

A man and a woman are sitting on a patterned rug in front of a solid blue wall. The woman, on the left, has long brown hair and is wearing a white short-sleeved shirt and dark blue leggings. She is smiling and looking towards the camera. The man, on the right, has short brown hair and a beard, and is wearing a tan short-sleeved button-down shirt and light blue trousers. He is also smiling and looking towards the camera. The text "Yoga & Tai Chi Retreat" is overlaid in white on the image.

Yoga & Tai Chi Retreat

with Flaminia & Jacopo

4-11 January 2025

A JOURNEY THROUGH THE ELEMENTS

YOGA & TAI CHI RETREAT IN MOROCCO

The retreat will take place in a charming traditional Moroccan villa named **BabZouina** (meaning “beautiful door” in Arabic) situated in the Ourika Valley (30 km from Marrakesh) in a magnificent property surrounded by nature. Far from urban stress, Bab Zouina has kept an authentic and calming spirit, respectful of the environment and consistent with a healthy lifestyle.

In this marvellous place you will be surrounded by wild nature and feel the connection with all the elements, thus finding the time and space you need to finally reconnect with your inner Self through the union of two ancient disciplines: **Yoga and Tai Chi**.



Why Yoga and Tai Chi together?



Since time immemorial, human beings have been looking for a way to cure their diseases, whether mental or physical, through the use of natural elements:

Earth, Water, Fire, Air and Ether.

Before Western medicine was even conceived, ancient populations all around the globe had been relying on Mother Nature to live a healthy lifestyle and balance their mood.



Yoga and **Tai Chi** are two ancient practices based on the concept of balance: balance of the internal world to find the connection with the outer world. As Nature around us is based on the union of **the five elements**, so is our body.

We are composed by the union of these 5 elements and so, to find the connection with the world around us, we need to first balance our inner nature by re-setting our internal 5 elements. Yoga and Tai Chi are two practices that can help us achieve this goal.





This is why during this special retreat we will dedicate 5 days of practice to the 5 elements that compose Nature. Each day will be an opportunity to work on balancing a specific element through Yoga and Tai Chi, from the heaviest element (Earth) to the lightest (Ether).

Whether you are a beginner or an advanced practitioner of either one of these two practices, our retreat will be the perfect opportunity for you to finally get a deeper connection with your supreme and unique Self.

What are you waiting for?



