

# WELCOME

June 13 - 20, 2026

## Bab Zouina, Morocco





## HOST BIOGRAPHY

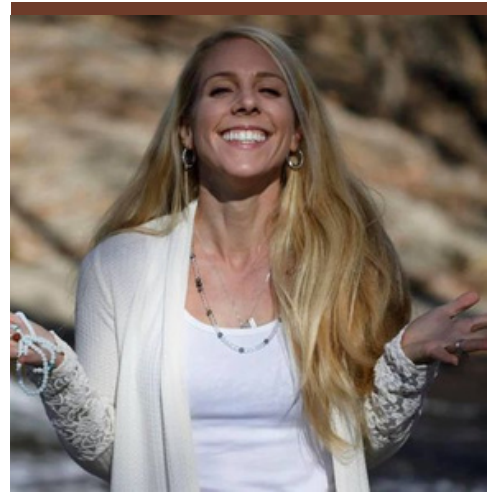
---

### Brittany Cochran

Brittany is a E-RYT 500 Yoga teacher, and holds several supplementary yoga certificates including yoga therapy, yoga for Veterans, yoga for PTSD, and yoga for eating disorders.

Brittany discovered her passion for healing after recovering from a serious running injury, and a severe eating disorder. Brittany loves all things mystical, magical, and mysterious. She is also a super anatomy nerd, and is always enthralled by an injury inquiry.

Brittany recently became a mother to her daughter, Lyra, who will be joining us on retreat.



### Katherine Usher

Katherine is a Marriage and Family Therapist and active travel expert. She has developed, curated, and executed scores of cycling and adventure trips throughout the past 15 years all over the world.

In addition to her travel expertise, Katherine holds certifications in Internal Family Systems, Sensorimotor Therapy and in Gottman Level 1 and 2 for couples therapy. Through a supportive, non-judgmental space, Kathrine strives to work alongside her patients to uncover and unlock strengths that unleash their full potential. She believes that we are each the expert in our own life and relationships, and her role is to witness and collaborate with you to create a personalized plan for growth and healing with the tools we each inherently possess for meaningful change.







## Awaken your Adventurer

---

Brittany and Katherine met in Costa Rica in 2018 and quickly discovered a shared passion for human connection, meaningful travel, and personal growth. This retreat is a thoughtfully designed opportunity to step away from our routines and connect with your sense of purpose, self-awareness, and adventure. Rooted in the understanding that travel can be a catalyst for transformation, our time together will include daily yoga, guided journaling, group processing, breathwork, and meditation to foster insight and emotional clarity. You'll spend time outdoors, recharging and engaging your senses, and take on practices designed to build confidence, clarity, and a bold mindset. This retreat is ideal for individuals seeking intentional space for reflection, growth, and connection—with themselves and others. We hope you'll join us!



### What's Included

7 nights lodging, all meals while on site, 2 yoga sessions daily, group processing, guided excursions, transfer to and from airport, professional photos from the trip.

### What's not Included

Airfare to and from Morocco, lodging before and after, gratuities, optional spa services, travel protection, and activities not included in itinerary





## ACCOMODATION

Bab Zouina consists of several eco-friendly buildings set within lush gardens, sprinkled with varied hues of green, thyme and lavender hedges, olive trees, agave plants and exotic flowers. The traditional Moroccan buildings, inspired by nature, offer a range of rooms types, including single, double or triple occupancy, and either share an adjacent bathroom with just one other room or have en-suite facilities. Complimentary towels are provided for your comfort and ease.

There are also various shared spaces, including lounging areas, roof top terraces, courtyard gardens, a communal fire pit, a swimming pool and sun lounging area. Bab Zouina has two spacious yoga shala's, fully equipped with mats, belts, blocks, bolsters and blankets. There are also two large rooftops areas suitable for yoga practice, overlooking the magnificent Atlas Mountains.

### TRIPLE OCCUPANCY

\$2,300

This price is based per person and includes a large room with three twin beds and a private bathroom. This option is ideal for solo travelers open to sharing a room with two others or a group of friends. Additionally, this price includes (3) meals each day, and all included activities listed on the itinerary.

### DOUBLE OCCUPANCY

\$2,700 (shared bath), \$2,900 (private bath)

This price is based per person and includes a large room with a queen bed, king bed or two twin beds. This option is ideal for solo travelers open to sharing a room with one other person, two friends, or a couple. Additionally, this price includes (3) meals each day, and all included activities listed on the itinerary.

### SINGLE OCCUPANCY

\$3,100

This price is based per person and includes a king or queen bed in a large room and a private bathroom. This option is ideal for a solo traveler. Additionally, this price includes (3) meals each day, and all included activities listed on the itinerary.



**Rooms at Bab Zouina**

## DEPOSIT- REGISTER HERE-

A \$500.00 deposit is due at registration. Deposits are non-refundable after September 1st, 2025.

## EARLY BIRD DISCOUNT

Save \$200 by registering before August 1st. Early commitments help us to create the most seamless and enriching retreat experience. USE PROMO CODE: F&F200

## PAYMENT PLANS

Payment plans are available, please email Brittany at [awakenedtraveltours@gmail.com](mailto:awakenedtraveltours@gmail.com).





