

PEACE | TRANQUILLITY | SELF-LOVE

YIN | YANG



SAMASTHALA YOGA - YIN AND YANG  
MOROCCAN  
YOGA RETREAT

APRIL 20 2026 - APRIL 25 2026

TWIN SHARED ROOM: £1,049  
SINGLE SPACE ROOM: £1,349



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# Samasthala Yoga Yin | Yang Moroccan Yoga & Wellness Retreat

5 Days of Transformation at Bab Zouina  
Ourika Valley, near Marrakech, Morocco

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## Embark on Your Journey

Immerse yourself in an authentic Moroccan retreat at **Bab Zouina**, nestled in the serene Ourika Valley at the foothills of the Atlas Mountains. Surrounded by olive trees, gardens, and traditional earth-inspired architecture, this retreat is designed to deepen your yoga practice, connect you to vibrant culture, and nourish your mind, body, and spirit.

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## Accommodation & Nourishment

- Shared Deluxe Room (Twin) or Single Occupancy Room
- Each room includes an ensuite or adjacent bathroom (shared only with one neighbour)
- Designed with Moroccan authenticity and comfort in mind
- Set within a tranquil domain with terraces, gardens, and mountain views





### Plant-based Cuisine

- Wholesome Moroccan, Berber, and Middle Eastern meals prepared with love
- Fresh ingredients from Bab Zouina's garden and local produce
- Daily freshly baked bread in a traditional Moroccan earth oven
- Fresh juices, tea, coffee, and fruits available throughout the day
- Vegan, gluten-free, and lactose-free options available

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## Your Holistic Program Includes

### Asana Practice

- **Vinyasa Flow** - Dynamic, energizing sequences
- **Hatha-Yin** - A balance of steady poses and deep stretches
- **Hatha** - Refining alignment and body awareness

### Relaxation & Inner Peace

- **Yoga Nidra** - Guided deep relaxation
- **Sound Bath** - Therapeutic vibrations for healing

### Detox & Mindfulness

- **Vipassanā Meditation (2.5 hours)** - Cultivating clarity and stillness





## Philosophy & Spirituality

- Exploration of Yoga Philosophy, the Eight Limbs, Chakras, and Nadis

## Personalised Guidance

- One-on-One Yoga Sessions included (Friday, 1-5 PM)
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## Immersive Excursions (Included)

- 🗺️ Full-day guided tour of Marrakech - cultural sites & vibrant souks
  - 🏔️ Atlas Mountains excursion - breathtaking landscapes
  - 🐪 Agafay Desert half-day adventure - includes camel ride
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## Optional Add-Ons (Friday Afternoon, Extra Cost)

- 🎈 Hot Air Balloon Ride over Marrakech - £215 (min. 4 people)
  - ❄️ Wim Hof Workshop - £110 (min. 6 people)
  - 👨‍🍳 Cooking Class - £20 (min. 4 people)
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## Retreat Venue Highlights - Bab Zouina

- Traditional Moroccan earth architecture
- Two spacious, fully equipped yoga shalas + two rooftop practice areas with Atlas Mountain views
- Pool, pétanque pitch, tennis court
- Gardens designed with thyme, lavender, roses, exotic plants & olive groves
- Cozy fire pit & multiple terraces for reflection
- Hammam, massage & shiatsu (available on request)

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## Investment in Your Transformation

- Shared Deluxe Room: £1,049
- Single Space Room: £1,349  
*(Flights not included)*

👉 **Booking Deposit:** £350 non-refundable to secure your spot

👉 **Limited Spaces:** Only **8 rooms reserved exclusively** for this retreat (with possible expansion)

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## Personal Time & Balance

The retreat schedule includes dedicated free time, especially on **Friday afternoon**, for rest, reflection, or optional add-ons. You'll experience the perfect balance: peaceful days in the valley and enriching cultural adventures in Marrakech, the Atlas Mountains, and the Agafay Desert.

✨ A holistic Moroccan experience - grounding, uplifting, and transformative.

## RICHARD-HUBERT CLARKE

Richard-Hubert is a keen martial artist. Considered an adult prodigy by some. He possesses a black sash in Southern Mantis Kung Fu and is vastly skilled in weaponry and has knowledge in Northern Shaolin Kung Fu and Shaolin Long Fist Kung Fu.

