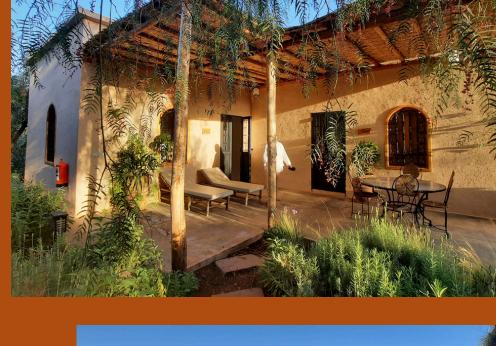


Marakesh lies Bab Zouina, an oasis of nature & tranquility where Moroccan architecture blends seamlessly with the land to create a retreat space that you will never forget! Bab Zouina means beautiful door, and on entering it feels like you have arrived at some kind of Shangri-la..... Join us on our Soul Sanctuary 6 night Kundalini Yoga retreat

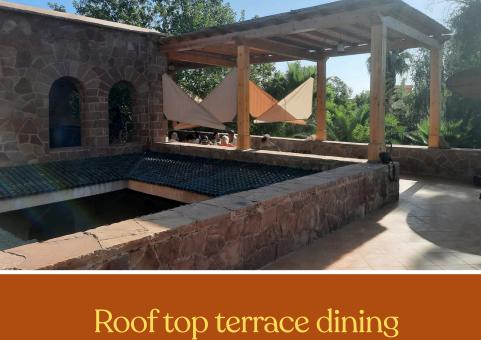
Nestled amidst olive groves 45 mins drive from

February 13<sup>th</sup> to 19<sup>th</sup> 2027.









Pool area & Tennis courts



Triple room Accommodation options with shared bathroom

Here is a short video of some of the grounds &

a double ensuite room

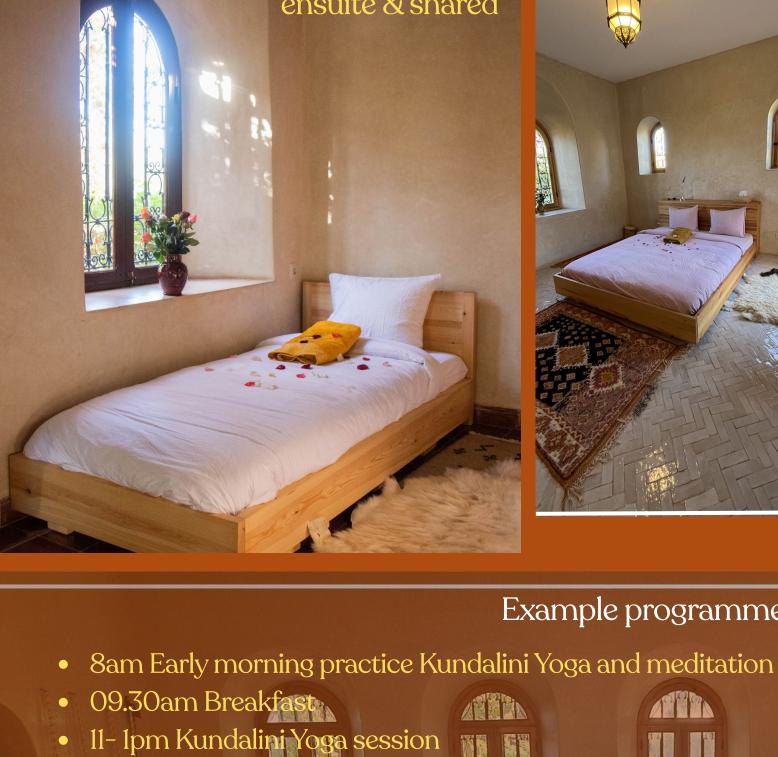




Double room ensuite



4



1.30pm lunch

## 3pm-6pm Free time/pool time / tennis / explore the area/ massage or treatments

Optional extras to be decided together during the retreat, time will be built in for the Atlas mountains trek

& Marrakech trip

Example programme

- 6.30pm Dinner 8.00pm Live Music & Mantra/ meditation
- Guided hike in the Atlas Mountains & lunch Euro Day trip to Marakesh Euros 45 Hammam treatments various packages on offer
- Pottery workshop 2 hours Euros 70 • half day excursion to Agafay desert with camel ride Euros 90 • And so many more!

