
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. Nearby gardens include the vibrant Anima sculpture garden, Paradis du Safran organic botanical garden, and Jardin Bio-Aromatique, Morocco's first organic aromatic and medicinal plants garden.

At Jardin Bio-Aromatique, we'll enjoy a guided tour and tea-tasting among the aromatic plants. At Paradis du Safran, Roberta will guide you through the herb garden before you sink into soothing herbal foot baths and enjoy fragrant teas and homemade snacks.

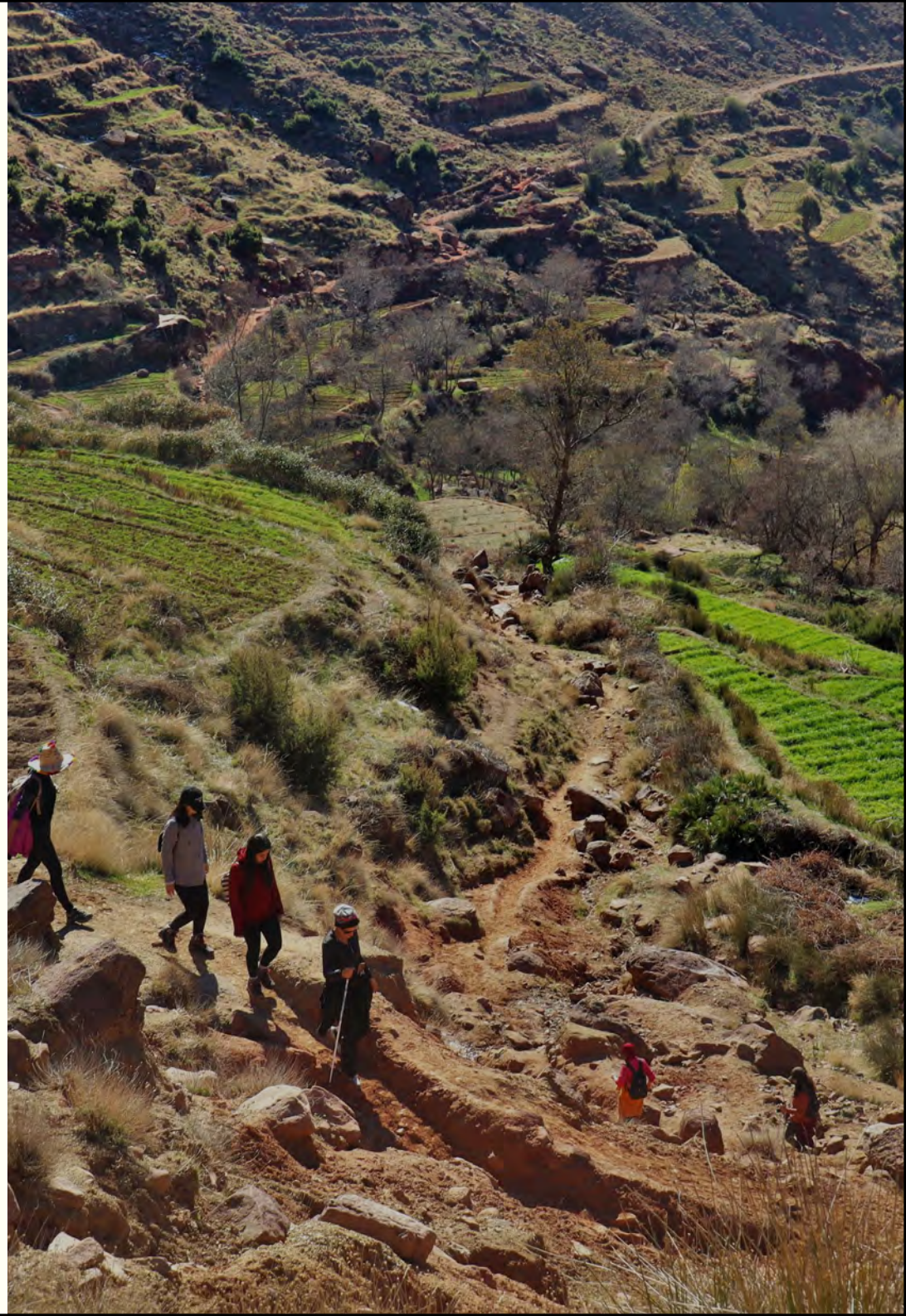
You're warmly invited to join as few or as many of these visits as you wish, or simply spend your days unwinding in Bab Zouina's peaceful grounds.

