



# PANTLARA YOGA

## NEW YEAR'S RETREAT

MOROCCO  
AT THE FEET OF THE ATLAS MOUNTAINS

29/12/2022-02/01/2023





At Bab Zouina  
a green paradise. 2  
Hectars of holy  
gardens. A mix of  
modern and  
traditional  
Moroccan Riads.  
Located in Ourika  
valley at the foot  
of the Atlas  
mountains

Olive and fruit  
trees, different  
gardens, hidden  
terraces and silent  
nature.

Arrive comfortably  
at Marrakesch:  
from there a  
transfer will be  
arranged for you  
to the venue.





## PROGRAM

### Conscious Transition

LETTING GO OF 2022 with grace  
WELCOMING 2023 with a crystal clear vision,  
connected to your heart

-an example of a retreat day-

8:30-11:30 Morning Yoga Session with Meditation +  
Breathwork + Journaling + Manifestation Tools

12:30 Brunch

FREE TIME

17:30-19:30 Evening Yoga Session  
CLOSING CIRCLE

let go | heal | reflect | move | grow | share | dance

# DAILY CLASSES

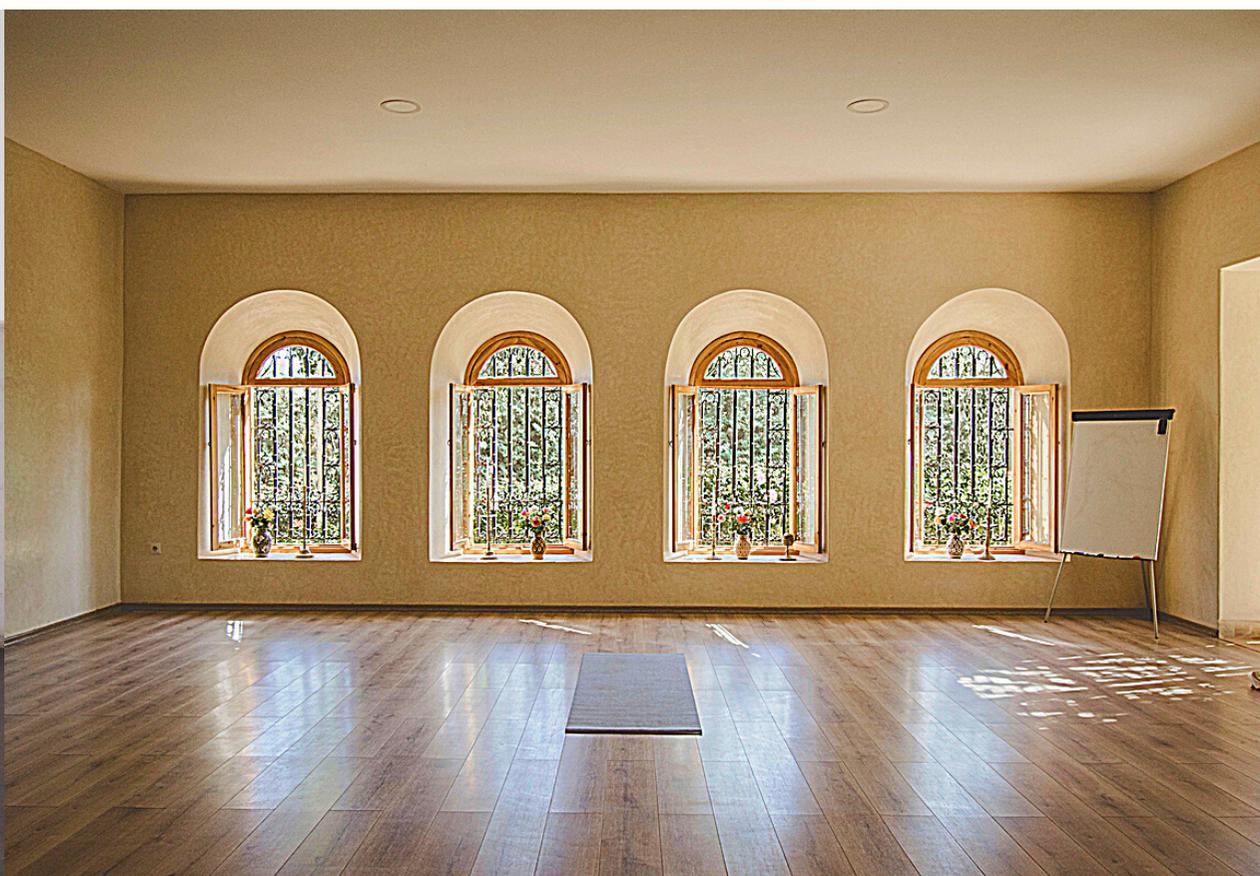
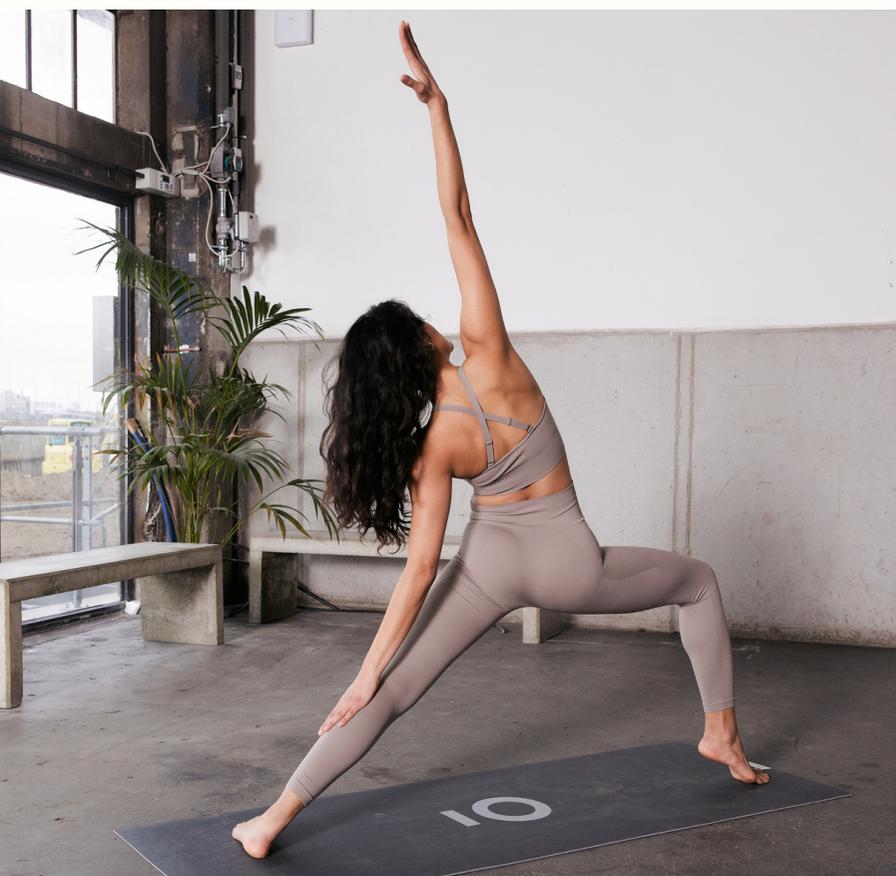
all levels



