

Finding Ease of Being ~ a Gentle Somatic Yoga and Nature Retreat

with Roberta Hutchins

23rd to 27th September 2025



BabZouina
yoga, nature & retreat

Essential Rest

Finding Ease of Being ~ a Gentle Somatic Yoga and Nature Retreat

- Would you like the opportunity to spend 5 days on a gentle somatic yoga retreat immersed in 5 acres of beautifully landscaped lush gardens with stunning views of the Atlas mountains in sunny Morocco?
- Would you like to feel deeply rested, relaxed and refreshed?
- Would you like to find a greater sense of ease of being, connected with nature and yourself?

You are invited to join Roberta as she guides you during the retreat through practices of movement and stillness to actively rest and relax. Giving you the time to explore ways to deeply relax the body-mind, find ease of being and connect with your essential nature.

Our daily yoga practices will include gentle somatic yoga, meditation, restorative yoga and yoga nidra in one of Bab Zouina's beautiful yoga shalas.





Roberta's other passion is for plants! This retreat will include a day trip up to the Atlas Mountains. There will be optional trips to the gorgeous nearby Anima sculpture garden and the 'Paradis du Safran' organic botanical garden where Roberta will also give a guided tour of the medicinal herbs followed by time to enjoy their saffron and herb tea and delicious snacks.



We will enjoy Bab Zouina's superb Moroccan hospitality with three lovely traditional Moroccan and Berber meals a day and freely available tea, bottled water, fruit and nuts.

There will be plenty of time for you to unwind and enjoy some time for yourself. There is a swimming pool fed with fresh water from the Atlas mountains, lots of space to enjoy the Bab Zouina gardens and traditional Moroccan hammam & massage treatments are available.



Meet Roberta Hutchins -

Yoga Teacher, Psychotherapist and
Medical Herbalist

I began practicing yoga in 1997 with a wonderful and inspiring teacher who ignited my lifelong love of yoga. I have been teaching yoga since 2011 and love extending my knowledge and practice by attending regular yoga and somatic movement trainings with some inspiring teachers worldwide, including Donna Farhi and Lisa Petersen. I am also an iRest Yoga Nidra teacher; iRest is a guided meditation practice which I share during my yoga workshops and look forward to sharing with you on this retreat.

I especially enjoy teaching gentle somatic yoga, blending somatic movement with more traditional yoga practices. We practice gentle movement with your attention focused inwards as we move towards a place of greater ease and comfort in the body and mind. Helping you find a greater sense of ease of being.

This way of practicing is ideal for anyone who would like to focus on exploring their internal experience, finding their alignment from within and learning about how their own mind and body work. This retreat is suitable for any level of yoga experience. You are encouraged to practice listening very carefully to your body and the practices can be adapted for you.

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 cooked daily with fresh and local produce.

Guest rooms are spacious and authentic: carpets, cushions, crafts, and a comfy bed





Catch some sunshine and blue skies before winter! The September weather at Bab Zouina is usually mid 20s during the day and cooling down overnight.

As well as our trip to the Atlas mountains and the optional botanical garden visits, there are other optional excursions available, such as a visit to a Berber souk or into Marrakech city (subject to availability). Walks in the surrounding local area are also possible.

Registration & Price

Triple room	665 GBP/pers.
Double/twin room (shared bathroom with one other room)	785 GBP/pers.
Double/twin room (private bathroom)	835 GBP/pers.
Single occupancy (shared bathroom with one other room)	885 GBP/pers.
Single occupancy (private bathroom)	995 GBP/pers.

**£50 Early bird discount for deposits paid before 30 of November*

Includes:

- 4 nights full board accommodation
- All yoga and mediation sessions
- All on-site meals
- Fruit, nuts, water and Moroccan tea at all times
- Transfer to and from Marrakesh airport
- Day trip to the Atlas mountains (including lunch)

Optional trips:

- Anima garden (25 Euros)
- Le Paradis du Safran (30 Euros: including herb talk, drink & snack)

A deposit of **£350** 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 on: bab-zouina.com/cancellation-registration. Please ensure you have your own travel insurance, including cover for you not being able to attend the retreat for any reason.

For any queries about the retreat please contact Roberta on +44-774-703.06.29 or email Roberta@bewelldevon.co.uk

All bookings and payments will be made directly with Bab Zouina. For bookings please contact Karim at Bab Zouina on +41-79-336.48.48 or marhaba@babzouina.com to organise your payment.

This will be a small group retreat to give you the best experience possible but will require a minimum of 8 participants to run. Please wait until we give you the go ahead before booking your travel.

For more information about Roberta visit: www.bewelldevon.co.uk and for more information about the retreat venue visit: <https://bab-zouina.com/>

Schedule

Day 1: Setting intentions

TBC	Welcome at Marrakesh airport & Transfer to Bab Zouina
13h30	Lunch for any early arrivals
16h30 - 18h30	Opening circle, gentle somatic yoga and yoga nidra
19h30	Dinner

Day 3: Sensing from within

From 6h45	Early morning tea and fruit/nuts
7h15	Meditation (optional)
8h - 9h	Gentle somatic yoga and pranayama (breathing practices)
9h	Breakfast
10h	Depart for the Atlas mountain day trip (to include lunch)
19h30	Dinner
	Socialise or quiet time for yourself

Day 2: Finding your inner resource

From 6h45	Early morning tea and fruit/nuts
7h15	Meditation (optional)
8h - 9h15	Gentle somatic yoga and pranayama (breathing practices)
9h30	Breakfast
10h30	Optional visit to Anima Gardens
13h30	Lunch
14h30 - 16h45	Free time to relax, swim, take a walk, enjoy a massage or hammam
16h45 - 18h45	Gentle somatic yoga, restorative yoga and yoga nidra
19h30	Dinner

Day 4: Welcoming all that is

From 6h45	Early morning tea and fruit/nuts
7h15	Meditation (optional)
8h - 9h15	Gentle somatic yoga and pranayama (breathing practices)
9h30	Breakfast
10h30	Optional visit to Paradis du Safran (organic herb and saffron farm) - including a medicinal herb walk and talk with Roberta
13h30	Lunch
14h30 - 16h45	Free time to relax, swim, take a walk, enjoy a massage or hammam
16h45 - 18h45	Gentle somatic yoga, restorative yoga and yoga nidra
19h30	Dinner
20h30	Evening circle by the fire pit

Day 5: Moving into the world with ease of being

From 6h45	Early morning tea and fruit/nuts
7h15	Meditation (optional)
9h30	Breakfast
11h - 13h	Gentle somatic yoga, restorative yoga and yoga nidra / Closing circle
13h	Lunch
	Departures for the airport or other onward travel

This programme is subject to variation. Other day time excursions of your choice are possible on days 2 and 4 subject to availability.



See you soon!



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