

Breathe, Connect & Reset

Embark on a transformative 4-day retreat to reconnect, reset, and recharge.

Let the breathtaking beauty of **Ourika Valley** envelop you, as you surrender to the rhythm of nature and rediscover a deep sense of peace.

Join us for this soul-nourishing experience and awaken the inspiration within you.



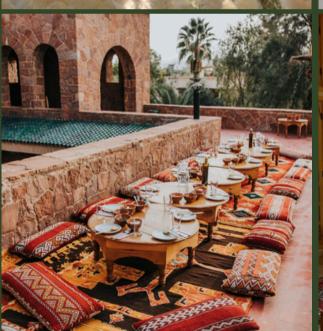
Nada -Yoga instructor and Holistic therapist Instagram - <u>@nadayurveda</u>



Artemi Yoga instructor and owner of
Lemontree Studio, Barcelona
Instagram @artemiandfitness









Dive in an enchanting place surrounded by olive trees lush ornamental gardens.

Bab Zouina is a sanctuary of authenticity and serenity.

Here, every breath is a moment of renewal, inviting you to awaken your senses and flow in perfect harmony with nature.

Yoga, Meditation, Delicious food, Chilling by the pool, Hiking.













A 4 days Program

DAY 1 - LAND IN YOUR SENSES

DAY 2 - EMBRACE JOY & CONFIDENCE

DAY 3 - IGNITE YOUR INNER POWER

DAY 4 - LOVE YOUR AUTHENTIC SELF

Daily yoga practices, workshops and self-discovery

- Yoga on the beat of the music
- Yin & Nidra
- Journaling
- Aromatherapy flow
- Trekking
- Walking in the village

- Meditation
- Breathwork
- Power yoga
- Advanced techniques of Asanas
- Fusion Work out
- Empowerment practice (chit shakti)

Your investment



Deluxe Single Suite 890€ (deposit of 300€)

1 Guest only - King size bed, private balcony and private Bathroom.



Deluxe Double Shared 790€ (deposit of 300€)

Price per person, Room is for 2 guests, possibility for separate beds with a private balcony, and Bathroom



Deluxe Double Room 730€ (deposit of 300€)

Price per person, Room is for 2 guests with a private balcony and a Bathroom Outside the Room









Contact and booking:

Lemontree Studio: +34 668 589 170 /

Nada: +212 668 027 194







