



Flow and Restore

7-Day Immersive Yoga Retreat - Marrakech, Morocco
Sunday 5th to Saturday 11th October 2025

Frequently Asked Questions:

What time does the retreat start and finish?

Check in time: After 14:00 on Sunday 5th October 2025 (although it's also possible to stay the night before, by prior arrangement with Bab Zouina – contact: marhaba@babzouina.com)
First class: Sunday 5th October, 16:30-18:30: group introductions and gentle practice
Last class: Saturday 11th October, 08:30-10:30: final practice and gratitude circle
Check out time: Before 11:00 Saturday 11th October 2025

Do I have to attend all the yoga sessions?

Participation in the yoga sessions is encouraged, however, you can choose to attend or not, dependant on your needs and preferences. Classes are designed around a specific theme, weaved into sessions throughout the retreat, bringing together ancient yoga philosophy and modern day living.

On the majority of days, Emma will offer a dynamic yoga practice in the morning, and then a more relaxing session in the late afternoon. Sessions will include group discussion and yoga philosophy, asana practice (hatha/flow/yin/restorative), pranayama, mantra, mudra, meditation, and optional journal prompts.

The retreat includes one yoga free afternoon, allowing extra time for optional excursions, holistic treatments or relaxation. Emma and Andy plan to participate in an Atlas Mountain trip during the afternoon off, and students would be very welcome to join them (at the cost of €45 per person). Alternatively, students could choose from an array of other excursions, workshops or treatments organised by Bab Zouina, which can be booked after arrival. Further information is provided later in this document.

What should I bring with me?

Yoga equipment: Bab Zouina has a variety of yoga props available for use, including: yoga mats, bricks, bolsters, blocks etc. However, students would be very welcome to bring their own equipment, if desired.

Sun cream and sunglasses: The weather can be fairly hot and bright in October, so bring appropriate protection from the sun – the temperature is likely to range between 15-28 degrees.

Mosquito repellent: Mosquitoes are not a big issue, especially during the daytime, though you might still benefit from bringing some mosquito repellent for the evenings.

Electricity: You will require a European plug adaptor (two round pins) to use the electricity in Morocco.

Driving licence: Only necessary if you want to hire a scooter, motorbike or car during your stay.

Appropriate clothes and shoes: Be sure to bring loose fitting clothing suitable for practicing yoga and managing hot weather, though also bring some warmer clothes to ensure your comfort early in the morning and later in the evenings. Swimwear is required for sunbathing or swimming (nudity is not appropriate in Morocco).

If I'm coming alone but have booked a shared room, who will I share with?

Emma will endeavour to match guests up with like-minded people that will get along well. Whenever possible, students will be introduced to each other in advance.

Can I stay at Bab Zouina before and after the actual retreat dates? How do I arrange this and how much is it?

It's possible to arrange an extra night before the retreat starts. For further information, or to make a booking, contact Bab Zouina directly – email: marhaba@babzouina.com website: <https://bab-zouina.com>.

Full board at Bab Zouina costs:

85 Euro's per night for a triple room;

120 Euro's per night for a double or twin with shared bathroom;

135 Euro's per night for a double or twin with an en-suite bathroom;

between 150-185 Euro's per night for a single room with either a shared or private bathroom.

All rooms are subject to availability at time of booking.

Equally, you're welcome to arrange accommodation before/after the retreat dates elsewhere in Morocco. For example, you may decide to arrive in Morocco on the Saturday, allowing time to enjoy the hustle and bustle of Marrakesh, before retreating to the peaceful seclusion of Bab Zouina.

As a solo attendee, how can I travel with other retreat guests?

Attendees are responsible for organising their own travel arrangements, however, Emma will endeavour to help students link up with other people going on the same flights, enabling shared transfers and like-minded company. To help with this, Emma will set up retreat WhatsApp group, enabling retreat attendees to communicate with each other in advance, during, and after the retreat.

Are there many flight options?

It is possible to fly direct from the UK to Marrakesh, with a flight time of approximately 3-4 hours. Various airlines travel to Marrakesh from numerous airports, costing approximately £100-£300 return, per person.

