



# Energy & Nature Kundalini Yoga Retreat

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A Spiritual Journey in the Heart of  
EGYPT

April 23, 2026 – May 6, 2026  
(14 Days / 13 Nights)

# Agenda

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- Overview of the Kundalini Yoga Retreat Experience
- Detailed Itinerary of the Retreat Trip
- Payment Terms and Included Services



A group of people are practicing yoga on the deck of a boat. The instructor, a woman with curly hair wearing a white top and a white shawl, is seated in the center, facing the participants. Three participants are visible from behind: a man in a white patterned shirt on the left, a man in a white polo shirt in the center, and a woman in a white top on the right. They are all sitting on mats on the wooden deck. The boat has a wooden railing and a striped cushioned bench. In the background, there is a body of water, a bridge, and a city skyline under a hazy sky.

# Overview of the Kundalini Yoga Retreat Experience

# Retreat Essence

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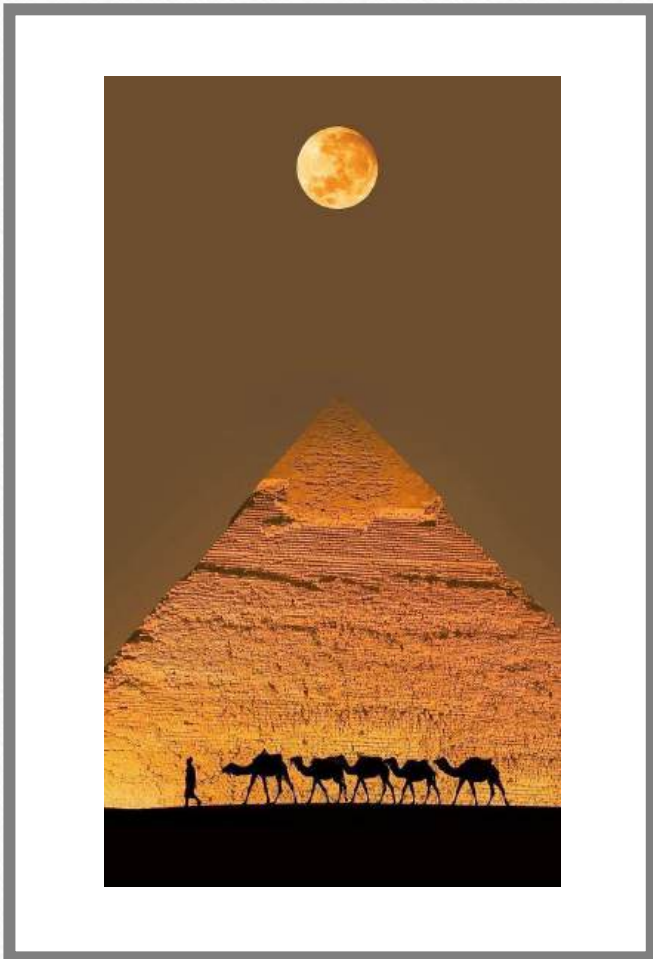


Step into the sacred lands of Egypt, where desert sands, ancient temples, the eternal Nile, and the healing waters of the Red Sea will hold and transform you. This retreat is designed as a journey of awakening through Kundalini Yoga, meditation, mantra, and sacred ritual. Each day combines spiritual practice with exploration of Egypt's mystical sites — inviting body, mind, and soul into harmony.



# Detailed Itinerary of the Retreat Trip

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# Day # 1 Schedule and Activities

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. Day 1 – Tuesday 23rd April

**Arrival in Cairo – Opening to Egyptian Energy**

- **Group reception at Cairo Airport.**
- **Opening Circle: Introduction to Egyptian Mysticism & Kundalini Yoga.**
- **Evening: Welcome Gathering & Retreat Opening Ceremony.**



**Accommodation: Novo Hotel Airport, Cairo**

# Day # 2 Schedule and Activities

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## Day 2 – Wednesday 24th April

### White & Black Deserts – Meditation Under the Stars

- Sunrise yoga & breathwork in the desert silence.
- Explore Crystal Mountain & the Agabat formations.
- Sandboarding & playful connection with Earth's elements.
- Bedouin dinner with music, mantra & meditation beneath desert skies.

 Accommodation: Desert Camp – Overnight under the stars

# Day # 3 Schedule and Activities

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**Day 3 – Thursday 25th April**

**Return to Cairo – Silence & Reflection**

- **Sunrise meditation in the White Desert.**
- **Journey back to Cairo.**
- **Evening circle: Deep listening & silent practice.**



**Accommodation: Pyramids Park Resort Hotel, Giza**

# Day # 4 Schedule and Activities

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## Day 4 – Friday 26th April

### Safari Adventure – The Prehistoric Desert

- Morning yoga for grounding & vitality.
- Explore Wadi Hitan: Ancient whale fossils.
- Dune driving & swim in the Magic Lake.
- Sunset meditation at Wadi Rayan waterfalls.



Accommodation: Pyramids Park Resort  
Hotel, Giza

## Day # 5 Schedule and Activities

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Day 5 – Saturday 27th April

Cairo – Ancient Mysteries

- Kundalini practice at sunrise.
- Private visit to the Great Pyramid – King's Chamber (meditation inside).
- Saqqara: Pyramid of Unas & Serapeum.
- Evening mantra practice.

