

DAHAB YOGA

A ONE WEEK HOTEL
STAY & DROP IN
CLASSES, IN DAHAB,
EGYPT



NOUR
wellbeing

a light to your inner self

Dahab is soothing for the senses, creative for the mind, vibrant for the body and sacred for the soul. Join us for this week long yoga program, with twice daily yoga, meditation or dance sessions in a beautiful rooftop yoga shala over looking the sea. Choose your own classes to join, mix it up to create your own personalized experience. Our experienced teachers will take you through your practice, embracing the basic principles of Yoga, chakra cleansing, breathing and meditation, catering to all levels of yogi. Head into the desert for a day of tranquil contemplation and connection with nature. Take some time out and treat yourself to something so special that will nourish your soul. Private consultations from the in-house masseuse & therapists are possible at the beginning of your holiday to help plan your week of wellness to enhance your yoga holiday!

HIGHLIGHTS

- ★ Perfect for all levels of practise
- ★ Chose your own classes to join
- ★ Variety of Yoga styles
- ★ Plenty of time for relaxation and enjoying some complimenting therapies
- ★ Stay active and join some adventure activities
- ★ Local resident Yoga Teachers with years of experience
- ★ Rooftop yoga shala, overlooking the Red Sea

TRIP FACT FILE



TITLE	Hotel Stay & Drop In Yoga Holiday
EMBAH CODE	EMBHSDI19
DURATION	8 days, 7 nights
START & END DESTINATION	Sharm El Sheikh Airport
LODGINGS	Coral Coast Hotel (based on Twin room, B&B) Single room supplement:
YOGA CLASSES	10 yoga classes in total
ACTIVITIES	1 Days Desert Yoga - <i>optional</i>
MEALS INCLUDED	7 - brunches
TRANSFERS	Return Airport Transfer from/ to Sharm El Sheikh Airport (pick up transfers from alternative airports/ports can also be arranged)
GROUP SIZE	Average of 8 persons. (Min: 4 Max: 18)
FOOD & DRINK	Please budget for additional food, drink or refreshments not included in programme.
OPTIONAL ACTIVITIES	Yoga Desert Safari, Massage therapies, Reiki session, meditation, zumba, snorkelling, scuba diving desert excursions, & much more!

OUR YOGA PRACTICE

Our yoga programs have been designed to allow time for self contemplating, to improve your practice and for absorbing the surrounding beauty of Sinai.

With teachings twice daily in Coral Coasts atmospheric yoga salah (set on the on rooftop overlooking the mountains of Saudi Arabia), our classes are suitable for people at with all levels of experience. Classes embrace the basic principles of yoga, chakra cleansing, breathing & meditation, and are generally tailored to suit the groups needs.

After a week of practise, therapies, and quiet times in the Hotels enticing quiet corners, you will definitely start to feel the benefits of taking time out and treating yourself to something so special. Each day allows time to enjoy the surrounding beauty, maybe do some activities or just relax and recuperate.

Private consultations from the in-house masseuse & therapists are also possible at the beginning of your holiday to help plan your week of wellness!



ACCOMODATION

CORAL COAST HOTEL | Coral Coast, is a 3* Hotel with 30 en suite rooms, set on the shore of the famous dive site, El Garden. The idyllic beach front location is perfect for lounging about and just a few minutes walk from the main bay area. All rooms are air conditioned with private balcony or terrace with wonderful sea view.

The Hotel has a great Restaurant & Bar serving a host of dishes, local wines & beers that can be served in any of the sitting areas throughout the Hotel grounds. The Bedouin Tent is an authentic corner on the beach, wonderful for day time chilling or spending an evening tasting a traditional underground slow cooked meal

with the local Bedouin. The resident Chef can cater to the needs of those on a controlled diet and is happy to prepare special requests.



COUNTRY FACT FILE



WHEN TO GO	This holiday is scheduled on various dates throughout the year. Avoiding July & August, unless you can handle the heat!
CLIMATE	Sunny all year round. Summer months of July - August can reach 50°C. Winter months are mild, 20-25°C.
MONEY	Egyptian Pound (LE). Cashpoints/ATM's available in most locations.
PEOPLE VIBE	Friendly and welcoming.
DANGERS & ANNOYANCES	Some hassle from street vendors.
LAUNDRY SERVICES	Are available for a small cost, so you don't need to pack multiple items
TIPPING	Not compulsory, but goes a long way. You can tip hotel cleaners for longer stays or home stay hosts, Fellow travellers can give a communal tip to be split between the local guide & drivers. At your discretion, you can tip the yoga teacher.

