

# Flow and Restore

**7-Day Immersive Yoga Retreat - Marrakech, Morocco**  
**Sunday 5<sup>th</sup> to Saturday 11<sup>th</sup> October 2025**

A 7-day yoga retreat hosted by Emma Bacon at a charming retreat centre located 40 minutes outside Marrakech, near the Atlas Mountains.

Set in idyllic surroundings, the retreat venue provides the perfect opportunity to reconnect with nature, recharging the mind and body from the inside out. A friendly team of staff provide amazing food, drink and service, all carefully planned around yoga sessions and relaxation.



## Retreat Centre Location

Bab Zouina is a perfect place to relax, unwind and reconnect with yourself whilst taking in the stunning Atlas Mountain views. You will have access to beautiful gardens, numerous relaxation spaces, an outdoor swimming pool and a communal fire pit. You will be served delicious and nutritious food, that caters for any dietary requirements (please ensure we know in advance).

The yoga retreat centre is located at the foot of the Atlas Mountains, approximately 40 minutes from Marrakesh. Retreat attendees can fly direct into Marrakesh Menara Airport from various UK airports with airlines including: Ryanair, Easy Jet, British Airways and Wizz Air. Direct flights are approximately 3 hours 40 minutes and cost from £120 to £300 return dependant on dates, times and carriers.

The 40 minute transfers from the airport can be pre-arranged through Bab Zouina at €30 each way per person, or you can use the local taxi service on arrival. With the retreat starting on Sunday, you might like to arrive on Saturday to experience one night in the hustle and bustle of Marrakech, before retreating to the peaceful, seclusion of Bab Zouina.

# Yoga Practices

Daily yoga will be provided either from a dedicated indoor yoga room or under a rooftop gazebo, to a back-drop of breath-taking mountain views. One afternoon will be left free to allow those wanting to explore – perhaps an excursion to the Atlas Mountains or a cultural visit to Marrakech, or guests can simply use the afternoon for extra relaxation time at the retreat centre.

The retreat includes one or two yoga sessions per day, combining a wide variety of yoga styles and practices:

- Yoga Philosophy
- Hatha Yoga
- Slow Flow Vinyasa
- Yin Yoga
- Restorative Yoga
- iRest Yoga Nidra
- Pranayama/Breathing Practices
- Guided Meditations
- Mantra and Mudra
- Mindful Journaling/Discussion
- Fire pit ceremony

Sessions are suitable for all experience levels, with adaptations and props used to support postures as and when appropriate. Students are encouraged to listen to their body and only do what feels nourishing and beneficial to them and their personal circumstances.

Yoga is taught from either an open-air roof top overlooking the Atlas Mountains and covered by a gazebo, providing shade from the sun, or from a calming, indoor shala with ample room to stretch out. Yoga mats and props are provided, though students are also welcome to bring their own equipment, if preferred.

Each session follows the retreat theme: 'Flow and Restore' designed to enhance wellbeing, personal development and transformation. Sessions will focus on learning how to move and breathe with the flow of life, encouraging an inner sense of contentment, even when challenged. There will also be time dedicated to mindful movements, deep rest and guided meditation, aiding the digestion and processing of life, so you feel recharged and ready to be your best self.



# Daily Schedule

- 07:00:** Optional light breakfast before yoga practice.
- 08:30:** Satsang: Group gathering to discuss and reflect upon the daily theme, followed by a short breathing practice or guided meditation, to encourage focus, clarity and authentic intentions for the day.
- 09:00:** Morning yoga: a dynamic slow flow practice combining vinyasa yoga, pranayama/breathing techniques, mudra and guided meditation, followed by the provision of optional journal prompts.
- 11:00:** Shared brunch, eaten in dining spaces either indoors or on the rooftop, overlooking the lush gardens and mountain views (dependant on weather and group preferences).
- 12:00:** Free time, for relaxing, swimming, holistic treatments, exploring the local area, short excursions or workshops (arranged before or during your retreat stay).
- 15:00:** Seasonal fruits, served with herbal teas.
- 16:30:** Evening yoga: a soothing practice combining time for reflection, mindful movements, pranayama, yin yoga, restorative yoga, mantra, and yoga nidra.
- 19:00:** Delicious dinner, eaten in dining spaces either indoors or on the rooftop, under the stars (dependant on weather and group preferences).
- 20:30:** One evening, the group will be invited to participate in a fire pit ceremony. Otherwise, evenings allow time for social connection and/or personal reflection.

Herbal teas and coffee are available throughout the day.

The retreat will also include one yoga free afternoon, allowing for a half-day excursion or workshop (arranged with Bab Zouina). For example, trip into the Atlas Mountains with Emma and Andy, or a cultural trip into Marrakech to explore the markets, museums and restaurants.



# Accommodation

Bab Zouina consists of several eco-friendly buildings set within lush gardens, sprinkled with varied hues of green, thyme and lavender hedges, olive trees, agave plants and exotic flowers. The traditional Moroccan buildings, inspired by nature, offer a range of rooms types, including single, double or triple occupancy, and either share an adjacent bathroom with just one other room or have en-suite facilities. Complimentary towels are provided for your comfort and ease.

There are also various shared spaces, including lounging areas, roof top terraces, courtyard gardens, a communal fire pit, a swimming pool and sun lounging area.

Bab Zouina has two spacious yoga shala's, fully equipped with mats, belts, blocks, bolsters and blankets. There are also two large rooftops areas suitable for yoga practice, overlooking the magnificent Atlas Mountains.

There is a clay tennis court which can be used, but guests would need to bring their own racquets and suitable clay-court tennis shoes.