Cookery class 2 hours Euros 25

Investment

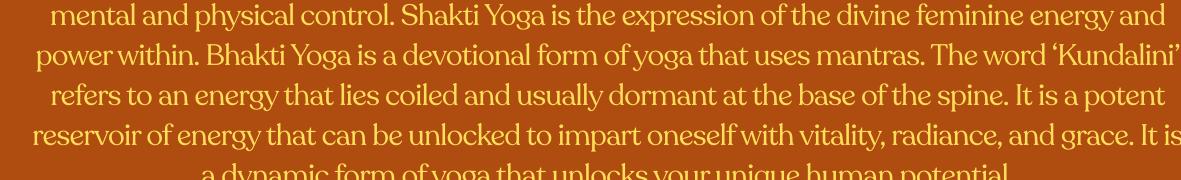
## Prices include accommodation, transfers to and from the airport, use of all the facilities (tennis court and swimming pool), all meals, (fruit, nuts and water available throughout the day), and all Yoga sessions Not included: Flights, trips and treatments

## • Single room, private bathroom £1250 £150 Deposit • Single room shared bathroom £1150 Then monthly payment plan Twin room private bathroom £1050 options available on booking form Double room private bathroom £1050 per person

**BOOK HERE** 

• Triple room shared bathroom £950 per person

About Kundalini Yoga Kundalini Yoga is a blend of Raja Yoga, Shakti Yoga and Bhakti Yoga. Raja Yoga works on



## reservoir of energy that can be unlocked to impart oneself with vitality, radiance, and grace. It is a dynamic form of yoga that unlocks your unique human potential.

bringing the body and mind into a one-pointed focus through the practice of meditation, and

consciousness. On a spiritual level It gives the yogi the tools needed to explore beyond the self, to merge with the infinite consciousness, and to nurture the soul. On a physical level, through posture work and pranayama, it energizes and strengthens the body and calms the mind. It helps to balance emotions and works on increasing flexibility and flow of prana throughout the whole body. Kundalini Yoga establishes a harmonious relationship between the mind, body, and soul. It is a quicker way of raising your vibration and connecting to your higher consciousness than other types of Yoga.

attention and space to unwind. Suitable for all levels. Come as you are. Make new friends. Leave lighter, clearer, refreshed and energised. Reviews of previous retreats "It's been a week since returning from the yoga retreat in Glastonbury and I've started to realise the profound changes that have happened within me. I am able to approach life with patience, clarity and much more love. I'm also noticing an

