



Yoga retreat in Morocco
with Amanda Bannister
12 - 18 April 2025



BabZouina
yoga, nature & retreat

Meet Amanda

My Yoga teaching philosophy revolves around creating a nurturing and inclusive environment, where students of all levels can explore their practice with curiosity and compassion. I like to prioritise alignment, breath awareness, and mindful movement, paying attention to individual needs.

I have trained in many styles of Yoga and Body Work. My journey began as a child, my Mother was a Yoga Teacher. I trained initially with The British Wheel of Yoga and have continued studying to keep deepening my knowledge.





About

Come and enjoy 6 nights/7 days with me at the beautiful Bab Zouina.

On this Yoga Retreat students will have the opportunity to relax, restore and revive. The focus will be to feel stronger both in body and mind. To give yourself space and care.

There will be two classes offered a day, 3 delicious meals, plenty of time to relax in the magical gardens.

Perhaps sunbath by the pool, read a book on one of the beautiful shady terraces. Enjoy onsite massage and traditional Hammam.

There will also be the chance to go hiking in the Atlas Mountains, learn some pottery skills from the local community amongst other activities that can be enjoyed in this region of the world.

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 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 23°C during the day and 12°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	840 GBP/pers.
Double room w/ shared bathroom	1'021 GBP/pers.
Double room w/ private bathroom	1'098 GBP/pers.
Single room w/ shared bathroom	1'176 GBP/pers.
Single room w/ private bathroom	1'356 GBP/pers.

***Early bird discount of 100 GBP until 30 of September 2024**

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

Daily program

Morning	Fruit - Tea - Snacks
	7h30 - 9h: Morning practice
	Brekafast
	Free time (optional excusions, pool, hammam, massage, etc.)
Afternoon	Lunch
	Free time (optional excusions, pool, hammam, massage, etc.)
Evening	17h - 18h30: Yoga
	Dinner
	Rest

See you soon!



Bab Zouina
yoga, nature & retreat