

Yoga

RETREAT

The perfect escape from a busy life is the journey inwards and Dahab is the idyllic environment to do so. This Yoga retreat is designed to deepen your yoga practise & understanding with classes for all levels and an insight to the benefits of yoga. The retreat also gives you the space to listen to your inner voice, something we don't value enough. With meditation sessions and massage to help move blockages, coupled a carefully tailored diet, (no caffeine or alcohol, with vegan & raw food options available) it promises to cleanse your mind body & soul.

2450LE*

4 DAY RETREAT INCLUDES:

- ▶ Full board accommodation*
- ▶ Wellness introduction
- ▶ 4 yoga sessions
- ▶ 2 meditation sessions
- ▶ 3 JadeStone Massage
- ▶ 2 guided walks
- ▶ Personalized yoga plan



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INFO & BOOKINGS:

T: 011 2344 2255
 E: wellness@coralcoasthotel.com
www.coralcoasthotel.com

Kundalini Yoga

PROGRAM

DAY 1

14:00 Arrive, check in & register
 18:00 Yoga introduction
 19:00 Free evening in Dahab

DAY 2

06:30 Hot lemon & water
 07:00 - 08:15 Introduction to Meditation
 08:30 - 10:00 Breakfast & relaxation
 10:30 - 12:00 Guided Walk
 12:30 - 13:45 Healthy Lunch
 14:00 - 15:00 JadeStone Massage
 16:30 - 17:00 What is Yoga? talk
 17:15 - 18:30 Yoga Class
 19:00 Dinner

DAY 3

06:30 Hot lemon & water
 07:00 - 08.15 Yoga class
 08:30 - 10:00 Breakfast & relaxation
 10:30 - 12:00 Guided Walk
 12:30 - 13:45 Healthy Lunch
 14:00 - 17:00 JadeStone Massage
 17:30 - 18:30 Yoga class
 19:00 Dinner

DAY 4

06:30 Hot lemon & water
 07:00 - 08.15 Yoga & Meditation
 08:30 - 10.00 Breakfast
 10:00 - 12:00 JadeStone Massage
 13:00 - 14.00 Lunch & free time
 14.00 - depart additional therapies
 to book on request

* Accomodation is at Coral Coast Dahab, based on 2pax superior room. Single supplements. Downgrade to standard rooms available. Superior rooms available (with tea & coffee making facilities, fridge, balcony with sea view). Facilities include private beach, swimming pool, restaurant & bar. We can arrange return transfers from Cairo - Dahab, by road or flights & liase with other participants for car pooling.

full information pack available on request.