



WELLNESS

NOT TO BE MISSED

Take some alone time to really appreciate the tranquility of the Sinai wilderness.



COST: £180pp
Includes: transfers, camping, meals & refreshments, yoga instructor & sessions, guide.

TRANSFERS

private minibus
camel

LODGINGS

Desert camping

PEOPLE

EMBAH desert guide
driver | yoga instructor

AVAILABILITY

see EMBAH calendar

DESERT YOGA SAFARI

A 3 DAY DESERT ESCAPE

The Sinai Desert's sheer natural beauty and uplifting energy is ideal for practicing yoga. This retreat is a unique combination of twice daily yoga practice in our rooftop yoga shala by the sea, with 3 days Yoga practice and meditation camping in the natural environment of the desert plateau. Focus on your mind, body & soul, with some light trekking every day, giving time for inner silence with serene surroundings of plateaus, rolling sand dunes and canyons. Private consultations from the in-house masseuse & therapists are possible at the beginning of your holiday to help plan your week of wellness.

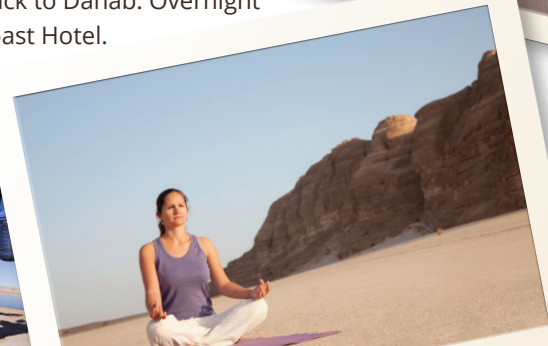
HIGHLIGHTS

- ★ Experienced instructors
- ★ Tranquillity of desert plateau
- ★ Culture & traditions of the Bedouin
- ★ Daily trekking

DAY 1 Depart via minibus to the desert, and trek to the tranquil camp location. Become accustomed to your surroundings, have a sunset yoga class, and enjoy a traditional Bedhouin dinner.

DAY 2 Morning and sunset classes, A short trek on foot to the summit of Mount Matamir for amazing panoramic views of the desert plateau. traditional food and optional trekking.

DAY 3 Explore the surrounding area on foot or you can take a short drive to the highest sand dunes in Sinai for sandboarding! Return to camp for afternoon yoga & meditation. Short drive or trek on foot to the entrance of the desert to meet the transfer back to Dahab. Overnight in Coral Coast Hotel.



EMBAH
SAFARI TOURS & TRAVEL

NOTES: Extra accommodation & transfers for pre /post holiday dates can be arranged. Pick up transfers from alternative airports/ports can also be arranged.
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