

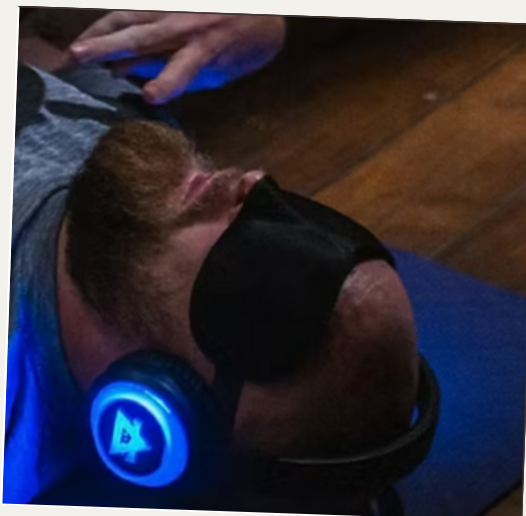


Marrakesh, Morocco

# Inner Re-Birth Journey

7 DAYS, 6 NIGHTS

25 October 2025 - 1 November 2025



## Our Journey:

- Daily meditation and yoga practices
- 9D Breathwork
- Balinese ritual includes reiki, cakra opening and ritual
- Sound Healing
- Camel ride & desert immersion

## Start from

**\$1820.00**

## Includes

- Airport transfer from Marrakesh Menara Airport
- Accomodation in exclusive retreat hotel
- Healthy foods and snacks
- Exclusive camel ride into the desert in Marrakesh

**Contact Us:** Liina (+372 5919 3119) | <https://bab-zouina.com/>



# Why Morocco?

We chose Morocco for this retreat because it carries an energy of both grounding and awakening.

Marrakesh is a place where the desert meets the mountains, where ancient wisdom lives in every corner, and where nature speaks in silence.

Our home for the week, **Bab Zouina Retreat Centre**, is built in traditional Moroccan style at the foot of the Atlas Mountains. Surrounded by olive groves, blooming gardens, and birdsong, it offers the perfect setting to leave behind the noise of daily life and reconnect with your inner self. Here, time slows down.



Here, you can breathe deeply again.

Here, you are supported by the powerful energy of the desert and the timeless wisdom of the mountains.

We believe Morocco itself is a teacher, holding space for rebirth, healing, and expansion.

# Know your Host

## **Liina Taht:**

I'm Liina, a certified 9D Breathwork facilitator and passionate guide on the path of inner transformation. Over the years, I've led hundreds of group and private sessions, supporting people from all walks of life on their healing journeys.

Breathwork has been the most powerful tool in my own healing, helping me release deep trauma, reconnect with myself, and step into a life of freedom and authenticity. Because I've experienced this transformation personally, I'm deeply committed to holding space for others to discover the same.

## **Why You Should Join This Retreat in Morocco?**

For this retreat, I've carefully chosen a selection of different 9D journeys to support you in:

- Releasing past traumas
- Reprogramming limiting beliefs
- Coming home to yourself
- Reconnecting with your body, heart, and soul

Each session builds on the last, creating a safe and sacred space for deep healing, renewal, and reconnection.



# Know your Host

## **Yuka Devi:**

Yuka is a dedicated Balinese yoga teacher who brings a heart centered, healing approach to every class she leads. Rooted in the rich traditions of her ancestral lineage, she seamlessly blends ancient yogic wisdom with modern mindfulness practices to create deeply transformative experiences for her students.

With a focus on emotional balance, inner peace, and embodied presence, Yuka guides each session with warmth, compassion, and intention, holding space not just for physical movement, but for spiritual and emotional growth as well.

Yuka is certified yoga and meditation teacher, somatic trauma-informed yoga, meridian yoga, and fitness trainer

## **Why You Should Join This Retreat in Morocco?**

For this retreat, I've prepared a Balinese-inspired healing journey that combines body movement with a spiritual approach. This practice is designed to help you:

- Reconnect with your inner self, free from external distractions
- Release karmic bonds that may be holding you to your past
- Open yourself to new possibilities and set meaningful intentions for your future

Each session builds upon the last, creating a safe and sacred space for deep healing, renewal, and reconnection.

# Your Journey with Us

## Day 1 Letting Go

- Classical Hatha Yoga
- Letting Go 9D Journey
- Meditation

## Day 2 Trauma Imprints

- Trauma Release Yoga
- 5 Primary Trauma Imprints 9D Journey
- Fire Ceremony

## Day 3 Reconnect with Yourself

- Meridian Yoga
- Reconnect with your Inner Child 9D Journey
- Meditation
- Cakra Cleansing Ceremony

## Day 4 You Are Enough

- Yin Yang Yoga
- You Are Enough 9D Breathwork Journey
- Loving Kindness Meditation
- Water Ceremony

## Day 5 Reprogramming Your Subconscious

- Restorative Flow Yoga
- Reprogramming Unconscious Mind 9D Journey
- Meditation
- Cakra Blessing Ceremony

## Day 6 Back to Yourself

- Creative Yoga Flow
- Back to Ancestor 9D Breathwork Journey
- Meditation
- Special Personalized Reiki Ceremony

## Day 7 Unleash Your Power

- Power Vinyasa Yoga
- unleash Your Power 9D Breathwork Journey
- Meditation
- Closing Circle and Cacao Ceremony