

RISING WOMEN RETREAT

BY ANETTA TIARA

SPECIAL: PHOTOGRAPHY SESSIONS WITH
AUSRA BABIEDAITE

MOROCCO, OURIKA
ATLAS MOUNTAINS

APRIL 19-25 2025



RECLAIM YOUR FEMININE POWER

Practices rooted in feminine embodiment, connecting presence work, self love, personal development, Tantra and much more



Re-connect with the qualities of being a women: your softness is your strength, your playfulness is attractive, your body and heart are unbelievable wise. Connect in a circle of like-hearted women & nourish yourself in Sisterhood.

PROGRAM HIGHLIGHTS

Photography Session with Ausra | Daily Guided
Yoga, Meditation and Breath Work
Classes | Mantra Singing | Manifestation Tools |
Atlas Mountain Hike | Ecstatic Dance | Cacao
Ceremony | Daily Women Sharing Circle | Free
Pool | Fire Ceremony



Picture:
Bab Zouina's Garden, Rising Women Retreat 2020

guiding women to reconnect with their inner radiance, embrace holistic healing, and awaken their true power through intuitive movement, self-love, and soulful transformation.

ANETTA

AUSRA

celebrating femininity and capturing women's natural essence, creating transformative and deeply personal experiences



MOROCCO, OURIKA

Bab Zouina will be your home.

A green paradise. Holy gardens. A mix of modern and traditional Moroccan Riads.

Located at the foot of the Atlas mountains

Olive and fruit trees, hidden terraces and silent nature.

Arrive comfortably at Marrakesch - from there a transfer will be arranged for you to Bab Zouina.



DAILY CLASSES

all levels, also beginners



Outdoor



Indoor



Hands-on adjustments by Anetta - certified yoga teacher
Vinyasa, Ashtanga, Yin Yoga

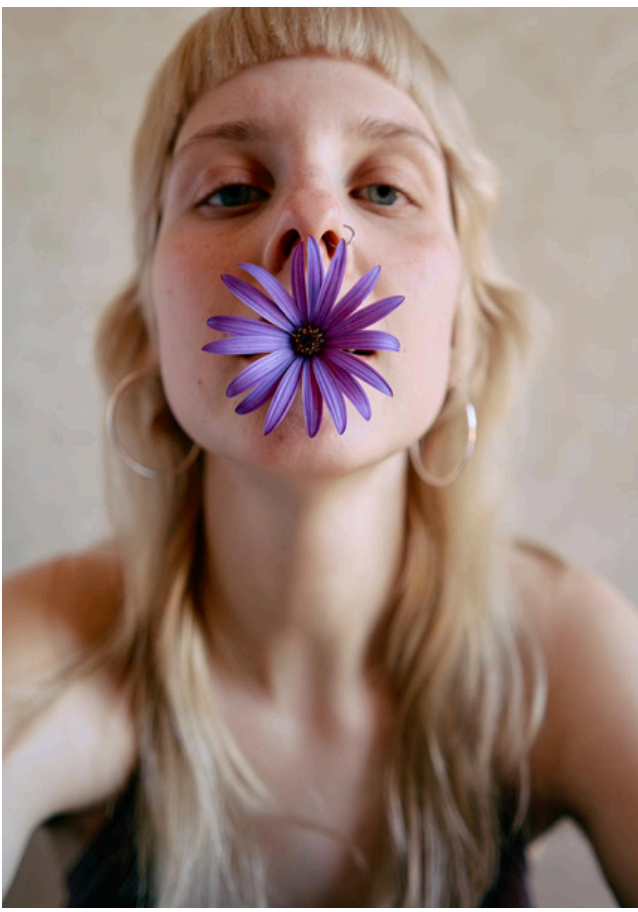
A mix of strong and soft, playful and sensual, powerful and restorative
Yoga Sequences. Anetta guides intuitively with her soft and firm voice.