## Food and Drink

---

All meals are prepared with love and care, using local produce, including vegetables from the retreat centre's own garden. Menus are influenced by Moroccan, Berber and Middle Eastern cuisine and can cater for any dietary considerations, including vegan, gluten free, and lactose free diets.

Bread is baked on a daily basis, using a traditional Moroccan earth oven, and kitchen staff squeeze delicious fruit juices each morning. In addition to this, tea, coffee, fresh and dried fruits are made available throughout the day. A balanced diet is at the heart of Bab Zouina's culinary approach.

### Breakfast

The day starts with the option of seasonal fruits, dried fruit, fresh fruit juices, yoghurt, porridge, muesli and herbal teas.

Brunch: After the morning yoga session we will share a delicious brunch comprising of freshly baked breads, spreads, eggs, fresh salads, vegetable dishes, couscous, and a variety of teas or coffee.

### Snack

Mid-afternoon energy balls will be available before the afternoon yoga session.

### Dinner

A varied vegetarian evening meal, catering for all preferences and appetites, consisting of delicious soup, freshly baked bread, vegetarian dishes, such as tagines, vegetable lasagne or vegetable and feta pie, a rice or couscous dish, vegetable side dishes, and a small dessert. It's even possible to order meat with your meal, at no extra cost.

### Lunch in Marrakesh

We will have a one day excursion to the city. Please purchase your own meals during this day trip. We want you to enjoy and have the opportunity to eat and drink at your leisure!

### Dietary Restrictions

Please let Brittany or Katherine know any dietary restrictions or preferences at the time of registration.

### Alcohol

Though not available at Bab Zouina, participants are welcome to partake in alcoholic beverages at their own discretion.





## ACTION ITEMS

---

### INTERNATIONAL FLIGHTS

The yoga retreat centre is located at the foot of the Atlas Mountains, approximately 40 minutes from Marrakesh. Retreat attendees can fly directly into Marrakesh Menara Airport from various US airports. The 40-minute transfers from the airport is included. With the retreat starting on Saturday, you might like to arrive on Friday to experience one night in the hustle and bustle of Marrakech, before retreating to the peaceful seclusion of Bab Zouina.

[Book Flight](#)

### TRAVEL INSURANCE

Naturally, no one books with the intention of canceling or postponing their retreat, but unexpected things do happen, so please purchase travel insurance. Awakened Travel Tours is not responsible for expenses, including but not limited to lodging, meals, and transportation, incurred for delays and/or detainments beyond the trip itinerary.

[Search](#)

### EXTRA ACCOMMODATIONS

[Reserve](#)

### CONCIERGE SERVICE

For a 10% fee, Awakened Travel Tours offers a personalized concierge service to help organize all the details of your journey beyond the retreat. Whether you need assistance with flights, accommodations, transportation, or extra excursions, we take care of the logistics so you can fully immerse yourself in the experience. Let us handle the details while you focus on adventure and relaxation.

[Request](#)

## ARRIVAL AT MARRAKESH MENARA AIRPORT

Upon arrival at Marrakesh Menara Airport, you will be picked up by a "Taxi" sent by Bab Zouina. The taxi will take you directly to the office at Bab Zouina venue where you'll be greeted by their wonderful manager for check in. Please check in prior to 3:00pm WEST time.





## WHAT TO EXPECT

---

- At Bab Zouina, we will be one among two retreats coinsiding. Please be respectful with your volume.
- Laundry service is available and complementary.
- Bab Zouina provides own environmentally friendly soap. If you do bring any of your own soaps or shampoos, please try to ensure that they are environmentally friendly, as we are working to protect their delicate eco-system. You will also want to bring sunscreen and bug repellent.
- Smoking – OK on some terraces and designated areas.
- The standard voltage in Morocco is 220 volts with a frequency of 50 Hz. This is the same as in many European countries. Please bring the appropriate adapters.
- AC - no A.C. Fans available.
- Communication – Sometimes some phones will work and sometimes they won't. While wifi service is free, they do not have any public computers available for general use. Please correspond through our [WhatsApp](#) group upon registration.
- Water – Mineral water available for drinking. Faucet water is ok for teeth brushing but not suggested for drinking.
- Credit Cards – The cost of tours, spa treatments, and other incidentals will be charged to your room and is payable at departure.
- Tips for services rendered are very much appreciated by Bab Zouina's hardworking staff. At the end of the week, you may leave a cash tip in our tip box. All tips will be pooled and divided evenly among the staff of about 25 people who work in the kitchen, garden, office and housekeeping staff. If you would like to tip individually, you may do that also at check-out. As a guide, may we suggest a tip of \$20 – \$40/day. Likewise, tips for individually booked spa treatments and tours are left to your discretion.



