

*A restorative
& rejuvenating*
4 days retreat in
the enchanting
MOROCCO



Join us for this 4days hatha, restorative yoga and self-care retreat!
February 8th - 11th | from 720€ | @bab-zouina retreat center



WHAT'S INCLUDED

- daily both hata & yin yoga classes
- 3 vegetarian colourful meals
- swimming pool
- accomodation in beautiful Moroccan style rooms
- sharing with like-minded people
- nature contemplation
- relaxing area
- 2 additional workshops
- a surprise gift !

INFO & RESERVATION: +41765150877
GIORGIA.BUNKOFER@ICLOUD.COM

THE VENUE

Bab Zouina ("Beautiful Door") is a peaceful and unique retreat located in a traditional Moroccan villa at the foot of the Atlas Mountains.

Our team comes from the surrounding villages; we work to create real added value by relying on local skills & contributing to the local social & economic development.



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YOUR FACILITATORS

Laura

Laura is an Architect turning into Yoga to promote the ancient Indian art of Yoga. Calm and peace will be the energy she projects. Laura is being on the path of yoga since 8 years, learning from different disciplines, founding her path on the traditional Hatha Yoga, she is being trained with a Swami from Bihar School of Yoga



Giorgia Sumayya

As Medical massage therapist and yoga teacher, Giorgia loves bringing corporeal knowledge into the practice of yoga to deepen the understanding of the asanas from a physical point of view, which goes hand in hand with the spiritual dimension. Presence, meditation and silence are for her the keys to transformation and perpetual growth and self-knowledge. She likes to dedicate herself sharing what she learned with people who come along her path.

PROGRAM

- 8.00 pranayama, Hatha & meditation
- 10.00 breakfast
- 11.00-13.30 free time & self-care in nature
- 13.30 lunch
- 14.30-17.00 free time / workshop
- 17.00-18.30 yin/restorative yoga
- 18.30-19.00 sunset silence walking
- 19.30 dinner



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TRAVEL INFO

- The closest airport is the Marrakesh Menara Airport, about 40min driving from the Venue.
- we can help you arrange the transfer to/from the Venue
- many excursions are worthy to be done and we are happy to help you to organise them if needed
- during the day it is still hot but in the night it may be a bit chill

BOOK NOW & GIVE YOURSELF A NICE GIFT!

Reservations EARLY BIRD until December
30th!

For info & booking text us:

Tel: +41 765150877

Email: gjorgi.bunkofer@icloud.com



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