

NEW YEAR'S RETREAT

WITH ANETTA TIARA HARTONO
29/12/2024-02/01/2025
IN MOROCCO

MANIFEST
YOUR DREAM 2025





At Bab Zouina

a green paradise.
2 Hectars of holy
gardens. A mix of
modern and
traditional Moroccan
Riads. Located in
Ourika valley at the
foot of the Atlas
mountains

Olive and fruit trees,
different gardens,
hidden terraces and
silent nature.

Arrive comfortably at
Marrakesh Airport.
From there a transfer
will be arranged for you
to our retreat.

Program Highlights

Ecstatic Dance

Atlas Mountain Hike





PROGRAM
Conscious Transition

REFLECTION AND LETTING GO OF 2024
POWERFULLY MANIFESTING YOUR 2025
with a crystal clear vision aligned with your heart's desire

-an example of a retreat day-

8:30-11:30 Morning Yoga Session with Meditation +
Breathwork + Journaling + Manifestation Tools

12:30 Brunch

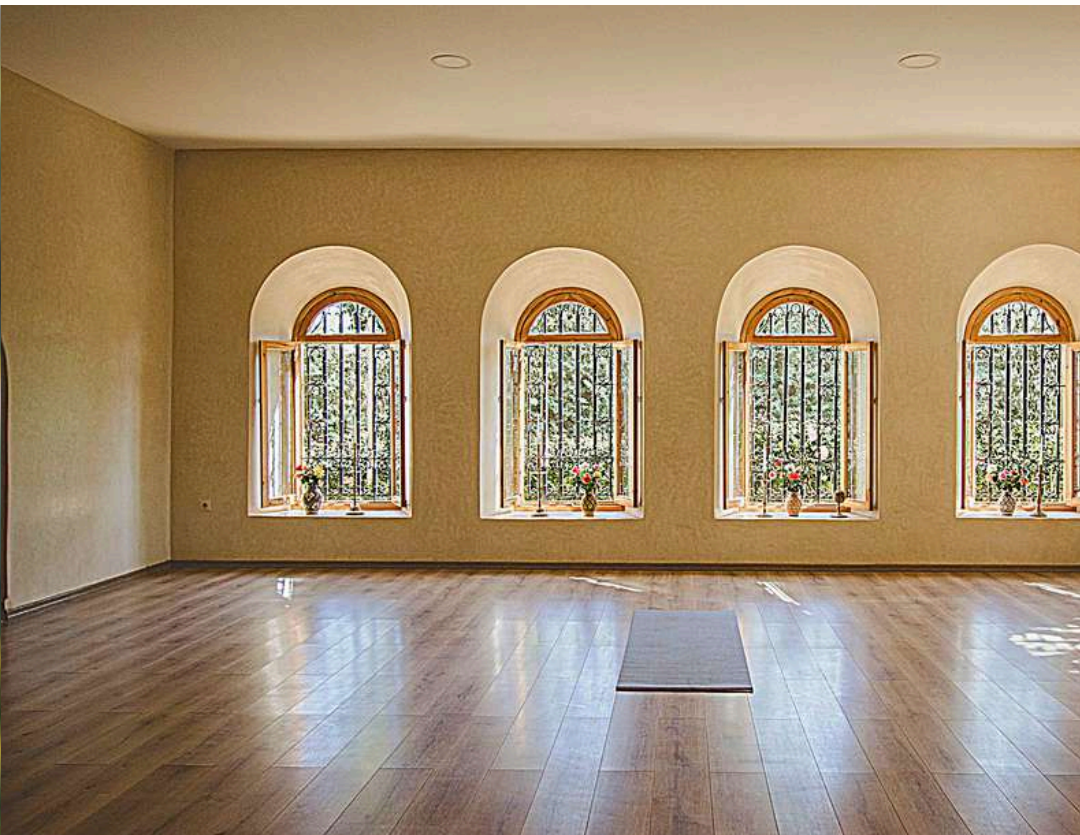
FREE TIME

17:30-18:30 Rooftop Evening Yoga Session

19:00 Dinner

let go | heal | reflect | move | grow | share | dance

DAILY YOGA, BREATHWORK + MEDITATION CLASSES FOR ALL LEVELS



Guided by Anetta - certified yoga teacher
(Vinyasa and Ashtanga Yoga)

