Yoga
RETREAT

The perfect escape from a busy life is the journey inwards and Dahab is the idylic 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.

4 DAY RETREAT INCLUDES:

▶ Full board accommodation*
▶ Wellness introduction
▶ 4 yoga sessions
▶ 2 meditation sessions
▶ 3 massage therapy sessions
▶ 2 guided walks
▶ Personalized yoga plan

Iyenger Yoga

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	Massage Therapy Session
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	Massage Therapy Session
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	Massage Therapy Session
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.

INFO & BOOKINGS:

T: 011 2344 2255
E: wellness@coralcoasthotel.com
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full information pack available on request.