



Zenaway
BACK TO YOURSELF

Back to Nature

3-Day Community Retreat



**Natureland
Bzebdine**

**2-4 October
2026**



Back to Nature

As life becomes increasingly filled with noise, movement and distraction, it becomes easy to lose touch with what feels most natural to us, our bodies, our inner stillness, our sense of joy, and the living world around us.

ZenAway:

Back to Nature is an invitation to return.

A return inward, to our own nature, to a place beneath the noise where we can simply be, feel, move, express and reconnect with the joy that already lives within us.

And a return outward, to Mother Nature, to breathe with her, move within her, feel her energy and allow the simplicity of the natural world to ground and recharge us.

For three days, we create a safe and intentional space where discipline meets freedom, stillness meets expression, and inner exploration meets genuine human connection.

A space to practice and meditate, but also to move, play, dance, laugh and share. To turn inward when we need stillness, and open ourselves to one another when we feel ready.

Not to become something new, but to remember what is already there.



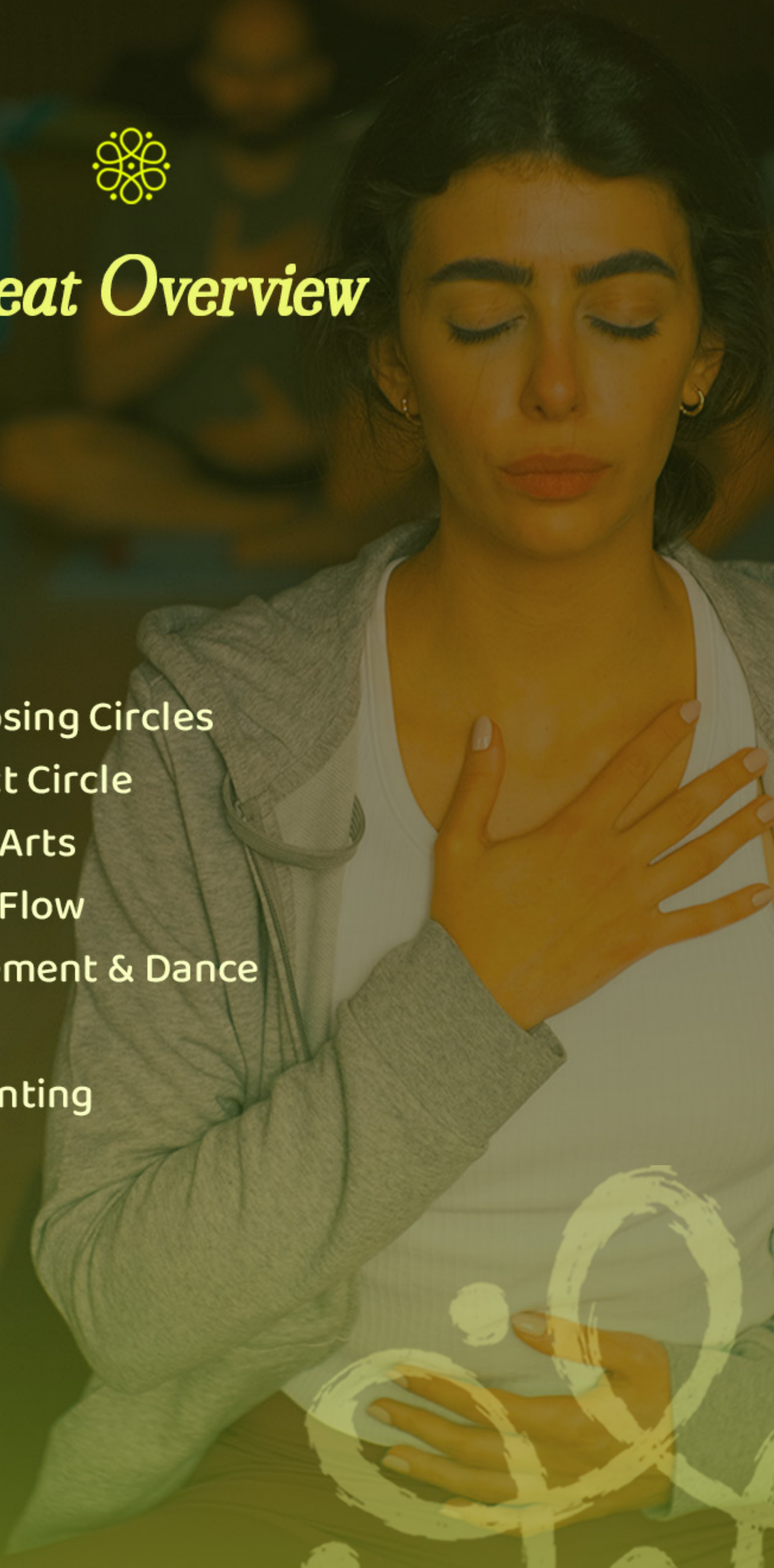
Our natural state of presence, connection and joy.





