

# Yoga, Pilates & Ayurveda Retreat

Where every breath brings you closer to inner harmony

with Lauren & Ninalotte

23 - 29 November 2024



**BabZouina**  
yoga, nature & retreat



Welcome to our Yoga, Pilates & Ayurveda retreat - Where every breath brings you closer to inner harmony.

Join us for a week of healing self-growth practices to rediscover balance through the age old practices of Ayurveda, movement, mindfulness and taste.

There's more than enough room for you to find a beautiful flow between connecting with like minded people and time for yourself, as our stay will allow you to get carried away by the beauty and stillness of nature.

#### **What do we facilitate:**

- *Age old wisdom:*

Ayurveda is a 5000-year-old healing system, saying that in order for us to be truly healthy, we cannot just take care of our physical body- we need to address the health of our mind, spirit and environment too, so that we can experience a state of wholeness. Throughout the week we will immerse ourselves in this philosophy through talks and workshops. You'll get to know your own Dosha (mind-body type) and how to bring it back to a state of homeostasis by using the five senses: taste, touch, smell, sight and sound. As well as throughout the hours of the day and meals throughout the week.



- *Movement:*

Movement is a beyond important aspect of feeling light and rejuvenated throughout your days. With a background in both Yoga and Pilates, we will assure you a wholesome movement session twice a day. Dynamic Yoga flows, Yin Yoga practices and gentle but effective Pilates workouts will be a no-brainer. Let's make working out and moving your body a true joy instead of an obligation!

- *Taste:*

We'll gladly introduce you to the beauty of Ayurvedic cooking by explaining the '6 tastes of Ayurveda', how and when to eat for optimal digestion and wellbeing. All meals throughout the week will be organic and vegetarian, with a focus on plenty of complete proteins, healthy fats, fibre and fresh fruits.



# 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.





Authentic open air spaces to enjoy our snacks and Ayurvedic meals.

Bab Zouina has several ecological buildings spread across its wide domain. Our buildings are inspired by beautiful traditional earth architecture. Our spacious domain has various terraces and peaceful places that allow guests to relax.

We can accommodate you in a single, double or triple bed room. All rooms include ensuite or adjacent bathrooms with complimentary towels for your comfort. We are here to ensure that your stay feels like a private oasis.





Stroll the countryside freely as the weather will be mostly sunny, around 24°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).

# Daily program

|           |                           |
|-----------|---------------------------|
| Morning   | Mindfulness or Meditation |
|           | Fruit - Tea - Snacks      |
|           | Yoga or pilates           |
| Brunch    | Free time                 |
| Afternoon | Activity or Lecture       |
|           | Snack                     |
|           | Restorative yoga          |
| Evening   | Dinner                    |
|           | Free time & chill         |

# Registration & Price

|                                 |              |
|---------------------------------|--------------|
| Triple room                     | €1'850/pers. |
| Double room w/ shared bathroom  | €1'975/pers. |
| Double room w/ private bathroom | €2'100/pers. |
| Single room w/ shared bathroom  | €2'225/pers. |
| Single room w/ private bathroom | €2'350/pers. |

**\*Early bird discount of €100 until 8th of June 2024**

## The retreat includes:

- 6 nights/7 days in a beautiful Moroccan Villa
- Marrakesh airport transfer from and to Bab Zouina
- Herbal teas & seasonal fresh/dried fruit at all times
- Yoga - Pilates - Ayurveda workshops
- All yoga & workshops materials are foreseen
- An unforgettable tour in the beautiful Atlas Mountains
- Meeting a group of like-minded people
- Swimming pool & gardens for you to explore
- Meals per day (fruit - tea - snacks in the morning/ brunch/ afternoon snacks/ dinner)

## What is excluded:

- flights to Marrakesh
- insurances
- a traditional Moroccan Hamman women's spa
- a nurturing massage on premises
- an exciting Marrakesh city adventure

Max. 16 participants possible. A deposit of €750 is required to confirm registration. The balance is due 23.10.2024

Please don't hesitate to get in touch with us - we're happy to discuss options for setting up a payment plan.

This deposit is only refundable in case of retreat cancellation. Cancellation policy is available at: [bab-zouina.com/cancellation-registration](http://bab-zouina.com/cancellation-registration)

To register please send an email expressing interest to [marhaba@babzouina.com](mailto:marhaba@babzouina.com) or via WhatsApp: +41-79-336.48.48



# Meet Ninalotte

At a young age she developed a passion for health and wellbeing and has been spreading the message through different domains ever since.

As an Ayurvedic health teacher, her message is for you to realign your body & life with the rhythms of nature.

As a Hormone health coach, her passion lies in guiding women back to a healthy cycle and restoring endocrine health through nutrition, movement and eliminating emotional and physical stressors.

As a Hridaya Hatha Yoga and Meditation teacher, she invites you to come back home to the Heart.

As a Pilates instructor, she encourages people to start seeing movement as a way of self-love.

As a recipe author, she inspires people to choose wholefoods over processed goods.

Her main message throughout all of these domains comes down to seeking harmony by finding a beautiful balance between the worlds of inner and outer beauty.





# Meet Lauren

Founder of Journey Of Yoga, a place to unite people and share well-being practices to feel more in sync with your inner and outer world.

In her early twenties she fell in love with the practice of yoga. When she lived in Barcelona, she entered a Jivamukti (Hatha Vinyasa) studio and never left.

Jivamukti in Sanskrit means 'living in a liberated state' and isn't that just the feeling we have while on a journey? Being free?

With Journey Of Yoga she would like to take you on a free ride of exploration in your body, mind and soul.

Throughout the years Lauren kept absorbing and learning about human health & wellness. She hosts different (yoga) retreats, ice bath workshops, and in addition to yoga she also became a pilates instructor.

For Lauren, movement practices are a never ending journey that take her to new places yet to be discovered.

Sometimes it takes her to turbulent places, sometimes it takes her to loving places, sometimes it takes her to an oasis of silence where, guided by the breath, she's always brought to a different place. Always surprised by where she ended up that day.

Always curious about what the next journey has in the making and grateful that the body and the mind keep calling her back to the (yoga) mat.

A scenic view of a garden with a winding path, cacti, and a building in the background. The garden features various types of cacti, including tall columnar ones and smaller, rounded ones. There are also some trees and shrubs. A concrete path winds through the garden. In the background, there is a building with a balcony and a stone wall. The sky is blue with some clouds.

See you soon!



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