Photography Sessions with Ausra

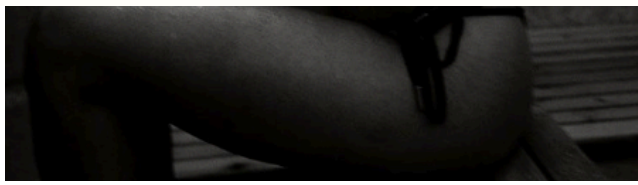


Reconnect with your self-love, embrace your natural beauty, and unleash your inner magnetism through yoga, dance, and empowering practices. In a safe environment Ausra will beautifully capture your transformation through photography, celebrating your unique beauty in nature just as much as you feel comfortable and authentic in your essence.

Let us celebrate the divine feminine, showcasing our natural beauty, strength, and spirit, all while surrounded by the beauty of nature, telling a story of love, connection, and the powerful energy of women coming together.



Ausra's photography
Rising Women Retreat
2024



ATLAS MOUNTAIN HIKE

Connect with the power of the Mountains.
Guided tour in silence and serendipity.



DELICIOUS & HEALTHY BRUNCH AND DINNER

Freshly cooked Moroccan dishes by the female
chef Aisha from the village.
Celebrating our meals all together, being served at
the table.
vegetarian - vegan - glutenfree possible

More than one can dream of





REST & GROUND

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

Additional: Shiatsu, the world-widebest oil Massages, Henna Hands Painting, Cooking Class, Pottery Class, hot ballon trips... and much more.



ABOUT ANETTA

Anetta is a world traveling model and yoga teacher whose life's mission is to help people reconnect with their love for life, themselves, and Nature. She once made the bold decision to follow her heart and leave medical school. This choice, driven by her passion for holistic well-being, led her to a path of deeper fulfillment, and she couldn't be happier.

At the Rising Women Retreat, Anetta brings her rich blend of scientific knowledge and holistic healing practices, which include yoga and much more. Her profound connection to her body and intuition allows her to guide women toward self-love, empowerment, and personal growth. Through her teaching, she creates a transformative space for women to embrace their authenticity and reconnect with their inner power, sharing the joy of living a life led by the heart.





ABOUT AUSRA

Ausra's a Copenhagen-based beauty and fine art photographer, brings her unique vision to the Rising Women Retreat. Known for her work in international publications such as Vogue and L'Officiel, Ausra's photography blends Scandinavian minimalism with vibrant color and emotional depth, celebrating femininity and authenticity. Her artistic journey is deeply rooted in her holistic approach to life, motherhood, and personal growth. As a passionate advocate for women's circles and ceremonial cacao, Ausra seeks to create meaningful connections and honor the true essence of women.



Chamber of your choice

Quadruple Room

Triple room

Double or Twin room

+ private bathroom

Single Room

+ private bathroom

1105 EUR/pers.

1165 EUR/pers

1375 EUR/pers

1465 EUR/pers

1555 EUR/pers

1765 EUR/pers

Prices are per person and include the retreat program, photography session with Ausra and 2 edited high quality pictures, yoga supplies, 6 nights, 7 days at Bab Zouina, Airport transfers, Hiking trip to the Atlas Mountains, Fire Ceremony, usage of the pool, gardens, terraces, tennis court, Brunch and Dinner, Juices, Nuts, Dates, Tea & Coffee the whole day;

Excluded: flights and additional activities like massages.

Option to prolong your stay.

A photograph of three young women standing on a grassy hillside. The woman on the left is wearing a patterned top and white pants, and is hugging the woman in the middle. The woman in the middle is wearing a white tank top and light blue pants. The woman on the right is wearing a white tank top and a plaid skirt. They are all smiling and looking towards each other. The background shows a hilly landscape with some buildings in the distance.

”Dear Anetta,

thank you so much for the time spent together,
this personal growth and this incredible
experience of being part of something special.

The time here in Bab Zouina has shaped and
enriched me in the long term. I have felt joy for
life and for myself again. I would never have
thought that this would be possible in such a
short time. Thank you for creating this space
where you always feel safe, accepted and
listened to. Thank you for being our rock, for
holding us, simply with your presence, strength
and compassion.

I've learned here to forgive myself, to love
myself, I've realized that I have a voice that
wants to be heard and that I have an impact on
this world. It's time to shine and to be myself.”

Eliza, 24