



Ancient Wisdom & Modern Healing Retreat Wellbeing, Constellations & Meditation in the Heart of Egypt

DATES: 13 Jan 2025, 10:00 GMT – 22 Jan 2025, 16:00 GMT

WHERE: El Gouna, Hurghada, Red Sea, Egypt

DETAILED PROGRAMME:

DAY 1 13.01.25

9:00 AM: Breakfast

10:30 AM: **Opening circle to connect with other participants and the team,** introduction to the retreat program and its rules and guidelines.

12:30 PM: Sound healing session.

3:00 - 7:00 PM: Free time to enjoy the pool, soak up the sun and explore

7:00 PM: Dinner

9:00 PM: Meditation, sharing circle and daily reflection

Day 2 14.01.25 / Landing in Now / Presence

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Workshop on self-care & wellbeing: Wellbeing assessment with Bio-Well device

2:00 - 7:00 PM: Free time to spend alone or with the group. Relax in the sun and sea.

7:00 PM: Dinner

9:00 PM: **Full Moon** Meditation and daily reflection

Day 3 15.01.25 / Desert Stillness and Relaxation

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Body tension class followed by a relaxation meditation with sound and music

3:00 PM: Day trip: Journey to the desert.

We will journey by Jeep through the vast, golden sands of the Egyptian desert, where we will get a chance to feel like the nomadic Bedouins of old: riding the camels, watching the sunset below the horizon, as the desert comes alive in stunning hues of orange, pink, and gold.

We will gather around a fire and enjoy a delicious traditional Bedouin meal served under a blanket of stars. After dinner, we'll lay back and gaze at the stars in one of the clearest night skies on Earth, enjoying this perfect moment to pause and be present in the beauty and stillness of the desert.

9:00 PM: Meditation and daily reflection

Day 4 16.01.25 / Opening the Heart

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Introduction to Systematic Constellation Work. Workshop on self-exploration through this method. Systematic Group Work.

2:00 - 6:00 PM: Free time / optional meditation

6:00 - 9:00 PM: **We will enjoy an evening out in** Hurghada, where we will have a delicious dinner and a walk in it's beautiful marina

9:00 PM: Meditation and daily reflection

Day 5 17.01.25 / We are one / KEY DAY!

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Systematic Constellations: Focus on release & healing

5:00 - 7:00 PM: Free time to enjoy the sun and sea and integrate the experience

7:00 PM: Dinner

9:00 PM: Meditation, daily reflection, cacao ceremony and sound healing

Day 6 18.01.25 / I know where I go

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Systematic Constellations: Focus on future, purpose & path

4:00 - 7:00 PM: Free time

7:00 PM: Dinner

9:00 PM: Meditation, daily reflection

Day 7 19.01.25 / Sea - here we come - flow in my life

8:00 AM: Yoga class

9:00 AM: Breakfast

10:00 AM: **Holistic** Workshop.

3:00 PM Journey to the Sea

We will cruise on a private boat through crystal-clear waters to a secluded location where we'll have the rare opportunity to swim and snorkel alongside playful dolphins, experiencing their graceful movements and the wonder of underwater life. After a refreshing time in the sea, we'll share a peaceful sunset meditation.

7:00 PM: Dinner

9:00 PM: Meditation and daily reflection

Day 8 20.01.25 / I am more

8:00 AM: Yoga class

9:00 AM: Breakfast

10:00 AM: Workshop on bodywork, crystals and holistic health | Preparation for the trip to the temple.

1:00 PM - 9:00 PM: Free time to enjoy the sun and sea, and integrate the experience | Dendera Temple of Hathor **TEMPLE VISIT** & Meditation.

9:00 PM: Dinner

10:00 PM: Meditation and daily reflection

Day 9 21.01.25 / Gifts and Skills

8:00 AM: Yoga class

9:00 AM: Breakfast

10:00 AM: Workshop on connecting with the holistic world through crystals, plants & body awareness

3:00 PM - 7:00 PM Free time to bask in the warmth of the sun, take a swim in the sea & relax

7:00 PM: Dinner

9:00 PM: Meditation and daily reflection

Day 10 22.01.25 / Gratitude

8:00 AM: Breakfast

9:00 AM: Closing ceremony

2:00 PM: **Farewell** Lunch before heading home.