Retreat Overview

- Yoga
- Meditation
- Pranayama
- Yoga Nidra
- Opening & Closing Circles
- Play & Connect Circle
- Circus & Flow Arts
- Untraditional Flow
- Somatic Movement & Dance
- Acro-Yoga
- Bonfire & Chanting
- Hike





The Land

Surrounded by pine trees in the mountains of Bzebdine, **NatureLand** will be our home for three days away from the noise of the city.

The land gives us room to practice, move, gather, rest and spend time outdoors, with **open spaces and a swimming pool** to enjoy throughout the weekend.

Our stay will be in **wooden bungalows surrounded by trees**, keeping us immersed in the natural surroundings."

The Food

All meals will be lovingly prepared by the **ZenAway Kitchen**, offering wholesome vegetarian cuisine made with fresh, locally sourced ingredients.

Our menu is simple, generous and full of flavor, with **freshly prepared meals served throughout the retreat.**

DAY 1

12:00 – 14:00 Arrival, Settle In & Light Lunch
 15:00 – 16:00 Meditation, Opening Circle & Introduction
 16:15 – 17:15 Play & Connect Circle
 17:30 – 18:30 Sunset Yoga Flow
 18:30 – 19:00 Pranayama
 19:00 – 19:20 Yoga Nidra
 19:30 Dinner
 21:00 – 22:30 Bonfire, Chanting & Free Time
 23:00 Lights Out

DAY 2

06:30 Wake-Up Call
 07:00 – 07:25 Meditation
 07:30 – 09:00 Energizing Hatha Yoga & Pranayama
 09:00 Breakfast
 10:15 – 11:45 Circus & Flow Arts
 12:00 – 13:30 Untraditional Flow
 13:30 Lunch
 15:30 – 17:00 Somatic Movement & Dance
 17:30 – 18:30 Gentle Hatha Yoga
 18:30 – 19:00 Pranayama
 19:00 – 19:20 Yoga Nidra
 19:30 Dinner
 21:00 – 22:30 Bonfire, Chanting & Free Time
 23:00 Lights Out

DAY 3

06:30 Wake-Up Call
 07:00 – 07:25 Meditation
 07:30 – 08:30 Energizing Hatha Yoga
 08:30 – 09:00 Pranayama
 09:00 Breakfast
 10:00 – 11:30 Acro-Yoga
 11:30 – 13:45 Hike
 14:00 – 14:30 Closing circle
 14:30 Community Lunch



Description

3-Day Pass

2-Day Pass

Shared Bungalow

\$215

\$165

Private Bungalow (1 pers)

\$380

Private Bungalow (2 pers)

\$550

1-Day Pass (Friday) = \$60

1-Day Pass (Saturday) = \$95

1-Day Pass (Sunday) = \$60

Overnight package includes:

- Accommodation
- Freshly prepared vegetarian meals
- Access to all workshops and practices

Terms and Conditions:

- Full payment is required to confirm your reservation.
- As spots are limited, unpaid reservations can only be held for an agreed period before being released.
- All payments are non-refundable.
- Payments are made in full; installment plans and discounts are not available.

Contact & Registration

For more information or to book your spot, contact us via:

- Zenaway.retreats@gmail.com
- +961 76 456323
- +961 3 752739



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Leave the noise behind.
We'll meet you in nature.