## DAILY SCHEDULE

---

<b>6:00- 9:00</b>	Coffee, tea, fruit, breakfast
<b>9:00- 10:30</b>	Yoga and Meditation
<b>10:30- 12:00</b>	Brunch
<b>12:00- 16:00</b>	Free Time
<b>16:00-17:00</b>	Group Sync and Connection with Katherine
<b>17:00- 18:15</b>	Yoga and meditation
<b>18:30- 19:00</b>	Dinner
<b>20:00- 21:30</b>	Evening gathering/ meditation/ ceremony/ free time

## DAILY INTENTIONS

---

<b>Saturday</b>	Grounding and Opening
<b>Sunday</b>	Curiosity
<b>Monday</b>	Courage
<b>Tuesday</b>	Surrender
<b>Wednesday</b>	Restoration
<b>Thursday</b>	Boldness
<b>Friday</b>	Integration
<b>Saturday</b>	Goodbyes





# MOVEMENT, MEDITATION, & CEREMONY

## YOGA

Our retreat is for all levels—no experience needed! Each class is thoughtfully designed to support your unique journey, whether you seek movement, relaxation, or deep inner connection.

### **Kriyasa Yoga** (Breath, Energy & Meditation)

A unique blend of kriya, kundalini-inspired movement, breathwork, and meditation to awaken energy, clear blockages, and deepen self-awareness.

### **Vinyasa Flow** (Breath-Connected Movement)

A dynamic practice that links breath with movement, ranging from gentle to energizing, with options for all levels.

### **Yin & Restorative Yoga** (Deep Release & Relaxation)

Long-held postures and full-body support to unwind, restore, and bring balance to body and mind.

### **Meditation & Breathwork** (Morning Mindfulness & Vitality)

Guided meditation and pranayama (breathwork) to start your day with clarity, focus, and inner peace.

### **Yoga Nidra** (Deep Rest)

A soothing journey of sound healing and guided relaxation to calm the nervous system and promote deep renewal.

## EXCURSIONS (included in itinerary)

**Atlas Mountains Day Trip**- discover the High Atlas Mountains and admire the beautiful diversity, passing through villages with typical Moroccan dwellings and warm and welcoming people.

**Marrakesh Day Trip**- enjoy a myriad of colors through Morocco's major city of Marrakesh. Experience flourishing markets, ancient structures and vibrant people.

## EXTRAS

---

### ADVENTURE TOURS & SPA

Bab Zouina's environment is perfectly suited for all types of physical activities (hikes, dancing, swimming, ice baths & breathwork, tennis, etc.). Well-being activities vary from hammam, oil massage, shiatsu, meditation, cooking, and pottery.

[View](#)

#### Hamman

Our Hammam vault invites you to bathe in an ancestral gentle ceremony, while the light of candles reflects in the glass roof incrustation. Built with noble materials, marble and tadellakt, this timeless space is a hymn to well-being. We offer our guests a 60-minute session including soaping, scrubbing, body wrapping and oil moisturization.

[View](#)



## CEREMONY

### Opening Ceremony – Intention Setting & Sacred Connection

We begin our journey with a sacred opening circle, setting intentions and grounding into the retreat space. Through guided meditation, breathwork, and ritual, you'll connect with yourself and the group, creating a foundation for transformation.

What to Bring: A journal, a small meaningful item for the altar (crystal, token, or symbol of your intention).

### Summer Solstice Ceremony – Release & Renewal

We invoke Ganesha, the remover of obstacles, in a powerful fire ceremony. You'll release what no longer serves you and welcome fresh possibilities for the Summer through mantra, symbolic offerings, and reflection.

What to Bring: A journal, something to release into the fire (a note, symbol, or small natural item).

### Closing Ceremony – Integration & Blessings

We close our time together with a heartfelt gratitude and integration circle, reflecting on insights gained and sealing the experience with a final blessing. This ceremony offers space to honor your journey and carry its wisdom forward.

What to Bring: Your journal and any item you placed on the altar

## F.A.Q

---

## CURRENCY

The Moroccan dirham is the official currency of Morocco, although US dollars are widely accepted. Items and activities purchased at BabZouina can be charged to your room and paid with a credit card at the end of your stay. The amount of local currency that you need depends on how much you intend to spend on extra purchases outside of the property. For Americans, it is really not necessary to convert any money to local currency as all businesses happily accept U.S. dollars (however, expect your change to be in dirham). In fact, we suggest that you do not change any money and bring several smaller bills so you do not receive any change. The current rate of exchange fluctuates around 9 dirham for every 1 US dollar.

## VACCINATIONS

You do not need any specific shots or vaccines before visiting Morocco although it is recommended to be up to date on all routine vaccinations. <https://wwwnc.cdc.gov/travel/destinations/traveler/none/morocco>

## LANGUAGE

In Morocco, the most widely spoken language is Moroccan Arabic (Darija). While Arabic is an official language, Moroccan Arabic is the primary spoken vernacular. English is also commonly spoken by those working in tourism and hospitality.

## WEATHER

June is a great time to visit Morocco if you prefer warm and dry weather. Be prepared for high temperatures, especially in inland areas, and take precautions to stay hydrated and protected from the sun. June is generally a dry month with minimal rainfall.





AWAKENED TRAVEL

# See you soon!

Designed by Matthew Schroeder  
303.915.0817