WHAT TO PACK

Travel light, your back will thank you for it!

- ★ loose cotton/linen clothing
- ★ good walking shoes for active days
- ★ sun protection
- ★ mosquito repellent
- ★ warmer winter layers for evenings

PRE-TRIP CHECKLIST

- ✓ **Travel Insurance** is compulsory. Your TI details will be needed for registration. Take a copy of your policy with you on your travels.
- ✓ **Passport Validity** needs to be over 6 months validity after the date of arrival into the foreign country. Some visa agencies may require more ensure that you check this prior to departure.
- ✓ **Visa's** to Egypt can be purchased upon arrival at a cost of \$25 for a 30 day tourist visa. Please note that no visa is required for stays of upto 14 days in Sinai.

DAHAB OVERVIEW

Translating as 'Gold' in Arabic, Dahab is a place of unique beauty, surrounded by world class coral reefs, beautiful beaches, rugged mountains & the vast desert landscapes. Formerly a Bedouin fishing village, this sleepy town is situated on the southeast coast of the Sinai Peninsula, just an hours transfer from Sharm El Sheikh international Airport. Traveler return time and time again to enjoy the relaxed bohemian vibe and year round sun. Dahab has so much to offer, choose to relax at one of the many restaurants & cafe's on the waters front, dive in the fantastic coral reefs, participate in watersports/activities, explore the surrounding landscapes or join one of the many 'Wellness' concepts that are all the rage!

GETTING HERE

It couldn't be easier to get to Dahab wherever you are traveling from. Most European countries offer direct flights into Sharm el Sheikh, just 1hrs drive from Dahab. While it is also possible to enter from Jordan via ferry or overland from Israel via Taba Border.



- ✓ **Vaccinations** - at present there is nothing compulsory for travelling to Egypt.
- ✓ **Travel Advice** - Check out your governments Travel Advice website for current news and advice of the country you are going to.
- ✓ **Weigh your bag!** Be sure to not go over your airline weight allowance for hold and hand luggage as the excess can sting! Don't forget to allow some extra weight for shopping on your return.

ITINERARY

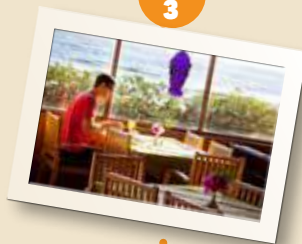


DAY
1



DAY
2

DAY
3



DAY
4-5



DAY
6



DAY
7



DAY
8

WELCOME TO EGYPT

Meet & Assist at Sharm airport. Transfer to Dahab (90km app 1.15 mins drive) Check-in, welcome drinks & meet your holiday organizers. Overnight at Coral Coast Hotel.

YOGA - CLASS 1&2

After light refreshments, you will have the possibility to have your first yoga session at 8am - 9.30am in Coral Coast Hotel's rooftop yoga shala. After class enjoy a brunch, tailored to suit with healthy and energy replenishing menu. Your host will introduce you all and give a briefing of the week ahead. Dahab is full of potential, so we will give you a short talk of what is available to do, recommend treatments & therapies that will enhance your overall wellbeing during your holiday. Take the rest of the day to relax or get acquainted with Dahab town, and what it has to offer and join an evening class. Overnight at Coral Coast Hotel.

YOGA - CLASSES 3&4

Remember to keep hydrated during this week, so enjoy some light refreshments before heading to your morning class. Brunch and then your afternoon is free till your choice of class. Various therapies & treatments are on offer within the hotels' Wellness Suite, that can enhance your experience. Overnight at Coral Coast Hotel.

YOGA - CLASSES 5-8

Refreshments, brunch and enjoy both a morning and afternoon classes, with free time for the remainder of the day. Your day will run like this for the duration of the week with morning, afternoon or evening classes. Opt to keep your afternoons free for activities such as snorkelling, to discover what marine life the Red Sea has to offer just footsteps from the Coral Coast Hotel's beach and horse riding galloping along the beach at lagoon. Overnight at Coral Coast Hotel.

FREE DAY - WITH OPTIONAL ACTIVITIES

Today you have the *option* to take your yoga session outdoors and embark on a Desert Safari into the desert interior to our Yoga Plateau. It's a spectacular setting with views across the desert, the tranquility and sheer beauty allows you to really listen to your inner voice and deepen your yoga practice. Early yoga session at 7.30am and depart to the desert at 9am, approx 1.5hrs drive on & off road. Once we arrive at the Yoga Plateau enjoy some Bedouin herbal tea before taking a short hike for Conscious Walking. Lunch is freshly prepared and cooked on the open fire at base camp. As the sun moves around we take to the mat and have a yoga session finishing with a sunset Meditation. Return to the hotel approx 7pm. Overnight at Coral Coast Hotel. ** Supplement for desert safari yoga.

