

YOGA RETREAT

The background image shows a lush garden with a large, multi-armed cactus on the left. A paved path winds through the garden, bordered by green grass and various plants. In the distance, a light-colored building with a balcony and a small arched window is visible against a clear blue sky.

Bab-Zouina, Morocco
From 17 ~ 24 October 2026.

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 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 ❤️



ABOUT SOPHIE

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.

Sophie 🦋



THE PROGRAM

Dates & Schedule

- Arrival: October the 17th 2026
- Departure: October the 24th 2026

The daily schedule in Bab-Zouina is as follows:

- 08:00 – Breakfast
- 09:30 – 12:30 – Iyengar Yoga Practice
- 12:30 – 14:00 – Lunch
- 16:30 – 18:30 – Iyengar Yoga Practice
- 19:00 – Dinner
- Excursion or free time (pool, Hamam, etc.)*

Notes

We can arrange a free afternoon so that you can make an excursions to Marrakesh.

Between the Yoga Practices you can relax at the pool, have a massage...

The Anima Gardens are very beautiful and close to Bab-Zouina.

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,-

*** Companion without yogapractice**

=> roomprice -300 euros

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.

You need an International Paspoort to enter Marocco.



RESERVE YOUR EXCLUSIVE IYENGAR YOGA RETREAT

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