What is the time difference?

Time zone: There is no time difference between United Kingdom and Morocco.

Can Bab Zouina organise a transfer to and from the airport?

Yes. Bab Zouina can arrange for someone to meet you at the airport and drive you to the retreat centre (approximately 40 minutes away). Transfers cost €30 per person, each way, though you may be able to hire a local taxi for a lower price.

What excursions could I do? Are these included in the retreat price?

In the interest of keeping the retreat price affordable and accessible, the retreat does not include any specific excursions. The retreat does include one afternoon without yoga, to allow for half-day excursions, without missing any yoga classes. Excursions can also be arranged either before or after the retreat, but most are subject to a minimum of 4 participants.

Possible workshops, activities or excursions along with prices are listed below:

1	Half-day visit to the Berber souk	€30	including transport and guide. Souk are held on Monday, Tuesday or Friday (min. 4 pers.)
2	Full-day excursion to the Atlas Mountains	€65	includes transport and guide, picnic in mountains or lunch in village (min. 4 pers.)
3	Full-day in Marrakesh, cultural sites as well as souks	€45	includes transport and guide; museum tickets to be purchased by participants (min. 4 pers.)
4	1-day excursion to Essaouira	€95	includes transport and guide; museum tickets to be purchased by participants (min. 4 pers.)
5	1-day excursion to Ouzoud water falls	€90	includes transport (min. 4 pers.)
6	Unique early morning hot air balloon ride overseeing Marrakesh and Atlas Mountains	€250	includes transport, hot air balloon ride and breakfast (min. 4 pers.)
7	2-hour visit to Anima garden	€25	includes transport and entry ticket (min. 4 pers.)
8	Half-day excursion to Agafay desert with camel ride	€90	includes transport, camel ride & Moroccan tea under nomad tent (min.4 pers.)
9	1-hour Quad ride at the feet of Atlas Mountains	€70	includes transport quad ride and Moroccan tea under palm trees (min. 4 pers.)
10	2-hour visit to a saffron farm	€50	includes transport, entrance/tour fees, saffron tea and 1 gr of saffron as a gift (min. 4 pers.)
11	Half-day calligraphy workshop	€70	with a professional calligrapher, includes all workshop tools and a gift with personal name in Arabic (min. 4 pers.)
12	Half-day pottery workshop in Tafza	€70	includes transport to pottery village and material & tools; mint tea with the family (min. 4 pers.)
13	2-hour pottery workshop in Bab Zouina	€70	includes material and tools and moderated by a professional pottery maker (min. 4 pers.)
14	2-hour cooking class	€25	with a Moroccan cook (min. 4 pers.)
15	1-hour traditional bread making	€10	bread making in a traditional oven built on site
16	Henna ceremony	€25	with local henna artist; traditional Berber designs (min. 4 pers.)
17	2-hour walk to the neighbouring villages	free.	maps provided at reception

Emma and Bab Zouina can help to organise group trips, in advance or on arrival, though guests are also very welcome to make their own arrangements.

What is there to do at Bab Zouina?

For some, retreating means keeping things simple and staying in one place to fully unwind. But what else could you do onsite at Bab Zouina?:

- Personal yoga practice
- Enjoy time by the pool, sunbathing or swimming
- Reading or journaling
- Hiking the local area
- Nature watching – enjoy the extensive gardens and onsite animals
- Holistic treatments - a traditional Hamman vault is situated onsite
- A variety of workshops / activities / excursions (see excursion list above)
- Sky gazing, especially beautiful at sun set, sun rise, or when the stars are out
- Enjoy time around the fire pit
- Movie nights, by prior arrangement

What food and drinks are included in the retreat?

During the retreat dates, guests are provided with the following:

Early breakfast (before yoga):

Seasonal fruits, dried fruit, yoghurt, porridge, muesli, herbal teas, coffee and freshly squeezed fruit juices.

Mid-morning Brunch (after yoga):

Freshly baked breads, spreads, eggs, fresh salads, vegetable dishes, couscous, and a variety of teas and coffee.

