ayurvedic Lunch

Chill, Play, Relax, Sunbath

5.30 pm – Slow flow with music & Nidra

7pm – Moroccan Ayurvedic Dinner

Chill, Play, Relax

What to expect

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Saturday 13/04 :

7 to 8.30am - Sunrise Ayurvedic Sadhana

9am - Moroccan Ayurvedic Breakfast

10am - 12 pm - **Masterclass** Ayurveda & Lifestyle

1pm - Moroccan Ayurvedic Lunch

3pm - Activity Discover the moroccan Douar and play
with children

5pm - Yin & Reiki experience relax and restore

6.30pm - Moroccan Ayurvedic Dinner

7.30pm - Open Heart healing circle around the Fire Pit

Sunday 14/04 :

7 to 8.30am - Sunrise Ayurvedic Sadhana

8.30-9.am - Moroccan Ayurvedic Breakfast

9am to 11am - **Activity** Silent walk in the Valley and
surprise

12 pm - Lunch and closing circle

Your investment

Prices include masterclasses and classes, 3 nights accommodation, Airport and Trainstation transfer, 3 daily meals & collations, and additional activities.

- Shared rooms (3pax) :
420€-4400dh/person
- Double room :
460€-4900dh/person
- Double room with private bathroom
: 480€-5200dh/person
- Single room : 520€-5500dh/person
- Single room with private bathroom
: 580€-5950dh/person

Who are we ?



Instagram
@Consciously_Nada

**Nada - Yoga teacher and
Ayurvedic consultant (yoga,
panchakarma and nutrition)**

I am Nada, and what brings me joy are the yellow of the sun, the green of nature, and the vibrant sounds of the waves. And I also dance :)

After seven years in Management Consulting, I began dedicating my time to people's well-being in 2020.

I am a certified 500YTT yoga instructor from Indian schools and have also received training in Ayurveda, specifically in Panchakarma and Nutrition, at an Indian Clinic.

My yogic practices and Ayurvedic support are centered around emotional liberation, fostering awareness in the body and breath, and establishing a connection to the frequency of music.



Instagram
@kawthar_bennani

**Kawthar - Yoga teacher and
Reiki Practitioner**

I am Kawthar, I am a Moroccan Yoga teacher. After many travels in Asia and a career change from marketing to Yoga, I now teach Hatha, Yin Yoga classes as well as meditation.

I got trained in Thailand in 2022 and I went back this year to get a Reiki level 1 certification.

I am passionate about all forms of spirituality and Art and I would love to guide you to connect with your body, breath and soul during my classes.

Gallery collage

