



# JOY Retreat (Movement & Creativity)

with Lauren & Caro

23 - 29 January 2026



**BabZouina**  
yoga, nature & retreat

## Welcome to the JOY Retreat in Bab Zouina

**OUR INTENTION** - We want to offer you a week of exploration, inspiration and relaxation. Your healthy getaway from the cold winter days. A week where your soul will be pampered and your mind can take a break. You feel what is good for you. We guide you on this journey of JOY.

**FLOW** - means "getting in the zone" where you lose track of time and feel very peaceful, in the moment. We (Lauren & Caro) like to go in that zone - and we want to share our flow experiences with you by giving creative workshops and yoga.

**JOURNEY OF YOGA** - means 'a lot of yoga'. A balance of dynamic vinyasa flows and restorative gentle sessions. Depending on what your body wants and needs . We will have sunrise sessions as well as sunset sessions. There will be workshops where we dive into certain asana's, in combination with mindfulness exercises and meditation. This year we also add a pinch of pilates.







Treating **YOUR BODY** well - which means your body will feel healthy. We will nurture you with fresh vegetarian/vegan food everyday. You'll enjoy the sunrays, the beach & sea water. There will be a perfect mix between rest and movement - on your rhythm. You will get more in touch with your body and mind connection - and you will learn to just "be".

Your **CREATIVITY** will be explored by different creative workshops. You will learn certain techniques and will go home with some souvenirs you made yourself. Think of colours, painting, fabrics, daily exercises, storytelling, and so much more. The process of creating - of getting into that FLOW.

Connect with **NATURE**: For 1 full day we will go and hike in the Atlas Mountains while enjoying the beautiful views and magic of the Mountains.



# 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.

Bab Zouina has several ecological buildings spread across its wide domain. Our buildings are inspired by beautiful traditional earth architecture. Our spacious domain has various terraces and peaceful places that allow guests to relax.

We can accommodate you in a single, double or triple bed room. All rooms include ensuite or adjacent bathrooms with complimentary towels for your comfort. We are here to ensure that your stay feels like a private oasis.







Stroll the countryside freely as the weather will be mostly sunny, around 21°C during the day and 8°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	€1'160/pers.
Double room w/ shared bathroom	€1'370/pers.
Double room w/ private bathroom	€1'460/pers.
Single room w/ shared bathroom	€1'550/pers.
Single room w/ private bathroom	€1'760/pers.

## The retreat **includes**:

- A week in a beautiful Moroccan palace
- Airport transfer from and to the airport
- Vegetarian meals (3 day)
- Herbal teas & seasonal fresh/dried fruits all day
- Yoga - Pilates classes
- Asana labs & Creative workshops
- An unforgettable 1-day in the beautiful Atlas Mountain
- A pottery workshop (½ Day)
- Swimming pool & gardens for you to explore

## What is **excluded**:

- Flights (book your flights to Marrakech), there is a possibility to stay a day earlier or longer at the premises (subject to availability)
- A night out in Marrakech (restaurant & transfer)
- A traditional Moroccan Hammam
- A nurturing or shiatsu massage on premises

Max. 16 participants possible. A deposit of **€750** is required to confirm registration. The balance is due **23/12/2025**.

This deposit is only refundable in case of retreat cancellation. Cancellation policy is available at: [bab-zouina.com/cancellation-registration](https://bab-zouina.com/cancellation-registration)

To register please send an email expressing interest to [marhaba@babzouina.com](mailto:marhaba@babzouina.com) or via WhatsApp: +41-79-336.48.48

# How a day could look like

8:00 - 8:30	Coffe/Tea
8:30 - 10:00	Meditation & Movement session
10:00 - 11:00	Breakfast
11:00 - 13:30	Creative workshop
14:00 - 15:00	Lunch
15:00 - 17:00	Asana workshop / Free time / Creative workshop
17:00 - 19:00	Workshop / Creative / Free time
19:00 - 20:00	Dinner
20:00	Free time or Yin Yoga / Restorative session





# About Lauren

Meet Lauren, Founder of Journey Of Yoga, a place to unite people and share well-being practices to feel more in sync with your inner and outer world. In her early twenties she fell in love with the practice of yoga. When she lived in Barcelona, she entered a Jivamukti (Hatha Vinyasa) studio and never left. Jivamukti in Sanskrit means 'living in a liberated state' and isn't that just the feeling we have while on a journey? Being free?

With Journey Of Yoga she would like to take you on a free ride of exploration in your body, mind and soul.

Throughout the years Lauren kept absorbing and learning about human health & wellness. She hosts different (yoga) retreats, ice bath workshops, and in addition to yoga she also became a pilates instructor.

For Lauren, movement practices are a never ending journey that take her to new places yet to be discovered. Sometimes it takes her to turbulent places, sometimes it takes her to loving places, sometimes it takes her to an oasis of silence where, guided by the breath, she's always brought to a different place. Always surprised by where she ended up that day. Always curious about what the next journey has in the making and grateful that the body and the mind keep calling her back.



# About Caro

Caro is the founder of Art by Caro - a self-taught artist with a passion for adventure and a freedom-based lifestyle. After a life-changing solo journey through South America in 2021, she decided to fully embrace her creativity and let it guide her path. What started with brushes and canvases soon evolved into the customization of vintage jackets into wearable art.


Through her work, Caro brings a fresh, soulful approach to sustainable fashion. Each piece - whether a jacket, a print, or a mural - tells a story rooted in freedom, exploration, and connection. She hand-sews her artwork onto high-quality secondhand denim jackets, offering unique, one-of-a-kind creations that make her clients feel bold and alive.

Beyond her art, Caro organizes creative retreats and is deeply involved in the music and festival scene, where she's responsible for decoration projects. She also takes her jackets on the road - from local pop-ups to international art markets - sharing her universe of color with people from all walks of life.

Ready to let her color up your life?





A scenic view of a desert garden. In the foreground, there are large, green, columnar cacti and patches of dry, yellowish grass. A light-colored, winding path leads through the garden. In the background, there are more trees, a tall, thin, brown tree trunk, and a modern, light-colored building with arched windows. The sky is blue with some clouds.

See you soon!



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