Indoor  
in the  
beautiful  
Yoga Shala

Outdoor

in the fire pit  
or at one of the  
rooftops, if the  
weather allows



Hands-on adjustments by  
Anetta - certified yoga teacher  
(Vinyasa and Ashtanga Yoga)

# YOGA PHILOSOPHY & EXERCISES FOR CONNECTION



Exercises rooted in self love, personal development, manifestation and visualization techniques and much more for a powerful transition from 2022 to 2023



# HIKING TRIP TO THE ATLAS MOUNTAINS



# MOROCCAN CUISINE



Freshly cooked  
everyday and served  
as delicious and  
healthy brunch and  
dinner at the table  
with love and care

vegetarian - vegan  
saisonal - regional

Fruits, nuts,  
traditional tea and  
coffee all day





# RELAX

Peace and silence in the gardens, terraces and lounges

Detox from Social Media (WIFI only available in the reception)

Additional: Hammam, Shiatsu and Oil Massages (ask for price list)





# Chamber of your choice

Quadruple Room

750 EUR

Triple room

790 EUR

Double or Twin room

870 EUR

+ private bathroom

930 EUR

Single Room

1010 EUR

+ private bathroom

1070 EUR

Prices are per person and include 4 nights, 5 days at Bab Zouina, Airport transfers, Hiking trip to the Atlas Mountains, usage of the pool, gardens, terraces, tennis court, all meals and beverages, retreat program, classes, ceremonies, supplies; Excluded: flight and additional activities

# Additional

- Excursions: Berber souk, Anima garden, saffron farm, quad, Agafay desert, camel ride, hot air balloon
- Well-Being: shiatsu/oil massage, reflexology acupuncture, osteopathy, hammam
- Workshops: calligraphy, pottery, Moroccan cooking, bread making
- 1:1 Private Coaching, Meditation, Yoga Session with Anetta

Opportunity to prolong your stay

Feel free for more information