YOGA - SESSIONS 9&10

The last morning yoga session will work with revealing what you have journeyed through over this last week, whether privately or over discussion. By now you will feel cleansed and revitalised, and will be a master of your art, having learnt new skills that you can take with you and continue practice on your return. Rest of the day free for optional classes, therapies or activities. As a grand finale we head to the local mountain valley for dinner under the stars. Freshly based food is served while you absorb the mountain energy and star gazing. Return to the hotel approx 9pm. Overnight at Coral Coast Hotel.

DAY OF LEISURE

Free Day to enjoy at your leisure, till departure transfer to Sharm airport

ENHANCING THERAPIES



COMPLIMENTING THERAPIES TO COMBINE WITH THIS HOLIDAY



Reiki Sessions | per hour

Reiki session work with your life force energy and help to align and release any negative blockages. Reiki is Japanese for Rei - universal and Ki - life force energy. Our Reiki masters pass on "ki" by laying hands over the body and channeling energy to activate natural healing whether emotional or physical and also to stimulate the body's immune system. Ask at reception to arrange an appointment.



Sudanese Beauty Treatments | per treatment

Sherin provides a range of traditional Egyptian & Sudanese wellness and beauty treatments exclusively for women, knowledge of which has been passed down from generation to generation by the "Haboba" or Grandmother. Using natural herbs & seeds, she hand blends the scrubs & "cooks" her own sandalwood. Ask at reception for details of her treatments and to arrange an appointment.



Massage | per hour

A full body or head massage is a lovely way to unwind and give your body a treat. Whether you have a particular issue or wish to relax, we have a variety of massage therapies with our inhouse International therapist. From deep tissue to reflexology & Indian head massage all on offer on 30 mins or 60 mins sessions. Ask at reception for details of all our massage treatments and to arrange an appointment.



Meditation Sessions | per hour

To people meditation is regarded as the mental concentration of something, whilst others consider meditation as a state of imagination that gives us peace or satisfaction. All these methods have one goal to slow down and eventually completely stop the incessant activity of our minds. Check our weekly schedule for meditation session throughout the week.



BARS | per session

The Bars are a series of 32 points on the head which when lightly touched releases old energies stuck in the brain & body. Whether it's thoughts, emotions, decisions, judgments & beliefs from any lifetime, that are electrically stored in the brain, a BARS treatment will release & dump these junk energies, bringing more peace, ease, joy & glory in life. Ask at reception to arrange an appointment.



Thai Massage | per session

Thai massage is a traditional healing system combining acupuncture, Indian Ayurvedic principles, and assisted yoga postures. Traditional Thai massage uses no oils or lotions. The recipient remains clothed during a treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked.

ADDITIONAL CLASSES



ADDITIONAL DROP IN CLASSES TO COMBINE WITH THIS HOLIDAY



Kundalini Yoga | per hour

Kundalini Yoga is considered the most comprehensive of yoga traditions, combining meditation, mantra, physical exercises and breathing techniques; it is a Raj Yog, encompassing the eight limbs of yoga into a singular practice of excellence and ecstasy. We have a number of Kundalini classes scheduled throughout the week, that you can join to enhance your yoga holiday experience.



Sufi Whirling | per class

Sufi Whirling is a holistic islamic belief in connection with God or universe. Through smooth whirling a trance state is achieved that is believed to assist in true connection. The Sufi whirling is a way to experience our infinite potential, our true essence and above all to fall into adoration with existence and the divine dance and all its multiverse experience.



Body Sculpt | per hour

Body Sculpt classes tone and sculpt your entire body using a mix of cardio and strengthening exercises, weights and resistance bands. The heart pumping and calorie blasting exercises keep your workout fun and effective. Strengthening bones and joints. Increased muscle mass increases metabolism, resulting in more calories burned in everything you do.



Qi Gong | per hour

Qi Gong is an integration of physical postures, breathing techniques, and focused intentions. The word 'qi-gong' is comprised of two separate characters, 'qi' meaning energy, and 'gong' meaning cultivation or effort, Qi Gong is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body. Beach & studio session are held weekly.



Ariel Yoga | per hour

An Ariel Yoga class, you'll explore new and traditional yoga asanas with your body weight partially or fully supported. You'll get a 'yoga high' by deepening your practice: experience physical release, refined strength, energetic flow, and heightened awareness of breath and body. Never more than a few feet off the ground, you'll let go into gravity, be held in the hammock, and awaken yogic bliss.



