

Gentle Somatic Yoga & Nature Retreat

with Roberta Hutchins

27 September - 2 October 2027



Bab Zouina
yoga, nature & retreat

Essential Rest

Finding Ease of Being ~ a Gentle Somatic Yoga and Nature Retreat

- Would you like the opportunity to spend 5 nights on a gentle somatic yoga retreat immersed in 5 acres of beautifully landscaped lush gardens with stunning views of the Atlas mountains in sunny Morocco?
- Would you like to feel deeply rested, relaxed and refreshed?
- Would you like to find a greater sense of ease of being, connected with nature and yourself?

You are invited to join Roberta as she guides you during the retreat through practices of movement and stillness to actively rest and relax. Giving you the time to explore ways to deeply relax the body-mind, find ease of being and connect with your essential nature.

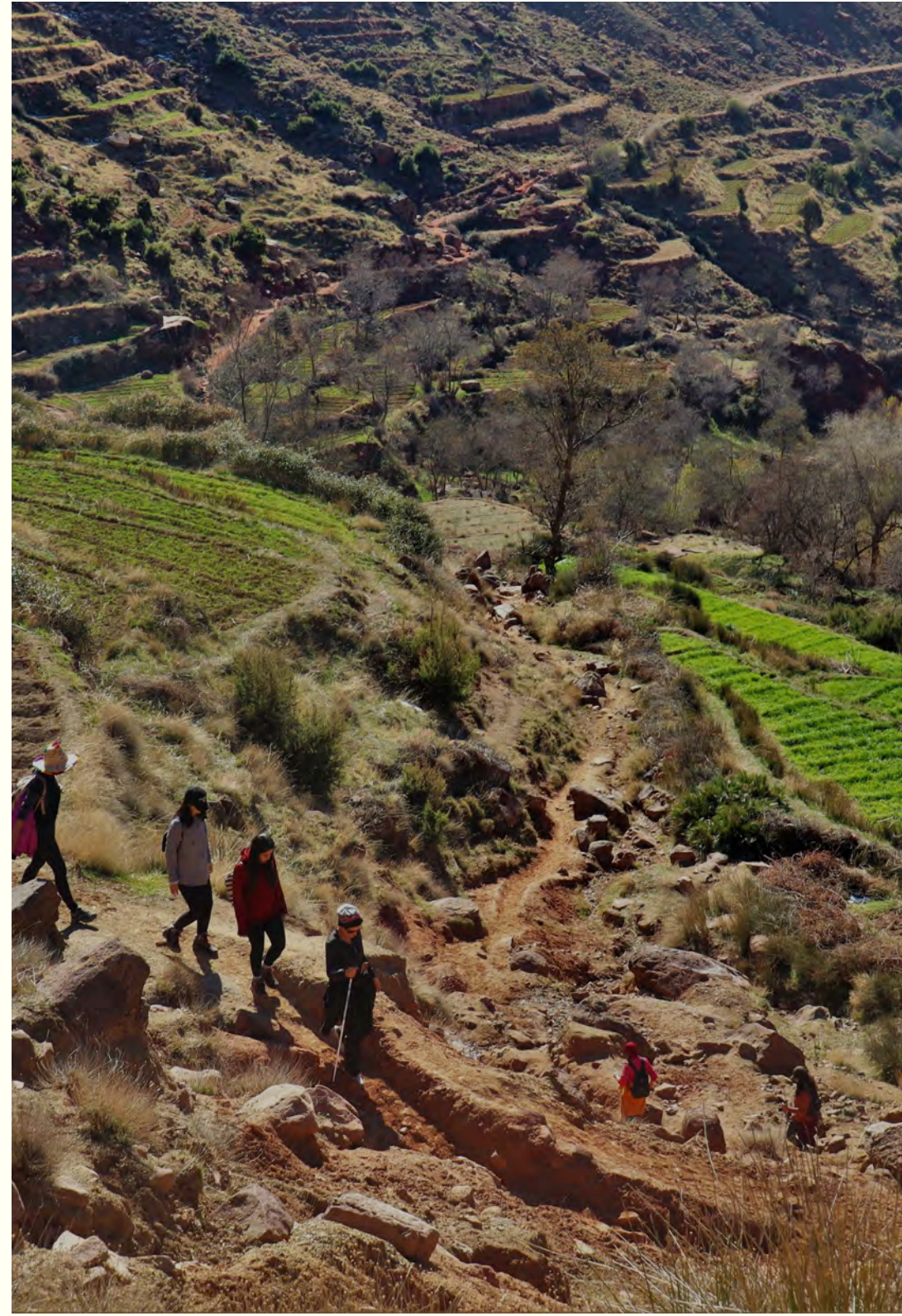
Our daily yoga practices will include gentle somatic yoga, meditation, restorative yoga and yoga nidra in one of Bab Zouina's beautiful yoga shalas.