Mid-afternoon snack:

Seasonal fruits, dried fruits, herbal teas and coffee.

Evening dinner (after yoga):

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 also possible to order meat with your meal, at no extra cost.

Refreshments:

Water, herbal tea and coffee are made available throughout the day.

Alcohol is not provided during the retreat.

When and how do I pay for the retreat?

A non-refundable deposit is required to guarantee one of the limited retreat spaces. A final payment expected four months (16 weeks) before the retreat start date. Payments should be made online, to the following bank account:

Account name: Rebalancing Me Ltd

Account number: 43559459

Sort code: 20-57-40

Reference: Morocco2025

What if I am unable to attend due to unforeseen circumstances?

Deposits are non-refundable. However, places can potentially be transferred to an alternative guest (in agreement with the organiser). If you need to cancel, regardless of circumstances or reason, the following refund fees, minus the non-refundable deposit, apply:

Cancellation more than 16 weeks before the retreat start date, 100% refund

Cancellation 8-16 weeks before the retreat start date, 50% refund

Cancellation within 8 weeks of the retreat start date, 0% refund

We recommend you acquire appropriate travel insurance, so you are covered for unforeseen circumstances, such as illness, etc.

Will I need a visa?

British nationals do not need a visa to travel to Morocco for less than 90 days.

Do I need to have vaccinations to travel to Morocco?

It's best to consult your doctor/travel nurse about any personal vaccinations you may need for travelling to another country. They will check whether you're up to date with your Tetanus vaccination, and if you need any other vaccinations, such as typhoid, for example.

Travel vaccinations are often provided free of charge, when organised through your GP surgery with plenty of notice, though it's also possible to pay for vaccinations at a variety of other places, including well known pharmacies and private clinics.

Country specific advice for Morocco is that you are up to date with vaccinations for Hepatitis A, Tetanus and Typhoid. Further information can be found here:

https://travelhealthpro.org.uk/country/154/morocco#Vaccine_Recommendations

What happens if I need medical attention during the retreat?

There are various hospitals in the Marrakech area, just 30-40 minutes' drive from the retreat centre.

Is Morocco a dangerous place (for a woman on her own)?

Morocco is a safe country for westerners to visit, though it's worth knowing that modesty is highly valued, especially for women. Wearing revealing clothes can draw unwanted attention and be considered disrespectful. It's advisable to cover your shoulders, cleavage and knees when in public areas.

Guests are welcome to wear their usual yoga attire at Bab Zouina, including shorts and vests etc.

What will the weather be like?

The weather is likely to be warm and dry, with temperatures ranging from 15-28 degrees in October. Rain is unlikely (but possible) during the retreat dates.

Will my mobile phone work in Morocco? And is there access to the internet?

It's likely your phone will automatically switch to the local network and be able to send texts and make calls. Charges will vary, dependant on phone providers. Free Wi-Fi is available from the retreat centre.

Where could I exchange/withdraw money?

The Moroccan Dirham (MAD) is a closed currency, so is not available to be bought outside of Morocco. It is best to take cash, to change in Morocco. Large hotels and banks exchange money based on a government controlled exchange rate. You can also withdraw Dirhams from an ATM, either with your own bank card or a Travelex Money Card (at the airport or in the city).

Are there places to go shopping? And if so, what kind of things could I buy there?

If you'd like to go shopping, you might like to venture into Marrakesh to explore the markets, about 40 minutes from Bab Zouina. Alternatively, you could visit the local villages – Bab Zouina can provide advice and recommendations.

Can I book a massage or spa treatment?

Yes. It's possible to arrange shiatsu, massage, Hamman, waxing, manicures and pedicures, all onsite.

To learn more about the traditional Hamman treatment, involving a body soap, scrub, wrap and oilation, see the following link: <https://bab-zouina.com/hammam-2/>. Treatments are provided from an onsite Hamman vault, suitable for one or two people, at the cost of €40 each (for 50 minutes).

Other questions?

Contact Emma via email: emma@rebalancing-me.com or message via mobile/WhatsApp: 07790 296737.