Schedule

•Saturday January 4, 2025

TBC Welcome at Marrakesh airport & Transfer to Bab Zouina

TBC Introduction & Welcome

20:30: Dinner

•January 5 to 7

8:00 - 8:30: Breathwork

8:30 - 9:30: Breakfast

10:00 - 12:00: Yoga/Tai Chi according to the daily schedule

12:45: Lunch

13:45 - 17:00: Freetime

17:30 - 19:00: Yoga/Tai Chi according to the daily schedule

19:45: Dinner

•January 8

Free day

•January 9 to 10

8:00 - 8:30: Breathwork

8:30 - 9:30: Breakfast

10:00 - 12:00: Yoga or Tai Chi according to the daily schedule

12:45: Lunch

13:45 - 17:00: Freetime

17:30 - 19:00: Yoga or Tai Chi according to the daily schedule

19:45: Dinner

•January 11: Departure

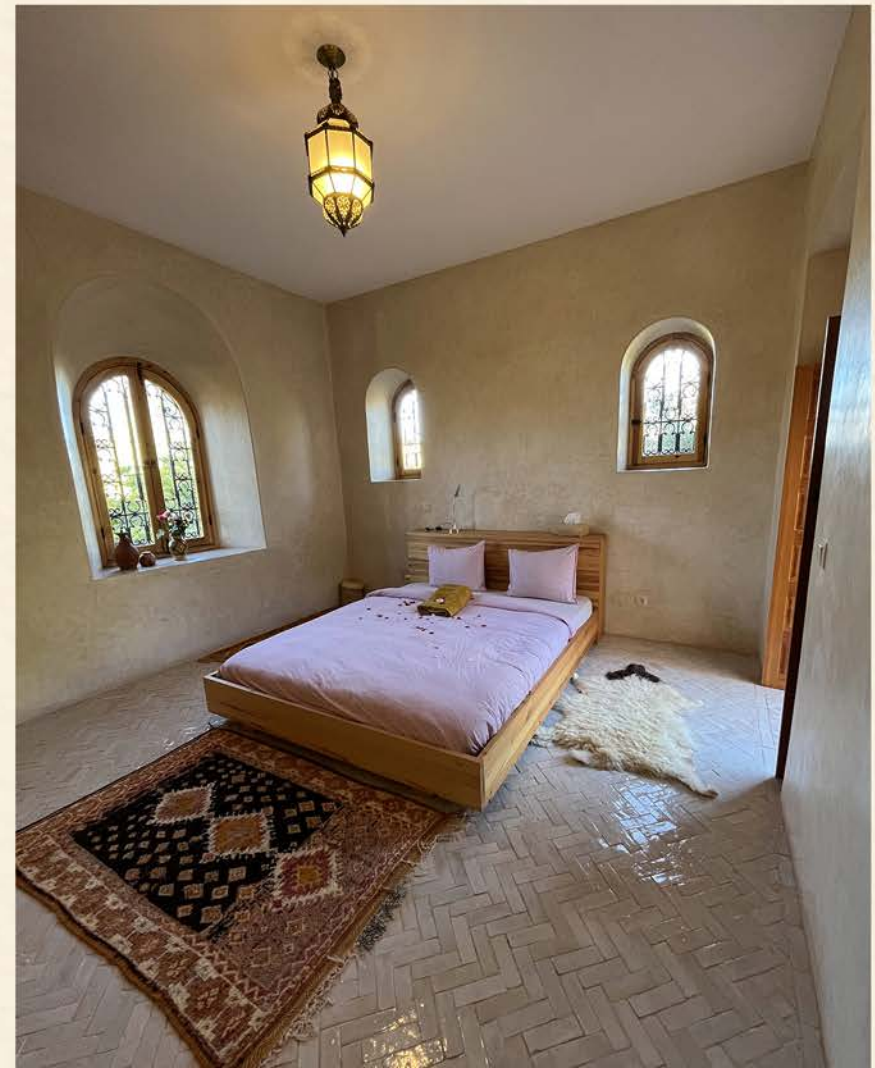
8:00: Breakfast

TBC Departure to Marrakesh airport



We can accommodate you in a single, double, triple or quadruple bedroom. 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.

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



Registration & Price

The number of participants is limited to a maximum of 20 participants.

The cost of the whole retreat will vary according to the type of room:

Quadruple	€1.215/pers.
Triple	€1.285/pers.
Double w/ shared bathroom	€1.530/pers.
Double w/ private bathroom	€1.635/pers.
Single w/ shared bathroom	€1.740/pers.
Single w/ private bathroom	€1.985/pers.

To register please send an email expressing interest to marhaba@babzouina.com indicating how did you hear about this retreat (Tulsiyoga/ Flaminia/ Jacopo).

What is included:

- Yoga and Tai Chi courses for the whole retreat;
- 1 traditional Moroccan hammam;
- 1 Hiking excursion to Atlas Mountains;
- Transfer to and from Marrakesh airport;
- Free access to the swimming pool;
- 3 Ayurvedic meals a day prepared according to the element we will be working on;
- Fruits and Moroccan tea at all times.

What is not included:

- Flight tickets to Marrakech;
- Any extra activity (i.e. pottery workshop/cooking classes/visit to traditional souk/individual tarot reading).