Roberta's other great passion is the world of plants, and this retreat is designed to let you share in that joy at whatever pace feels right for you. The retreat will include one group excursion (TBD) with additional optional outings, so you can choose how much of your time you spend exploring the region's extraordinary botanical gardens and mountain landscapes, and how much unwinding in the serene beauty of Bab Zouina's own lush gardens and pool.

The full list of excursions will be confirmed in October, but highlights will include a guided hike in the Atlas Mountains and visits to beautiful nearby gardens such as the vibrant Anima sculpture garden and the Paradis du Safran organic botanical garden. At Paradis du Safran, Roberta will lead a guided tour of the herbs, sharing her knowledge of medicinal plants. Afterwards, you'll be invited to sink into soothing herbal foot baths and enjoy fragrant teas and homemade snacks.



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.**

*For more information about the retreat venue visit:
<https://bab-zouina.com/>*





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

We will enjoy Bab Zouina's superb Moroccan hospitality with three lovely traditional Moroccan and Berber meals a day and freely available tea, bottled water, fruit and nuts.



Vegetarian /Vegan /Gluten-free dishes are available for those who wish.

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





Catch some sunshine and blue skies before winter!
The September weather at Bab Zouina is usually mid 20s during the day and cooling down overnight.



There will be plenty of time for you to unwind and enjoy some time for yourself. There is a swimming pool fed with fresh water from the Atlas mountains, lots of space to enjoy the Bab Zouina gardens and traditional Moroccan hammam & massage treatments are available.





Meet Roberta Hutchins -

Yoga Teacher, Psychotherapist and
Medical Herbalist

I began practicing yoga in 1997 with a wonderful and inspiring teacher who ignited my lifelong love of yoga. I have been teaching yoga since 2011 and love extending my knowledge and practice by attending regular yoga and somatic movement trainings with some inspiring teachers worldwide, including Donna Farhi and Lisa Petersen. I am also an iRest Yoga Nidra teacher; iRest is a guided meditation practice which I share during my yoga workshops and look forward to sharing with you on this retreat.

I especially enjoy teaching gentle somatic yoga, blending somatic movement with more traditional yoga practices. We practice gentle movement with your attention focused inwards as we move towards a place of greater ease and comfort in the body and mind. Helping you find a greater sense of ease of being.

This way of practicing is ideal for anyone who would like to focus on exploring their internal experience, finding their alignment from within and learning about how their own mind and body work. This retreat is suitable for any level of yoga experience. You are encouraged to practice listening very carefully to your body and the practices can be adapted for you.

For more information about Roberta visit: www.bewelldevon.co.uk

Registration & Price*

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| Double/twin room (shared bathroom with one other room) | 1'205 euros/pers. |
| Double/twin room (private bathroom) | 1'280 euros/pers. |
| Single occupancy (shared bathroom with one other room) | 1'355 euros/pers. |
| Single occupancy (private bathroom) | 1'530 euros/pers. |

**Super Early bird discount of 100 euros for deposit paid before 31st July*

**Early bird discount of 50 euros for deposit paid before 30 October*

Includes:

- 5 nights full board accommodation
- All yoga and mediation sessions
- All on-site meals
- Fruit, nuts, water and Moroccan tea at all times
- Transfer to and from Marrakesh airport
- One excursion (TBD)

Optional trips:

- Anima garden (25 euros/pers.)
- Le Paradis du Safran (30 euros/pers.: including herb talk, drink & snack)

A deposit of 400 euros is required to confirm registration. 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. Please ensure you have your own travel insurance, including cover for you not being able to attend the retreat for any reason.

For any queries about the retreat please contact Roberta on +44-774-703.06.29 or email: Roberta@bewelldevon.co.uk

All bookings and payments will be made directly with Bab Zouina. For bookings please contact Karim at Bab Zouina on +41-79-336.48.48 or marhaba@babzouina.com to organise your payment.

This will be a small group retreat to give you the best experience possible but will require a minimum of 8 participants to run. Please wait until we give you the go ahead before booking your travel.

Please note that rates will be finalized in October. Should any price increases be necessary and not acceptable to you, you will have one week from the date of notification to confirm your decision. If you choose not to proceed, your deposit will be refunded in full.

Schedule

An example of our day at Bab Zouina (*full programme available in October*):

- **Monday** - Arrival day
- **Tuesday morning** - Opening circle

From 6.45 : Early morning tea and fruits/nuts

7.15 : Meditation (optional)

8.00 - 9.15 : Gentle somatic yoga & pranayama (*breathing practices*)

9.30 : Breakfast

10.30 : Excursion

1.30 : Lunch

2.30 - 5.00 : Free time to relax, swim, take a walk, enjoy a massage or Hammam

5.00 - 7.00 : Gentle somatic yoga, restorative yoga and yoga nidra

7.30 : Dinner

- There will be a **full day excursion** on one of the retreat days (after an early morning yoga class)
- **Friday evening** - circle by the Fire Pit
- **Saturday** - departures after morning yoga & lunch





See you soon!



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