

### Arrival / Departure:

#### Saturday 06 October 2018 - Arrival

15:00 Individual travel to Marrakesh (timing to be confirmed)  
18:30 Transfer to Bab Zouina  
20:30 Dinner

#### Saturday 13 October 2018 - Departure

09:30 - 11:45 Practice  
13h00 Lunch  
15h00 Departure to Marrakesh airport (timing to be confirmed)

### Workshop fees:

The workshop price is CHF 1'065.- per person (CHF 1'265.- in double room; CHF 1'365.- in single room) and includes: **teaching, transfer to and from Marrakesh airport, accommodation, on-site meals, and Moroccan tea at any time.**

### Application Form:

By signing this form, I agree to pay the deposit of CHF 500.- upon receipt of confirmation of my registration. **This deposit is only refundable in case of workshop cancellation.**

Name : \_\_\_\_\_ Surname : \_\_\_\_\_

Address : \_\_\_\_\_

Post Code: \_\_\_\_\_ City: \_\_\_\_\_

Email : \_\_\_\_\_ Tel. : \_\_\_\_\_

Place : \_\_\_\_\_ Date : \_\_\_\_\_

Signature : \_\_\_\_\_

Please send the scanned form as soon as possible to [marhaba@bab-zouina.com](mailto:marhaba@bab-zouina.com)

Your registration will be confirmed upon receipt in order for you to be able to book your flight under best conditions.

\* Family members are welcome. Children pay CHF 350.- \*

For further information about the retreat, please contact **Kate Beck**:

[info@patanjali-yoga.ch](mailto:info@patanjali-yoga.ch)

For further information about lodging and registration, please contact **Karim Zein**:

[marhaba@bab-zouina.com](mailto:marhaba@bab-zouina.com)

# “ABHYASA & VAIRAGYA”



## YOGA RETREAT IN BAB ZOUINA MARRAKESH

(06 to 13 October 2018)

### Teacher:

**Kate** has led Yoga workshops all over Europe, and has trained Yoga teachers on an international level for many years. She is the international leader for the **Teacher Training** programs of **Patañjali Yoga Switzerland**. She is known for her expertise in Yoga during pregnancy and her knowledge about the **Yoga Sūtras of Patañjali**.



### Abhyāsa & Vairāgya:

According to Sage **Patañjali**, practice and detachment, the two pillars of Yoga, are key concepts. A complete study of yoga requires us to study and apply these key concepts.

Y.S. I.12 abhyāsa vairāgyābhyām tannirodhah

**Repeated Practice and detachment are the means to sell the movements of consciousness.**

**Abhyāsa** is the path of evolution. It is defined as practice and repetition of practice. “It is the art of learning that which has to be learned through cultivation of disciplined action. This involves long, zealous, calm and persevering effort.” (B.K.S. Iyengar).

**Vairāgya** is the path of involution. It includes renunciation, detachment or dispassion and is defined by B.K. S. Iyengar as “the art of avoiding that which should be avoided”.

**This is a Level II & III course and is not meant for beginners.**

**Practice material and props are provided.**

ॐ The course is taught in english ॐ

### Daily program:

07:30 - 08:30 Pranayama  
08:30 - 09:30 light breakfast (coffee/tea/fresh fruit juices)  
09:30 - 11:45 Asanas  
12:15 Lunch  
15:00 - 18:00 Visit to various sites, free time  
18:00 - 19:00 Guided practice (optional)  
19:30 Dinner

### Location:

The **workshop** will take place in **Bab Zouina**, a beautiful traditional Moroccan villa situated in the **Ourika Valley** (30 km from Marrakesh) in a magnificent property surrounded by olive trees. A **swimming pool** is also available. It is possible to have daily walks in the beautiful countryside nearby. The **weather** will generally be mild, mostly sunny, 25° during the day and 20° at night. A big **common room** will be available as well as **several terraces** and **peaceful places** to relax. The **yoga practice** will take in the **newly built yoga hall** or on the **shaded roof terrace** with a marvellous view on the **Atlas mountains**.



**Accommodation** will be in large and beautiful guest rooms with 3 or 4 people per room. On demand there are some single / double rooms available Please visit: [www.bab-zouina.com](http://www.bab-zouina.com)



**Meals** are cooked with fresh **local produce**.

### Travel to Marrakesh:

A more than 6-month valid passport is required for entry into Morocco. The flight ticket is to be purchased by each participant. Many “low cost” companies offer direct flights (see in particular EasyJet and Ryanair websites for schedules).

“Endeavour is part of faith”