Meet Flaminia

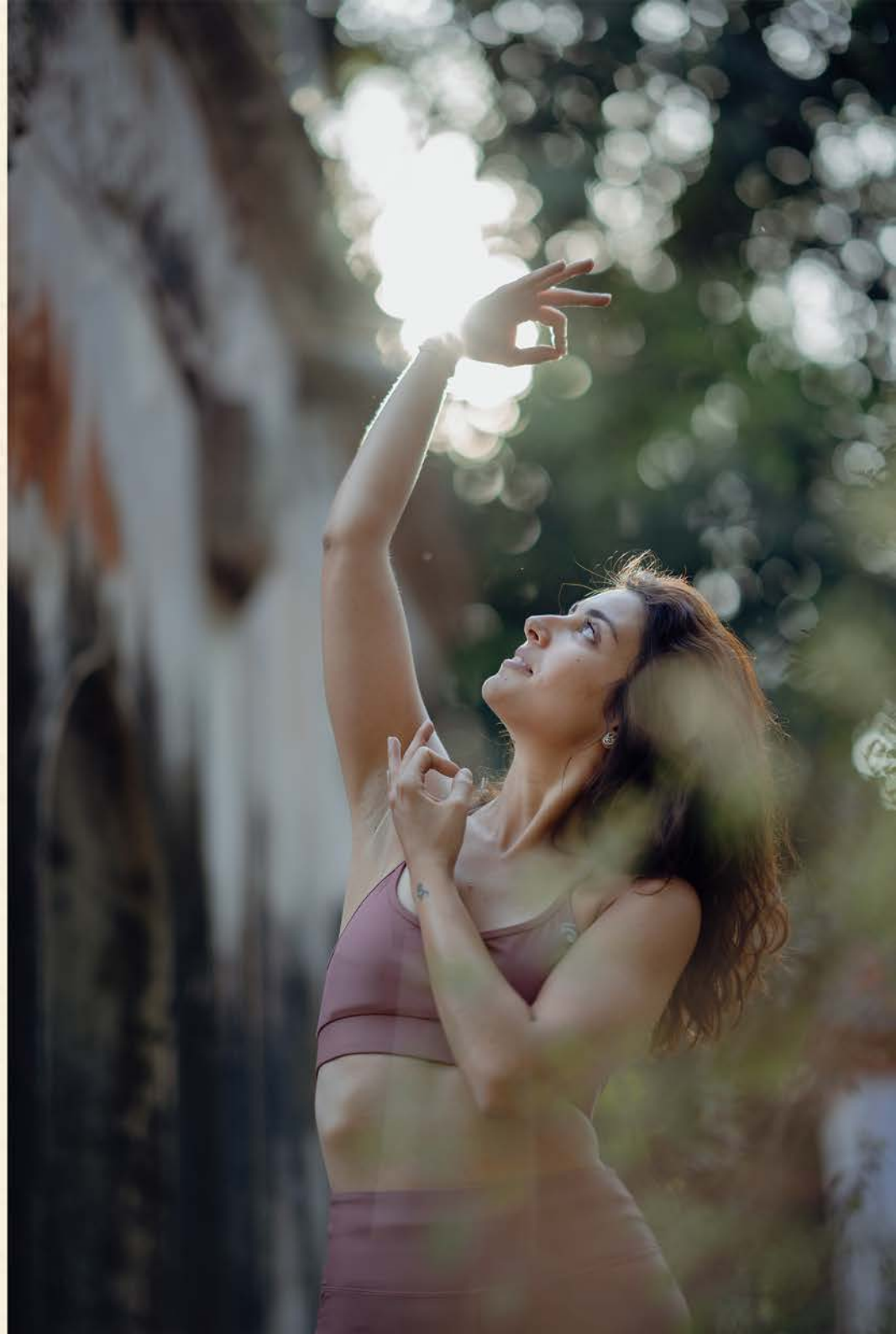
Flaminia begins her journey into Yoga in 2017. From the very beginning she becomes passionate about the Ashtanga Vinyasa Yoga method, in which she finds the stability and confidence dictated by the union of breath and movement.

In 2019 she attends the KPJAY shala in Mysore (India) for the first time to deepen her practice with Saraswati Jois, daughter of the guru and founder of the Sri K. Pattabhi Jois method. During the same period she also attends an Ayurveda fundamentals course at the Mysore Ayurveda Academy and Wellness Center.

Back to Italy, in 2020 Flaminia begins her Teacher Training as Ashtanga Yoga teacher and later on she continues her training as a Prenatal Yoga Teacher in Rome (Italy).

Flaminia keeps training and attending workshops led by international teachers to keep herself updated and every year she travels to Mysore (India) to deepen her knowledge of Yoga and Pranayama and study with her guru.

Passionate about Ayurveda, Vedic Astrology and Tarot reading, Flaminia currently works as yoga teacher in Rome (Italy) and online. She also organises yoga retreats in Italy and abroad to fulfil her mission of spreading the ancient wisdom of yoga and make it accessible for everybody.





Meet Jacopo

Jacopo is a seasoned practitioner of both Tai Chi Chuan and Shaolin Kung Fu with over 15 years of experience.

His journey into the world of martial arts began over two decades ago, fueled by a deep-seated passion for holistic well-being and spiritual growth.

Fascinated by the intricate movements and philosophy of Tai Chi Chuan, he immersed himself in its practice, acquiring new skills under the guidance of experienced masters. His dedication and discipline led him to explore the rigorous discipline of Shaolin Kung Fu, where he further refined his techniques and cultivated inner strength.

In addition to his martial arts pursuits, he has studied energy healing through Reiki courses, expanding his understanding of mind-body connection and holistic healing practices. He has also embarked on numerous journeys of self-discovery through participation in Vipassana meditation retreats, delving into the depths of his consciousness to attain inner peace and clarity.

His life is a testament to his unwavering commitment to personal growth, spiritual development, and the pursuit of harmony between mind, body, and spirit. His journey continues to inspire others to embark on their own paths of self-discovery and transformation.

A photograph of a garden path made of flat stones, flanked by lush greenery and red and white flowers. A large, intricate white mandala is superimposed over the center of the image. In the background, a wooden structure is visible through the trees.

See you soon!