

Black Lotus is a global wellness studio uniting the world through creativity, movement, and conscious living. The black lotus flower symbolizes internal growth, resilience & transformation of the mind and soul. Every touch point guides you back to yourself—inviting presence, awareness, and deep connection.









### **OUR OFFERINGS**

We want our guests to have a wonderful, curated experience with us. Here are some things we offer.

#### **HELPFUL INFO**

- -No experience needed all are welcome
- -Group classes are donation based
- -These practices are non-denominational: Not tied to any specific religion or deity, but offered as mindfulness tools & physical/mental practices that support clarity, emotional balance, regulation & many other benefits.



## **BLVCK LOTUS X MWASI**

We are currently in residency at Mwasi healing & restoration center in Marrakech, Morocco. We offer meditation, yoga along with sound healing within Mwasi programming.

SUGGESTED DONATION 100 MAD / €10

PROGRAMMING TUESDAYS & THURSDAYS SENT VIA WHATSAPP TO MWASI GUESTS

#### LARGE GROUPS & PRIVATE BOOKINGS

#### **SACRED 15**

**MEDITATION (15)MIN** 

A 15 mintue meditation aimed at reseting inner balance and calm. Fresh lavender scent infusion.

**Benefit:** calm anxiety, improve breathing and circulation **150 MAD / €15** 

## **BLACK FLOW**

YOGA (30-60)MIN

A creative yoga practice where movement becomes meditation.

**Benefit:** Mind-body balance, strength, inner stillness **300 MAD / €30** 

# **ECHOES OF CALM**

MEDITATION & SOUND HEALING (15-30)MIN

A meditative sound healing experience that restores balance and presence. Fresh lavender scent infusion. Concluding in a tea cermony.

Benefit: Mind-body balance, softness, inner stillness 300 MAD / €30

#### **BLACK LOTUS JOURNEY**

MEDITATION, SOUND HEALING & YOGA (60)MIN

A complete mind and body reset. Beginning with meditation infused with fresh lavender & rosemary, followed by a balancing yoga flow. Concluding in a tea cermony.

**Benefit:** Mind-body balance, grounding, inner stillness *600 MAD /* €*60*