

DESERT YOGA RETREAT

A ONE WEEK YOGA RETREAT IN
DAHAB AND THE SINAI DESERT



The Sinai's sheer natural beauty and uplifting energy is ideal for Wellness Retreats & Holidays, whether practicing yoga, meditation sessions or spiritual quest. 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 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.

EMBAH
SAFARI TOURS & TRAVEL

HIGHLIGHTS

- ★ Idyllic beach front location
- ★ Multiple venues for yoga, dance & workshops
- ★ Air conditioned rooftop yoga shala, overlooking the Red Sea
- ★ Zen Camp in Desert plateau for desert experiences
- ★ Various room options for every budget
- ★ Tailored meal menus for various dietary requirements
- ★ Massage & Healing Therapies available at our inhouse Wellness Center


NOUR
well being

TRIP FACT FILE



TITLE	Desert Yoga Safari
EMBAH CODE	xxx
DURATION	8 days, 7 nights
START & END DESTINATION	Sharm El Sheikh Airport
LODGINGS	4 nights: Coral Coast Hotel (based on Twin room, B&B) Single room supplement: XX 3 nights: Bedhouin camping (full board)
YOGA CLASSES	10 yoga classes in total 5 - Dahab Sessions 5 - Desert Sessions
MEALS INCLUDED	7 - brunches 2 - dinners
TRANSFERS	Return Airport Transfer to Sharm El Sheikh Airport (pick up transfers from alternative airports/ports can also be arranged)
GROUP SIZE	Average of 8 persons. (Min: 6 Max: 18)
FOOD & DRINK	Please budget for additional food, drink or refreshments not included in programme.
OPTIONAL ACTIVITIES	Massage therapies & Reiki session

OUR YOGA PRACTICE

This program is a unique combination of yoga practise in our rooftop studio in Coral Coast Hotel, Dahab, and the natural environment of the Sinai desert. This idyllic retreat delves deeper into self reflection and inner calm.

The deserts awesome natural plateaus, smoothed and eroded by the wind, rolling sand dunes and canyons, appear to have been spiritually created especially for Yogic contemplation.

Our focus being on mind, body & soul, some light trekking every day gives time for inner silence and serene surrounding, works extremely well in an overall recharge.

Yoga provides a natural counter-balance to the stresses of modern life and can help you to achieve a sense of inner calm. The pureness and silence of the Desert, enhances your Yoga experience at the same time opening your mind to the simplicities life that we can all take for granted.



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.

BEDOIUN CAMPING | Comfortable camping in the expansive sinai desert landscape. Gain an insight into the traditional bedouin culture, eat freshly prepared food and sleep under the stars.

Camp consists of sleeping tents, kitchen tent, yoga space bio toilet's & shower.



COUNTRY FACT FILE



WHEN TO GO	This trip is available most of the year although avoiding July & August, on a private basis. Small group retreats are scheduled throughout the year.
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
- ★ sleeping bag or sheet

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.



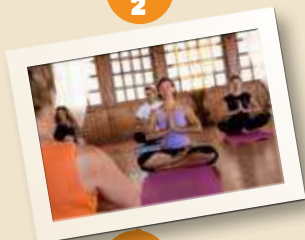
- ✓ **Vaccinations** - at present there is nothing compulsory for travelling to Egypt.
- ✓ **Travel Advice** - Check out your governments Travel Advice website for current news and advice of the country you are going to
- ✓ **Weigh your bag!** Be sure to not go over your airline weight allowance for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

