

Liquid Flow Immersion and Retreat

with Simon Park

December 6th - 13th, 2025



BabZouina
yoga, nature & retreat



Simon Park

Simon leads his classes with a peaceful voice and stories from the lands he's been to. Throughout the years, he's developed a certain way of looking at people that unfolds in several ways: the understanding of the capability of the students in the room and how to therefore adapt his teaching, the clarity in explanations to go through his creative flow, the humility and attention to take into account every person who practices. Outside the mat, he shines with a sincere smile and a true presence. His beloved teachers flow through his teachings organically - Shiva Rea, Maty Ezraty, Richard Freeman, Joan White and Dharma Mittra. Simon has 25 years of teaching experience all over the world and to people from all walks of life.

Sharing the Yoga practice during retreats and trainings are especially special to Simon. The time to slow down and look deeper into the nature of the practice and how the body, mind and spirit are guided by it. He especially enjoys integrating the elements of nature, live music and meditative space to reflect. His classes are a process of inquiry - how to open and strengthen the body intelligently while releasing tension to positively affect the responses of the nervous system.

This is Simon's first retreat at Bab Zouina and he is very excited to share a revelatory journey with you to discover the magic of Morocco!

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.





Stroll the countryside freely as the weather will be mostly sunny, around 23°C during the day and 10°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. (subject to availability)

Registration & Price

The number of participants is limited to 18 participants.

Twin room w/ shared bathroom	€ 900/pers.
Twin room w/ private bathroom	€ 1'005/pers.
Single room w/ shared bathroom	€ 1'110/pers.
Single room w/ private bathroom	€ 1'355/pers.

Includes:

- Transfer to and from Marrakesh airport
- Accommodation
- All on-site meals
- Fruits and Moroccan tea at all times.

(To be paid by bank transfer to Bab Zouina)

A deposit of € 500 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

The prices indicated exclude yoga fees.

Yoga fees : € 650/pers, to be paid to Simon Park

To register please send an email expressing interest to marhaba@babzouina.com or via WhatsApp: +41 79 336 48 48

Schedule

Saturday 6th December 2025: Arrival

TBC	Welcome at Marrakesh airport & Transfer to Bab Zouina
TBC	Introduction & Welcome
20:00	Dinner

Sunday 7th - 12th December 2025


7:00 - 8:00	Tea, Fruits, light snack
9:00 - 11:00	Morning Practice - Asana, Pranayama and Meditation
11:00 - 12:00	Brunch
12:30 - 14:00	Asana Clinic, Hands On Assisting, Sequencing
14:00 - 17:00	Free time
17:00 - 19:00	Evening Session - ZenThai Shiatsu, Restorative Practice
19:30	Dinner

Wednesday 10 December 2025: Free day

8:00	Breakfast
9:00 – 19:00	Optional activities and excursions (cultural visit of Marrakesh, mountain hike, etc.)
19:00	Return to Bab Zouina
19:30	Dinner

Saturday 13th December 2025: Departure

8:00	Breakfast
TBC	Departure to Marrakesh airport

A scenic view of a desert garden. In the foreground, there are several large, green cacti and patches of dry, yellowish grass. A winding concrete path leads through the garden. In the background, a modern, light-colored building with arched windows is visible, surrounded by trees and shrubs. The sky is blue with some clouds.

See you soon!



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