Your retreat also includes a full day trip to the Atlas Mountains, offering a beautiful immersion in the region's landscape. We'll take a guided hike through the foothills, enjoy a lunch prepared for us under the walnut trees, and complete the day with tea beside the Ourika river.

This mountain experience brings you into sweeping views, traditional villages, and the timeless rhythms of rural Morocco.

With the Atlas day included and additional excursions available, you're free to shape your retreat exactly as you wish - exploring, resting, or simply soaking in the serene beauty of Bab Zouina's own lush gardens and pool.





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*

Triple room	1'030 euros/pers.
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.

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

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
- Day trip to the Atlas mountains (including lunch)

Optional trips:

- Anima garden (25 euros/pers.)
- Le Paradis du Safran (30 euros/pers.: including herb talk, drink & snack)
- Jardin Bio-Aromatique (30 euros including aromatic plant garden tour and tea tasting)

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.

Schedule

Monday 27th September 2027

TBC	Welcome at Marrakesh airport & Transfer to Bab Zouina
13:30	Lunch for any early arrivals
19:30	Dinner

Tuesday 28th September 2027

8:00	Breakfast
9:00 - 10:30	Opening circle, gentle somatic yoga
11:00	Optional visit to Anima Gardens
13:30	Lunch
14:30 - 17:00	Free time to relax, swim, take a walk, enjoy a massage or hammam
17:00 - 19:00	Gentle somatic Yoga, restorative Yoga
19:30	Dinner

Wednesday 29th September 2027

From 6:15	Early morning tea and fruit/nuts
6:30	Sunrise Meditation (*optional*)
7:45 - 9:00	Gentle somatic yoga & pranayama (*breathing practices*)
9:15	Breakfast
10:30	Optional visit to the Jardin Bio-Aromatique
13:30	Lunch
14:30 - 17:00	Free time to relax, swim, take a walk, enjoy a massage or hammam
17:00 - 19:00	Gentle somatic Yoga, restorative Yoga, & Yoga nidra
19:30	Dinner
	Socialise or quiet time for yourself

Thursday 30th September 2027

From 6:15	Early morning tea and fruit/nuts
7:30 - 8:30	Gentle somatic yoga and pranayama (*breathing practices*)
8:30	Breakfast
9:30	Leave for the Atlas Mountains excursion (*included*)
17:30	Return to Bab Zouina
18:15	Rooftop sunset meditation
19:30	Dinner
	Socialise or quiet time for yourself

Saturday 2nd October 2027

From 6:15	Early morning tea and fruit/nuts
6:30	Sunrise Meditation (*optional*)
9:15	Breakfast
11:00 - 13:00	Gentle somatic Yoga, restorative Yoga and Yoga nidra / Closing circle
13:15	Lunch
	Departures for the airport or other onward travel

Friday 1st October 2027

From 6:15	Early morning tea and fruit/nuts
6:30	Sunrise meditation (*optional*)
7:45 - 9:00	Gentle somatic yoga and pranayama (*breathing practices*)
9:15	Breakfast
10:30	Optional visit to the Paradis du Safran Garden (*with herb garden tour by Roberta*)
13:30	Lunch
14:30 - 17:00	Free time to relax, swim, take a walk, enjoy a massage or hammam
17:00 - 19:00	Gentle somatic Yoga, restorative Yoga, & Yoga nidra
19:30	Dinner
20:30	Evening circle by the fire pit

This programme is subject to variation depending on flight arrival and departures times, weather and other variables.

A cooking workshop and / or henna ceremony could be organised if enough people are interested and depending on arrival times/departures.

What previous participants have said



"Roberta provides a unique and restorative practice in beautiful surroundings."

"It feels like stepping off the hamster wheel into complete relaxation."

"The yoga was gentle, effective and enjoyable... your calming voice made such a difference."



"Superb accommodation and food... every aspect was beyond expectations."


See you soon!
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