



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.

4 DAY RETREAT INCLUDES:

- ▶ Full board accommodation*
- ▶ Wellness introduction
- ▶ 5 Yoga Sessions
- ▶ 3 Massage Therapy Sessions
- ▶ 2 Guided Walks
- ▶ Personalized yoga plan



Iyenger Yoga



INFO & BOOKINGS:

T: 011 2344 2255

E: wellness@coralcoasthotel.com

www.coralcoasthotel.com

PROGRAM

DAY 1

14:00	Arrive, check in & register
TBC	Massage Therapy Session
20:00	Dinner

DAY 2

08:30 – 09:30	Breakfast & relaxation
10:00 – 11:30	Group Class
12:30 – 13:30	Healthy Lunch
TBC	Massage Therapy Session
16:30 – 17:00	Me Time!
18:00 – 19:30	Group Class
20:00	Dinner

DAY 3

08:30 – 10:00	Breakfast & relaxation
10:00 – 11:30	Group Class
12:30 – 13:30	Healthy Lunch
TBC	Massage Therapy Session
18:00 – 19:30	Group Class
19:00	Dinner

DAY 4

08:30 - 10.00	Breakfast
10:00 - 11:30	Group Class
13:00 - 14.00	Lunch & Me 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.