

YOGA RETREAT

Bab-Zouina, Morocco
From 17 ~ 24 October 2026
*optional: 4-day Atlas trek

Highly recommended for anyone who has never done this before.

Bab-Zouina is a little heaven in which the birds continuously sing among the trees and the blooming flowers. It has a swimming pool, Hamam (traditional Turkish bath) and a tennis court.

The program includes Asana practice for intermediate and more advanced students, the Fundamentals of the Iyengar Yoga, Restorative Asana's and an introduction of the Classical Pilates exercises.

THE YOGASHALA

The yoga hall in Bab-Zouina has a capacity of 28 students and is equipped with all the necessary props (including chairs and wall-ropes). Karim, the owner, is a wonderful host and also an Iyengar Yoga practitioner.



SINGLE, DOUBLE OR TRIPLE ROOM



We can accommodate you in a single, double or triple bed room, with ensuite bathroom and complimentary towels for your comfort.



ACCOMMODATION



WE ARE HERE TO ENSURE THAT YOUR STAY FEELS LIKE A PRIVATE OASIS.

FRESH VEGETARIAN FOOD EVERY DAY



Treating your body well,
which means your body and
mind will feel healthy.
We will nurture you with fresh,
vegetarian food every day.
You will get more in touch
with your body and mind
connection. And you will learn
to just 'be' at your best! 😊



HEALTHY FOOD



TREATING YOUR BODY WELL ❤️



Dance was my first passion, and movement has guided me ever since. After studying classical dance, graphic communication, and multilingual management, yoga became my lifelong path. For over 20 years I've taught with enthusiasm, depth and an ongoing commitment to learning.

I eventually found my home in Iyengar Yoga, a method grounded in structure, precision and therapeutic wisdom. It offers clarity, stability and a place to return to, no matter how life unfolds.

Yoga reflects how we move through life.

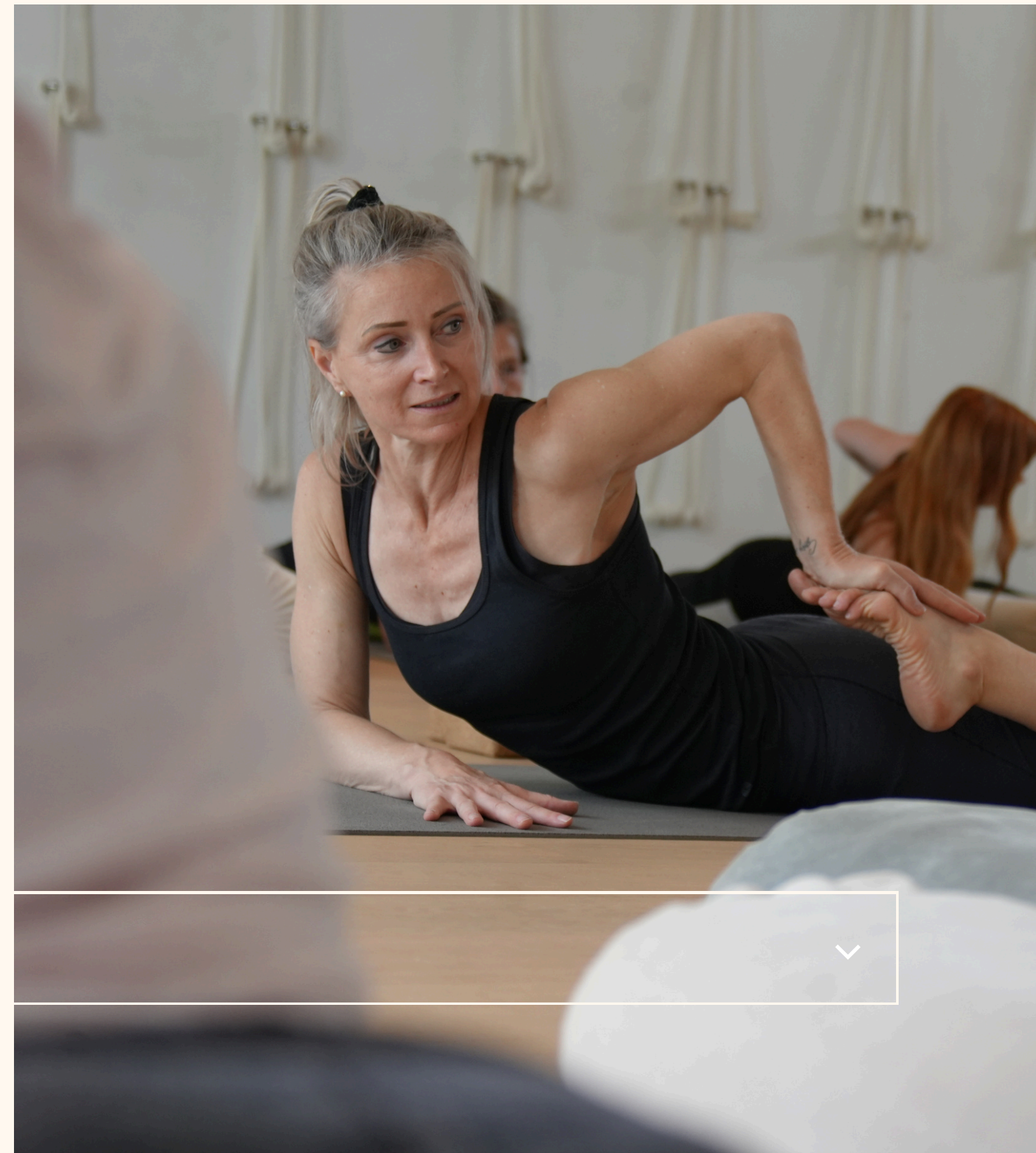
How do you meet challenge, breath and stillness?

My own journey, full of learning, obstacles, creativity, dance, writing and mantra; taught me to trust one inner anchor: silence.

I continue to study, grow, and share this practice with gratitude.

**With love,
Sophie**

ABOUT SOPHIE



THE PROGRAM

Dates & Schedule

- Arrival: October the 17th 2026
- Departure: October the 24th 2026
- Sahara-trek: optional 4 days, from 24th ~ 28th of October 2026

The daily schedule in Bab-Zouina is as follows:

- 08:00 – Tea, coffee & local dried fruits, breakfast
- 09:30 – 12:30 – Asana's
- 12:30 – 14:00 – Lunch
- 16:30 – 18:30 – Asanas (4 times during the week)
- 19:00 – Dinner
- Excursion or free time (pool, Hamam, etc.)*

Notes

On the 3rd and 5th days, there won't be an afternoon session, instead, there will be (optional) excursions to Marrakesh and nearby sites (Anima Gardens, Berber Market, camel rides and so on), self-practice at the hall, or leisure time at the pool, Hamam or massage.

PRICES PER PARTICIPANT

Triple room	1135,-
Double room, shared bathroom	1380,-
Double room, private bathroom	1485,-
Single room, shared bathroom	1590,-
Single room, private bathroom	1835,-

Registration is done by paying a non-refundable sum of 300€ to Karim: zein.karim@gmail.com.

Balance is due by August, the 1th (2 months before the retreat).

Important Note

The price doesn't include flights, travel insurance and a visa to Morocco (in case you need it).



Trek (Optional)

At the end of the retreat (24-28) there will be an optional trek of 4 days in the Atlas Mountains. The price of the trek will range between 400 € and 450 €, depending on the number of participants.

RESERVE YOUR EXCLUSIVE IYENGAR YOGA RETREAT

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