

> 1st may 2027
< 8th may 2027

Ourika Valley

Marrakech, Morocco



YOGA & ADVENTURE RETREAT

A week of yoga and pranayama practice immersed in the colours of Morocco, among flowering gardens, olive trees and hammam, in a place where time follows the rhythms of nature. With Iliaria Zinzani, certified Iyengar® Yoga teacher.

Just 35 km (or, as their website puts it, a 3-hour camel ride) from Marrakech, Bab Zouina is a wonderful traditional Moroccan riad in the Ourika Valley, at the foot of the Atlas Mountains.

Spacious rooms, large terraces, a swimming pool, a hammam and charming corners, all surrounded by flowering gardens, plants and olive trees where,

**ilaria
zinzani**
yoga
& retreats

besides practising, we can relax, read, meditate and sip tea – a place where time follows the rhythms of nature.

The programme includes daily yoga and pranayama sessions, an excursion to Marrakech and a trip to the villages of the Atlas Mountains. Massages and hammam treatments are also available. The kitchen offers a wide choice of vegan, vegetarian and gluten-free menus, all based on typical Moroccan and Berber dishes.

Programme

Two practice sessions per day plus the planned excursions

Location

To learn more about our riad → bab-zouina.com

Contributo

- > 1080 € Triple Room
- > 1290 € Double Room
- > 1395 € Double room with private bathroom
- > 1500 € Single Room
- > 1710 € Single room with private bathroom

Per person · entire retreat · includes:

- > Accommodation for 8 days and 7 nights
- > 3 meals per day
- > Fresh fruit and juices, tea, herbal teas
- > Yoga and pranayama sessions
- > Airport / Bab Zouina transfer
- > Excursion to Marrakech
- > Excursion to the Atlas villages

Not included:

flights · optional massages and hammam treatments

Booking

Confirm by September 30, 2026 with a 30% deposit. Balance of 70% to be wired 1 month before arrival. Cancellation policy is available at:
→ bab-zouina.com/cancellation-registration

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Iliaria Zinzani is a certified Iyengar® Yoga teacher, naturopath and tour leader. She discovered Iyengar® Yoga in 2005 during her first trip to India and has been teaching since 2012 at her studio in Faenza. Since 2017 she has been organising yoga holidays and trips in Italy and around the world. She regularly updates her training with Italian and international teachers in Italy, Greece and India.

www.iliazinzani.it