Sadhana Meditation | per session

This beautiful early am Sadhana meditation is the ultimate way to start your day. Starting with meditation while a recited prayer flows in the background, yoga asanas with relaxation and ending with a powerful session of chanting, the 2.5hrs session is blissful. Check our weekly schedule to see when we have sadhana where the session be held, either on the beach, within the bedouin tent or in the studio.

OPTIONAL ACTIVITIES

ADDITIONAL ACTIVITIES & THERAPIES TO COMBINE WITH THIS HOLIDAY



Snorkeling | half or full day

Dahab is home to many amazing coral reefs and abundant with marine life. The famous Blue Hole is renowned for the reef formation, whereas the Southern Oasis is a stretch of coastline with beautiful corals. Opt for a half or full day trip and discover the stunning underwater world that surrounds Dahab.



Scuba Diving | half day

Have you ever wondered what it's like to breathe underwater? If you want to find out but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving will let you try scuba to see if you like it! For certified divers we offer PADI guided dives.



Horse Riding | per hour

Suitable for all abilities, whether you're an experienced rider or a novice looking for a different experience. Choose to journey down to Dahab Laguna, where you can enjoy the fresh air and beautiful coastline, or take a trail inland. Whether you want to gallop along the water's edge or take a gentle trot, this is a great way to spend an afternoon.



Camel Trek | full day

Enjoy a snorkeling trip on a coastal camel trek to Ras Abu Galum, with its high mountains, wadis, fresh water springs, picturesque sand dunes, and undisturbed coral reef, Ras Abu Galum one of the most beautiful national parks in Egypt! Lunch is freshly prepared within our beach hut location while you discover the amazing underwater world.



Desert Yoga Safari | full day

The Sinai Deserts sheer natural beauty and uplifting energy is ideal for practicing yoga. Focus on your mind, body & soul, with some light trekking, giving time for inner silence with serene surroundings of plateaus, rolling sand dunes and canyons. Sunset Meditation is the idyllic wind down to the day. Lunch is freshly prepared in our Desert camp served around the camp fire.



St Catherine's & Mt Sinai | full day

St Catherine's Monastery lies just at the base of Mount Sinai and is still a working monastery to this very day. Learn about the myths that surround the mystical monastery, reports of angels and the famous Burning Bush. Climb the famous Mount Sinai where it is said that Moses received the "10 Commandments". Enjoy the stunning panoramic view from its peak as you watch the magical sunset.

BOOKING INFO

DAHAB YOGA HOTEL STAY & DROP IN CLASSES

One form per person. Please print, fill in and send to EMBAH Safari Tours & Travel: E: info@embah.com, T: +20 100 260 1312 and you will receive:

- ★ Confirmation letter & invoice (for the total amount)*
- ★ Airport meeting details request/joining point details
- ★ Insurance subscription form (for optional sign up to our selected Insurance Company)

SCHEDULE 2020
Choose your own dates through 2020
Tailor your own Hotel Stay & Drop In package - if you wish to add or reduce days do let us know and we will tailor a package for you.

PERSONAL DETAILS	
First name:	Family name:
Date of birth:	Nationality:
Address	Tel:
	Mob:
	Email:

MEDICAL	
Any medical condition:	Medication:
Doctor Cert required:	

PASSPORT DETAILS	
Number:	Issue country:
Issue date:	Expiry date:

HOLIDAY COST: FROM
€425_{pp}*
Cost includes:
★ Return airport transfer from Sharm el Sheikh airport
★ 7 x nights Hotel BB. Shared Twin
★ 10 x yoga sessions
Supplements:
Single Standard Room - 70 euro
Upgrade to Superior Room - 85 euro pp
Single Superior Room - 140 euro
Desert Yoga Safari - 60 euro
<small>*What's not included: Personal expenses, telephone fees, various purchases. Activities or visits mentioned as optional in the above program or any others not mentioned. Cancellation insurance and repatriation insurance. Visas. International flights.</small>
<small>*Rate is based on 2 persons sharing room.</small>

INSURANCE
<input type="checkbox"/> I am already insured <small>Please fill in policy details below</small>
<input type="checkbox"/> I would like details for EMBAH's preferred insurance company
Insurance company:
Contact:
Policy number:

TERMS & CONDITIONS

Full terms & conditions are available on your official website www.coralcoasthotel.com, all clients are advised to read and knowledge.

Signature: _____ Date: _____

- I declare to have read and understand the above and I accept the terms and conditions. I release the organizers from responsibilities for any incident that could occur during the holiday, service or excursion.