During his yoga career thus far, Richard-Hubert has taught over 5,000 hours (commercial and private) classes to a diverse array of clientele, and led several advanced yoga workshops for top yogis. He has spent years devouring books on philosophy to accompany his strong personal practice. His true Yoga journey began after the vigorous Kung Fu training regime caused him to succumb to serious illness.

He has long travelled a spiritual path. He found the ideal form for mind, body and soul through the wonderful expression of yoga.

Richard-Hubert lives in Birmingham, UK, where he grew up. He has a degree in Film Making, and a Bachelor of Arts in Creative Digital Media from Worcester University. This highly creative individual has recently completed his second novel. A temporal crime suspense thriller sequel to Equation. Splintered Equilibrium.







## CHANNELLE JARRETT

Channelle Jarrett, the face behind Authentic Soul, believes that words cannot express the transformative power of yoga on her life. Her journey began at 18 when she took her first class, and from that moment, she knew it was her calling. The practice's effect on her body and mind was something she felt only those who experience yoga could truly understand. Witnessing its profound benefits ignited her desire to share that experience and help others discover how amazing yoga really is.

Years ago, her passion for dance—a pursuit she lived and breathed since childhood—evolved into a vision of one day combining contemporary dance with yoga. Her path to becoming an instructor included completing her children and family yoga teacher training in the UK. She then pursued her adult certification abroad: a decision she believes was the best thing she has ever done.

In August 2016, she undertook her 200-hour training in Bali. The experience was truly unforgettable. She describes the location, the people, her teachers, the weather, and the food as incredible, finding no fault with the teacher training course. This profound experience was something she would love to relive all over again. Following this, she travelled to Mexico to complete her 300-hour advanced training, further deepening her practice and her commitment to sharing yoga.

Time / period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:30 – 8:00		Samasthala Vinyasa Flow	Hatha Yoga	Samasthala Vinyasa Flow	Hatha Yoga	Wake Up
08:30 – 9:30		Healthy Breakfast	Healthy Breakfast	Healthy Breakfast	Healthy Breakfast	Healthy Breakfast
9:30 – 12:00		Full-Day Excursion: Marrakech Cultural Sites & Souks	Full-Day Excursion: Atlas Mountains.	Vipassanā Meditation & Silence Period Personal Space	Yoga Workshop (eight limbs, chakras, Nadis,)	Checkout
12:00 – 13:00		Full-Day Excursion: Marrakech Cultural Sites & Souks	Full-Day Excursion: Atlas Mountains.	Healthy Lunch	Healthy Lunch	 Mobile: +44 771 987 6528  Email: richard-hubert@samasthalayoga.com
13:00 – 14:00:		Full-Day Excursion: Marrakech Cultural Sites & Souks	Full-Day Excursion: Atlas Mountains.	Half-Day Excursion: Agafay Desert & Camel Ride	Free Time And Chilax Or Tour Morocco (or) One-On-One Yoga booking	
14:00 – 17:00	16:00–16:45 Arrive and settle in Intro	Full-Day Excursion: Marrakech Cultural Sites & Souks	Full-Day Excursion: Atlas Mountains.	Half-Day Excursion: Agafay Desert & Camel Ride	Free Time And Chilax Or Tour Morocco (or) One-On-One Yoga booking	
17:30 – 19:00:	Sunset Rooftop Hatha-Yin Yoga	18:30 – 19:00 Yoga Nidra	Sunset Rooftop Hatha-Yin Yoga 17:30 – 19:00	18:30 – 19:30 Sound Bath	Free Time And Chilax Or Tour Morocco (or) One-On-One Yoga booking	
19:30 – 20:30:	Healthy Dinner	Healthy Dinner	Healthy Dinner	Healthy Dinner	Healthy Dinner	

Add Ons: Early Morning Air Balloon Ride Overlooking Marrakesh | Friday 6:30—8:30 cost = £215 (minimum of four people)

Wim Hof Workshop Friday 13:00 – 17:00 Friday cost = £110 (minimum of six people)

Cooking Class Friday 13:00 – 15:00 cost = £20 (minimum of four people)