MANIFEST YOUR DREAM 2025



Exercises rooted in self love, personal development, manifestation and visualization techniques and much more for a powerful transition from 2024 to 2025



HIKING TRIP TO THE ATLAS MOUNTAINS



MOROCCAN CUISINE



Freshly cooked
everyday and served
as delicious and
healthy brunch and
dinner at the table
with love and care

vegetarian - vegan
saisonal - regional

Fruits, nuts,
traditional tea and
coffee all day



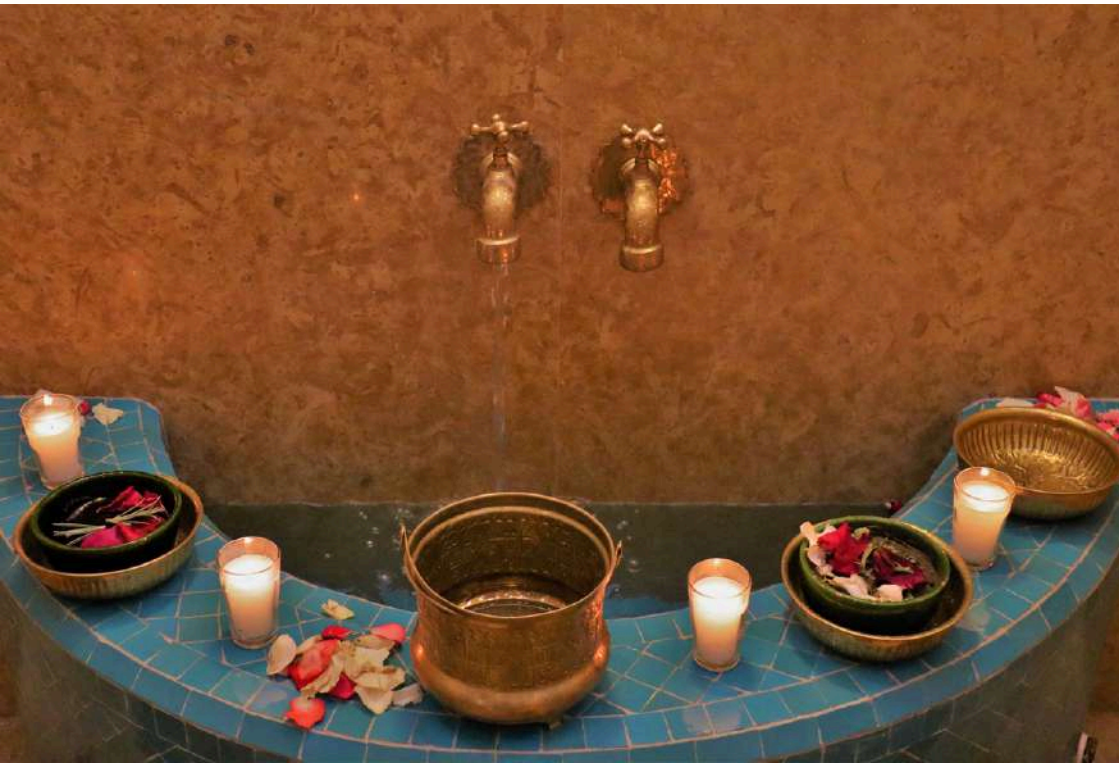


RELAX

Peace and silence in the gardens, terraces and lounges

Detox from Social Media (WIFI only available in the reception)

Additional: Hammam, Shiatsu and Oil Massages (ask for price list)





Chamber of your choice

Quadruple Room

835 EUR

Triple room

875 EUR

Double or Twin room

1015 EUR

+ private bathroom

1075 EUR

Single Room

1135 EUR

+ private bathroom

1195 EUR

Prices are per person and include the retreat program, Yoga supplies, 4 nights, 5 days at Bab Zouina, Airport transfers, Hiking trip to the Atlas Mountains, usage of the pool, gardens, terraces, tennis court, all meals and beverages;
Excluded: flight and additional activities

Additional

- Excursions: Berber souk, Anima garden, saffron farm, quad, Agafay desert, camel ride, hot air balloon, Marrakesch,
- Well-Being: shiatsu/oil massage
- Workshops: calligraphy, pottery, Moroccan cooking, bread making, Hemna Hands
- 1:1 Private Coaching, Meditation, Yoga Session with Anetta

Opportunity to prolong your stay

Feel free for more information