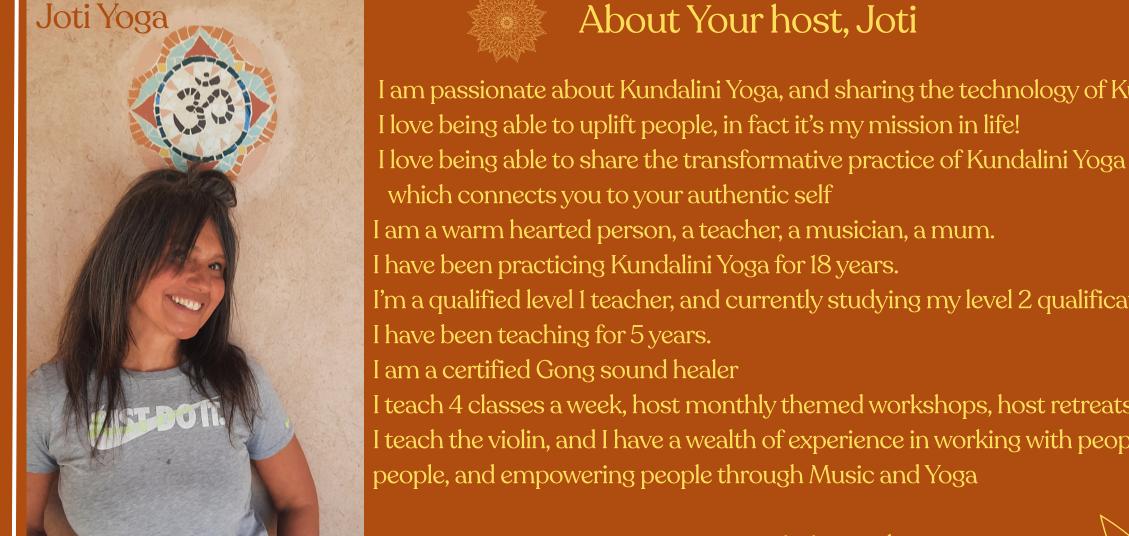
Our retreats are designed to be restorative and quietly transformative. You will practise daily Kundalini yoga, breathwork,

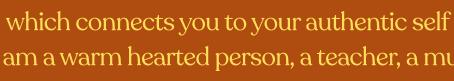
and meditation, enjoy nourishing food, and spend unhurried time in nature. We keep groups small so everyone receives

ceremony where we set our intentions, to the closing ceremony where we felt gratitude for the time we had shared together, Joti carefully shaped the experience so that we could have time for stillness and meditation as well as yoga, singing, dancing and laughter! The weekend included a beautiful summer solstice experience at Glastonbury Tor, mantras and meditation, kundalini yoga, chakra dancing, gong bath ceremony, wild swimming, and delicious vegan food. The whole weekend was

www.jotiyoga.uk email: mantrajotikaur@gmail.com About Your host, Joti

iovful and true nourishment for the soul. Joti is more than a voga teacher: she creates space for self-expression and reflection and the retreat was all of that and more.- Claire

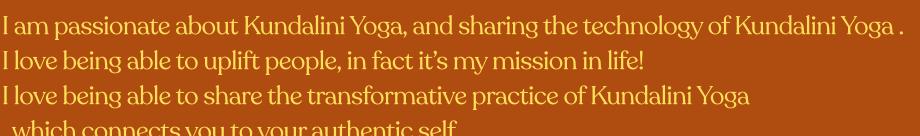




- I am a warm hearted person, a teacher, a musician, a mum.
  - I have been practicing Kundalini Yoga for 18 years. I'm a qualified level I teacher, and currently studying my level 2 qualification
  - I have been teaching for 5 years. I am a certified Gong sound healer

www.jotiyoga.uk

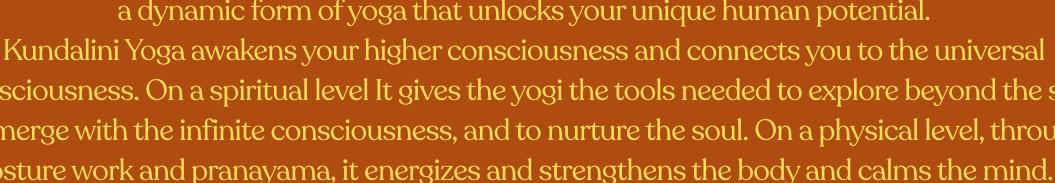
email: mantrajotikaur@gmail.com



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improvement in my ability to balance my work and social life which is something I've found challenging until now." — Shanny Held in the heart of Glastonbury, this retreat was so much more than just a getaway—it was a journey inward. Through gentle yoga practices, deep breathwork, and heart-opening mantras, participants found themselves softening into a new rhythm. I have just returned from my third yoga retreat with Joti Yoga and what a wonderful retreat it was! From the opening