# Food and Drink

All meals are prepared with love and care, using local produce, including vegetables from the retreat centre's own garden. Menus are influenced by Moroccan, Berber and Middle Eastern cuisine and can cater for any dietary considerations, including vegan, gluten free, and lactose free diets. Bread is baked on a daily basis, using a traditional Moroccan earth oven, and kitchen staff squeeze delicious fruit juices each morning. In addition to this, tea, coffee, fresh and dried fruits are made available throughout the day. A balanced diet is at the heart of Bab Zouina's culinary approach.

**Breakfast:** The day starts with the option of seasonal fruits, dried fruit, fresh fruit juices, yoghurt, porridge, muesli and herbal teas.

**Brunch:** After the morning yoga session we will share a delicious brunch comprising of freshly baked breads, spreads, eggs, fresh salads, vegetable dishes, couscous, and a variety of teas or coffee.

**Snack:** Mid-afternoon a variety of seasonal fruits, dried fruits and herbal teas provide a boost of energy before the afternoon yoga session.

**Dinner:** A varied vegetarian evening meal, catering for all preferences and appetites, consisting of delicious soup, freshly baked bread, vegetarian dishes, such as tagines, vegetable lasagne or vegetable and feta pie, a rice or couscous dish, vegetable side dishes, and a small dessert. It's even possible to order meat with your meal, at no extra cost.

Please let Emma know if you have specific dietary requirements e.g: vegan, gluten free, lactose free, etc.



## What's Included:

- 6 night's accommodation at Bab Zouina
- Single, twin or triple rooms, either with an en-suite or adjacent bathroom (shared with just one other bedroom)
- Morning light breakfast, juices and teas
- Morning yoga session, based on the daily theme
- Use of yoga mats and props
- Nutritious shared brunch
- Afternoon drink and snacks
- Afternoon/evening yoga session
- Delicious evening meal
- An evening fire pit ceremony
- Fresh water, tea and coffee
- Wireless internet connection
- Swimming pool and sun loungers
- One yoga-free afternoon, to allow time for optional excursions, holistic treatments or relaxation time

## What's NOT included:

- Flights and transfers
- Travel insurance
- Local taxis, travel, etc.
- Optional excursions and activities
- Massage treatments
- Additional accommodation before/after retreat dates
- Alcohol



## Dates and Investment

The retreat starts on the afternoon of Sunday 5<sup>th</sup> October 2025 and ends the morning of Saturday 11<sup>th</sup> October 2025.

In order to make the most of your time in Morocco, you might like to arrive prior to the retreat start date, and/or stay longer afterwards. Bab Zouina can accommodate guests wanting to stay the night before the retreat. They can also recommend or organise 2-5 day excursions in the Mountains, desert or coastline.

Please note: An initial, non-refundable deposit is payable to secure a booking, with the balance due 16 weeks before the retreat. However, if you would like to pay in instalments, please let us know. Payment details will be provided at time of booking.

Bookings are on a first come first served basis.

To book, please contact Emma on 07790 296737 or email [emma@rebalancing-me.com](mailto:emma@rebalancing-me.com)

(Please note: by booking a place you are agreeing to our terms and conditions, so please ensure you have read them)

## Sharing:

Triple room with shared bathroom:  
**£825 pp**  
Deposit £400 (at time of booking)

Twin room with shared bathroom:  
**£1015 pp**  
Deposit £450 (at time of booking)

Twin room with en-suite bathroom:  
**£1095 pp**  
Deposit £500 (at time of booking)

All balances due by 15<sup>th</sup> June 2025

## Single occupancy:

Single occupancy room with en-suite:  
**£1370 pp**  
Deposit £600 (at time of booking)  
Balance due by 15<sup>th</sup> June 2025

## Optional extras:

- Holistic treatments, such as a traditional Moroccan hammam ceremony (which includes a body soap, scrub, wrap and oil moisturisation)
- Group excursions or activities (minimum 4 people), such as:
  - Quad biking in the mountains,
  - Calligraphy workshops,
  - Cooking classes,
  - Henna tattoo ceremonies
  - A visit to a local Saffron farm
  - An early morning hot air balloon ride over Marrakesh and the Atlas Mountains!

A full list of activities and prices can be found in the retreat FAQs document. Also available are 2-5 day guided treks of the Sahara or Atlas Mountains, which can be viewed here: <https://bab-zouina.com/activities/>



## About Your Teacher - Emma Bacon

Emma is a passionate yoga teacher, keen to encourage her students to learn how to find personal balance and happiness through the combination of yoga movement, yoga philosophy and other self-development practices. She teaches all levels, from beginners to advanced, irrelevant to age, gender, size, fitness, beliefs, background or lifestyle. Emma teaches Hatha Yoga, Slow Flow/Vinyasa Yoga, Yin Yoga, Restorative Yoga, iRest Yoga Nidra and Meditation. She also likes to incorporate breathing practices/pranayama, mudras, mantra, journaling, and the wisdom of yoga and Ayurvedic principles and philosophies.

Emma encourages students to personalise their practice, and empowers them to make good choices, based on their individual needs and circumstances. She believes that yoga aids the mind-body connection, encourages self-compassion, and can empower meaningful transformation.

In addition to her yoga experience and training, Emma has qualifications and experience in life coaching, Ayurveda, nutrition, fitness, martial arts, eating disorder support, and trauma therapies. She also has experience in the leisure and hospitality industry running a well-being camp and glamp site, yoga studio, and various yoga retreats in the UK and abroad. She views herself as a life-long student, with a desire to learn from a mixture of accredited courses, other teachers, students, reading materials, travel and cultures.

As a wife and mother of two, Emma understands the pressures of modern-day life. She's found balance through the principles and practice of yoga and mindfulness and, ultimately, wants to share her knowledge with others. There's nothing she loves more than to watch someone choosing to become their most authentic self, open and curious to all future possibilities.

