

Iyengar Yoga for All

with Uschi Moser

12 - 18 June 2027



BabZouina
yoga, nature & retreat



Uschi Moser

I discovered Iyengar Yoga in Bangkok, Thailand, in 1985, beginning a lifelong journey that led me to complete my teacher training in Hong Kong and teach there for many years before returning to Switzerland in 2017.

Throughout my career, I have continued to deepen my practice through regular studies at the Ramamani Iyengar Memorial Yoga Institute in Pune, India, and workshops with senior Iyengar teachers from around the world. I had the privilege of studying directly with B.K.S. Iyengar and Geeta Iyengar, who awarded me the Senior Intermediate I Certificate in 2016. I also specialized in Iyengar Yoga Therapy through advanced training with renowned teachers and medical classes in Pune.

I now teach in my own studio in Lucerne and actively contribute to the Iyengar Yoga Association of Switzerland as a mentor, assessor, teacher trainer, and member of the Teacher Training and Assessment Committee.

"Iyengar Yoga is for All," Guruji once said, and this is exactly my aim - to teach, present and make Iyengar Yoga accessible for all and inspire them so that everybody will feel better, physically and mentally.

Programme

Saturday, June 12, 2027

16:00	Arrival & Check-in
20:00	Dinner and Orientation

Sunday 13, Monday 14, Wednesday 16, Thursday 17, June 2027

8:00	Breakfast
9:00 - 11:30	Asanas / Ropes
12:00	Lunch
13:30 - 16:30	Free time
16:30 - 18:30	Inversions, Restorative & Pranayama
19:00	Dinner

Tuesday, June 15, 2027

8:00	Breakfast
9:00 - 11:30	Asanas
12:00	Lunch
13:00 - 19:00	Free afternoon for excursion (Atlas Mountains or Marrakesh)
19:00	Dinner

Friday, June 18, 2027

Early departure	Coffee or Breakfast
9:00 - 10:30	Asanas / Restorative
10:30	Brunch
	Departure

Uschi will teach in **German** with **English** translation if needed.

Beginners and experienced students are welcome (with **min. 2 years** experience).

The number of participants is limited to **12-15** people.

She will lead you through the practice step by step and for those with special needs the Asanas will be adjusted with props or an alternative may be given instead so that it will be suitable for all.

"Words cannot convey the value of Yoga - it has to be experienced" (B.K.S. Iyengar)

Taking place at a traditional Moroccan villa, **Bab Zouina**

The retreat will take place in a beautiful traditional Moroccan villa situated in the Ourika Valley (30 km from Marrakesh) in a magnificent property surrounded by olive trees.

Far from urban stress, Bab Zouina has kept an authentic and serene spirit, respectful of the environment; the buildings are ecologically built with cut stone and natural mud bricks.

With a lush ornamental garden designed by Swedish artist and landscaper Catharina von Unge, the environment provides an oasis for meditation and peace.

...an authentic and serene spirit,
respectful of the environment.





Traditional Moroccan and Berber meals are prepared daily using fresh local produce. Vegetarian/vegan dishes are available for those who wish.

Guest rooms are spacious and authentic: carpets, cushions, crafts, and a comfy bed.





Stroll the countryside freely as the weather will be mostly sunny, around 30°C during the day and 19°C at night. A pool of natural water is available.

Ourika Valley is full of cultural, recreational and 'nature' activities. The optional activities include: visits to a saffron plantation, botanical garden, the Berber souk, hiking in the mountains or Marrakesh visit (all subject to availability).

Registration & Price

Triple room	Fr. 890.-/pers.
Double room w/ shared bathroom	Fr. 1'090.-/pers.
Double room w/ private bathroom	Fr. 1'170.-/pers.
Single room w/ shared bathroom	Fr. 1'250.-/pers.
Single room w/ private bathroom	Fr. 1'450.-/pers.

Includes:

- All Yoga sessions
- Airport transfers to and from Marrakesh
- Accommodation for 6 nights
- All meals, coffee, tea, fruits

Excludes:

- **Excursions** (Atlas Mountains: Fr. 45/pers. & Marrakech: Fr. 40/pers.)
- **SpA** (massage, hammam, shiatsu, etc.)
- **Flights**
- **Travel Insurance**

Registration is confirmed when payment of the deposit has been received (Fr. 400.-, to be paid to Bab Zouina), the remaining balance is due one month before the retreat, May 12, 2027.

This deposit is only refundable in case of retreat cancellation by the organizers. Cancellation policy is available at: bab-zouina.com/cancellation-registration

To register please send an email expressing interest to marhaba@babzouina.com or via WhatsApp: +41-79-336.48.48

For any additional information, please contact Uschi by email: uschi@iyengaryogaluzern.ch or via mobile: (+41) 78 681 95 72

N.B: Flights with Edelweiss (Zurich - Kloten) are on Friday; if you arrive on Friday, June 11, you would need to spend one night in Marrakesh as the retreat center is fully booked until Saturday, June 12. Alternatively, you could arrive by Easyjet (Basel or Geneva) on Saturday, June 12 and leave with Edelweiss or Easyjet on Friday, June 18.



See you soon!



Bab Zouina
yoga, nature & retreat