



Iyengar Yoga retreat

with Siri Tuseth & Sofia Bergström

3 - 12 September 2027



Bab Zouina
yoga, nature & retreat



Siri Tuseth

Siri has been practicing and teaching yoga since the beginning of 2000. She runs Satya Yoga and Satya Yoga school on the west coast of Norway. She provides different courses, retreats and programs for both students of yoga and health care workers. She is certified in Iyengar yoga.

Additionally, she does public speeches about self-care and awareness, and works with other professionals in the topic of holistic health.

For Siri, yoga as a student and now as a teacher is a long ongoing journey. She is full of gratitude to her teachers, her students and her colleagues from whom she is continuously learning about yogic tradition and how to understand yoga in the world of today.

Siri teaches yoga with a lot of philosophy linked to the asanas. Her motto is to listen and learn both from the body and the breath. Her greatest wish is to teach her students how to train their awareness and develop their honesty and their respect for themselves as well as for their surrounding environment, the people, the society and the nature.

The idea is to break patterns that no longer serve our heart or people around us. We are all in this together!

Sofia Bergström

Sofia has been practicing and teaching yoga since 2002. As a certified Iyengar yoga teacher, she brings over two decades of experience to her students. Based in northern Sweden, she runs Sattva Yoga, where she leads weekly classes, hosts yoga retreats, and offers pro bono sessions to support the community.

Sofia has also studied therapeutic yoga in depth, and her teaching is rooted in a deep understanding of how yoga can support both physical and emotional well-being. Her classes are known for their warmth, clarity, and a touch of humor. She believes that yoga is not just something we do on the mat – it's a way of living. With humility and respect, we meet ourselves and others, both in practice and in life.



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.

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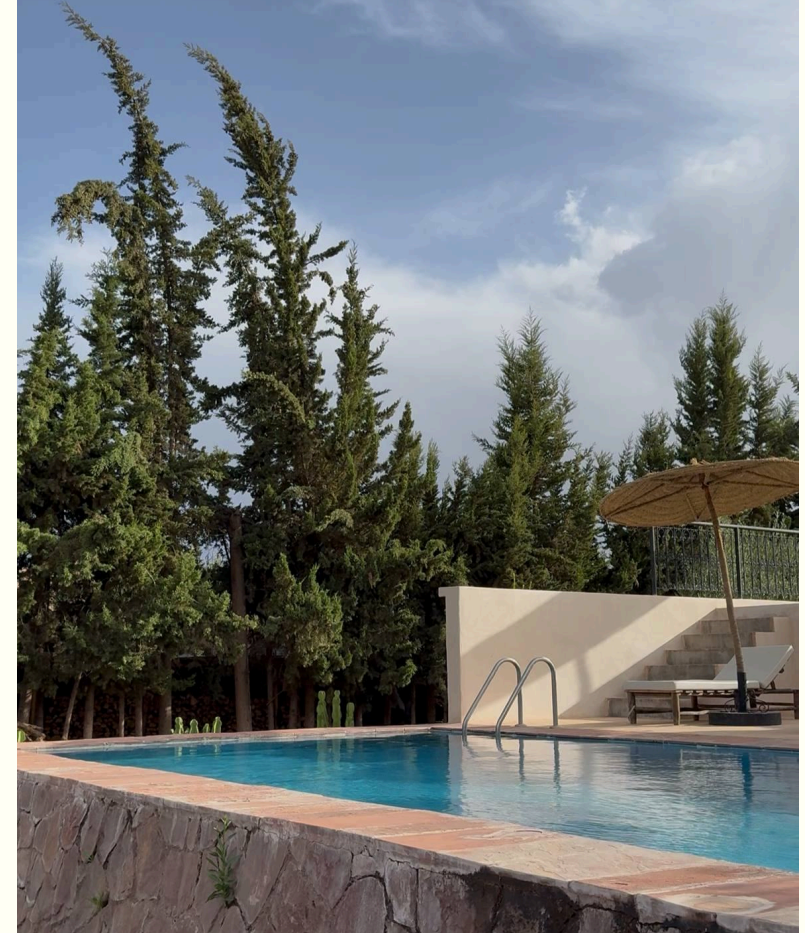




Traditional Moroccan and Berber meals are cooked daily with fresh and local produce.

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 31°C during the day and 15°C at night. A pool of natural water is available.

Ourika Valley is rich in cultural, recreational and nature-based activities. Options include visits to a saffron plantation, a botanical garden or the Berber souk, as well as mountain hikes and much more (our team at Bab Zouina will be happy to recommend other activities and local experiences).

Registration & Price

The number of participants is limited to 25 with a minimum of 6 participants.

Quadruple room	€ 1'375/pers.
Triple room	€ 1'465/pers.
Double room w/ shared bathroom	€ 1'780/pers.
Double room w/ private bathroom	€ 1'915/pers.
Single room w/ shared bathroom	€ 2'050/pers.
Single room w/ private bathroom	€ 2'365/pers.

Includes:

- Yoga courses for the whole retreat
- transfer to and from Marrakesh airport
- accommodation
- all on-site meals
- fruits and Moroccan tea at all times.

A deposit of EUR 550 is required to confirm registration (to be paid directly to Siri & Sofia). The balance is due one month prior to the retreat.

This deposit is only refundable in case of retreat cancellation. Cancellation policy is available on: 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

Schedule

Friday 3rd September 2027: Arrival

TBC	Welcome at Marrakesh airport & Transfer to Bab Zouina
TBC	Introduction & Welcome
20:30	Dinner

Saturday 4th - 11th September 2027

8:00 – 8:50	Pranayama
9:00	Breakfast
10:00 – 12:00	Asanas
12:45	Lunch
13:45 – 17:00	Free time
17:30 – 19:00	Asanas
19:30	Dinner

Wednesday 8th September 2027: Free day

8:00	Breakfast
9:00 – 18:00	Optional activities and excursions (cultural visit of Marrakesh, mountain hike, etc.)
19:00	Return to Bab Zouina
19:30	Dinner

Sunday 12th September 2027: Departure

8:00	Breakfast
TBC	Departure to Marrakesh airport

See you soon!



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