

# Iyengar Yoga retreat

with Hazel Sainsbury

10 - 17 January 2026



BabZouina  
yoga, nature & retreat



## Hazel Sainsbury

Hazel has practiced Iyengar yoga for nearly 30 years, teaching for over two decades. She was immediately drawn to Iyengar yoga for its pace, sensitivity, and attention to detail. She also loves that Iyengar yoga is accessible to everyone, emphasising pragmatism by adapting postures or finding alternatives when needed. Through her practice, she has observed the profound impact simple movements can have on the body, breath, and mind. In her classes, Hazel aims to create a non-competitive space for people to practice with a spirit of exploration.



# 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 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. (subject to availability)



# Registration & Price

Triple room	€ 1'005/pers.
Twin room w/ private bathroom	€ 1'355/pers.
Single room w/ shared bathroom	€ 1'460/pers.
Single room w/ private bathroom	€ 1'705/pers.

## Includes:

- Yoga courses for the whole retreat
- transfer to and from Marrakesh airport
- accommodation
- all on-site meals
- fruits and Moroccan tea at all times.

A deposit of EUR 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](http://bab-zouina.com/cancellation-registration)


To register please send an email expressing interest to : [hazel.sainsbury@btinternet.com](mailto:hazel.sainsbury@btinternet.com)



## Daily Schedule

8:00	Tea, coffee & local dried fruits
8:30 - 10:30	Asanas
11:00	Brunch
12:00 - 16:15	Excursion or free time ( <i>pool, Hammam, massage..</i> )
16:30 - 18/18:30	Restorative Asanas & Pranayama
19:00	Dinner



A scenic view of a desert garden. In the foreground, there are large, green, columnar cacti and some smaller, rounder ones. A winding concrete path leads through the garden, bordered by low-lying, dry grasses and shrubs. In the background, there is a large, light-colored building with arched windows and a balcony. The sky is blue with some clouds, and mountains are visible in the distance.

See you soon!



**Bab Zouina**  
yoga, nature & retreat