ITINERARY

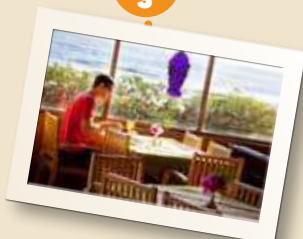


DAY 1

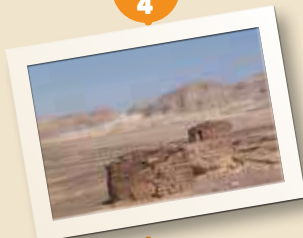
DAY 2



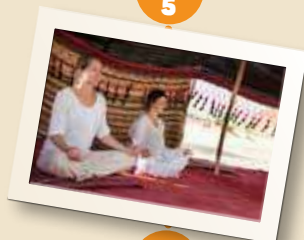
DAY 3



DAY 4



DAY 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 - DAHAB - SESSION 1&2

After light refreshments, attend your first yoga session at 8am - 9.30am in Coral Coast Hotel's rooftop yoga shala. Your yoga teacher will introduce you all and give a briefing of the week ahead. After class enjoy a brunch, tailored to suit with healthy and energy replenishing menu. 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. Evening Yoga session from 5pm - 7pm. Overnight at Coral Coast Hotel.

YOGA - DAHAB - SESSIONS 3&4

Remember to keep hydrated during this week, so enjoy some light refreshments before heading to your morning yoga class at 8am. Brunch and your afternoon is free till the evening yoga session at 5pm - 7pm. Various therapies & treatments are on offer within the hotels' Wellness Suite, that can enhance your experience. After class we will give you a briefing for the departure to the desert and what you need to bring with you. Overnight at Coral Coast Hotel.

YOGA - DESERT - SESSIONS 5

Early breakfast and then we depart to the desert, approx 1.5hrs driving. Once we reach the entrance of the desert, a short trek on foot takes us to our Desert camp, home for the next 3 days. Orientation of camp and the surrounding area and time to touch base and breathe in the environment. Lunch is freshly prepared and served at camp, with an abundance of bedouin herbal tea. Yoga Session approx 4pm depending on the time of year. Dinner around the camp fire under the stars. Overnight in Desert Yoga camp.

YOGA - DESERT - SESSIONS 6&7

Sunrise is one of the most amazing times in the Desert, so an early am session or meditation is set for 5am. Light refreshments before morning yoga session. After yoga enjoy a brunch and spend the next hours absorbing the tranquility. A short trek on foot to the summit of Mount Matamir for amazing panoramic views of the desert plateau. Return to camp for some refreshments and relax till evening Yoga session. After class, enjoy another evening dinner under the stars. Overnight in Desert Yoga camp.

YOGA - DESERT - SESSIONS 8&9

Take some light refreshments before morning yoga to keep you going till brunch after class. Explore the surrounding area on foot or for the more adventurous 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.

YOGA - SESSIONS 10

Take breakfast, and enjoy your last morning yoga sessions. 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.

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 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.



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.



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.



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.



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.



Freediving |

Deep at the heart of Freediving lies the ancient science of Yoga and Meditation. Universal pathways of conscious evolution, these practices are inclusive ways to understand yourself and your relationship to the world around you. We have a dedicated yoga studio onsite at Freedive Gili and a team of passionate Yoga Teachers who will inspire you to embrace a holistic way of life.



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

DESERT YOGA RETREAT

One form per person. Please print, fill in and send to EMBAH Safari Tours & Travel: E: info@embah.com, T: +20 10 260 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		
Desert Yoga Retreat	MARCH 20	12th - 19th
Desert Yoga Retreat	APRIL 20	23rd - 30th
Desert Yoga Retreat	MAY 20	7th - 14th
Desert Yoga Retreat	JUNE 20	11th - 18th
Desert Yoga Retreat	SEPT 20	24th - 1st
Desert Yoga Retreat	OCT 20	10th - 17th
Desert Yoga Retreat	NOV 20	19th - 26th

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

€675_{pp}*

Cost includes:

- ★ Return airport transfer from Sharm el Sheikh airport
- ★ 4 x nights Hotel BB. Shared Twin
- ★ 3 x nights desert camp FB communal
- ★ 10 x yoga sessions- 5 Dahab 5 Desert

Supplements:

Single Standard Room - 35 euro
Upgrade to Superior Room - 75 euro
Single Superior Room - 80 euro

*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.

* Rate is based on min 4 persons in small group date.

INSURANCE
<input type="checkbox"/> I am already insured Please fill in policy details below
<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.