 Accommodation: Pyramids Park Resort Hotel, Giza



# Day # 6 Schedule and Activities

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Day 6 – Sunday 28th April

## The Sphinx & Sacred Power

- Sunrise meditation between the Sphinx's paws.
- Second entry to the Great Pyramid.
- Visit the Grand Egyptian Museum.
- Afternoon rest, journaling & meditation.

 Accommodation: Pyramids Park  
Resort Hotel, Giza



# Day # 7 Schedule and Activities

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Day 7 – Monday 29th April

Aswan – Temple of Isis

- Morning flight to Aswan.
- Visit the Temple of Isis at Philae (water blessing ritual).
- Transfer to Nubian Village.
- Evening: Nubian Welcome Party with music & dance.

 Accommodation: Wadi Kiki  
Nubian Village Hotel, Aswan




# Day # 8 Schedule and Activities

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Day 8 – Tuesday 30th April

**Aswan – Nile Dahabeya Cruise Begins**

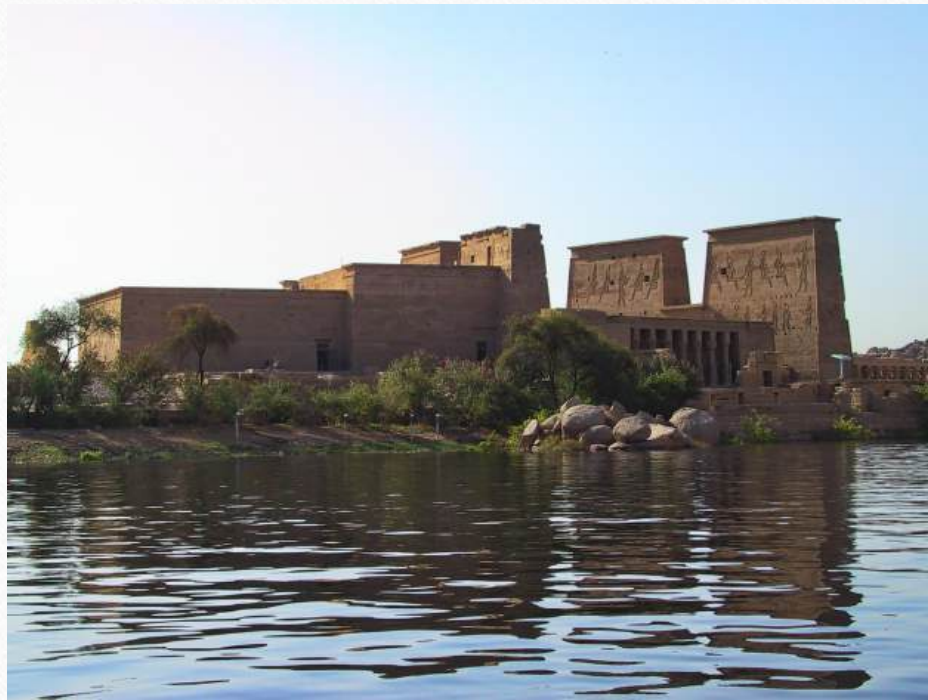
- Sunrise yoga on the Nile.
- Visit Kom Ombo Temple.
- Embark on private Dahabeya cruise (3 nights).
- Sunset Authentic Relating workshop.

 **Accommodation: Dahabeya Nile  
Cruise – Overnight onboard**



# Day # 9 Schedule and Activities

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**Day 9 – Wednesday 1st May**

**Luxor – Sacred Temples**

- Morning yoga & meditation on deck.
- Visit Valley of the Kings.
- Explore Karnak Temple – Sekhmet Sanctuary (devotional practice).
- Evening visit to Luxor Temple.

 **Accommodation: Dahabeya Nile Cruise – Overnight onboard**



## Day # 10 Schedule and Activities

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**Day 10 – Thursday 2nd May**

**Dendara – Temple of Hathor**

- **Sunrise hot air balloon ride over Luxor.**
- **Yoga on deck.**
- **Sail to Dendara & visit the Hathor Temple.**
- **Evening healing circle.**

 **Accommodation: Dahabeya Nile Cruise – Overnight onboard**



## Day # 11 Schedule and Activities

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Day 11 – Friday 3rd May

Abydos – Temple of Osiris

- Visit the Osirion & Temple of Seti I.
- Meditation at the Flower of Life carving.
- Evening flight to Cairo.

 Accommodation: Novo Hotel  
Airport, Cairo

# Day # 12 Schedule and Activities

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Day 12 – Saturday 4th May

Marsa Alam – Arrival at the Red  
Sea

- Flight to Marsa Alam.
- Resort check-in & leisure.
- Sunset yoga & meditation by  
the sea.

 Accommodation: **SUNRISE  
Anjum Resort, Red Sea**





## Day # 13 Schedule and Activities

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Day 13 – Sunday 5th May

Dolphin House – Water Blessing

- Private boat trip to Dolphin House Reef.
- Swim & snorkel with dolphins.
- Ocean meditation & chanting at sea.
- Return to resort for integration circle.

 Accommodation: SUNRISE Anjum Resort, Red Sea


# Day # 14 Schedule and Activities

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Day 14 – Monday 6th May

Cairo – Closing Ceremony

- Morning flight to Cairo.
- Lunch/Dinner & Farewell Celebration.
- Final Closing Ceremony: Integration & New Beginnings.

 Accommodation: None  
(Farewell day only, no overnight stay).



A campfire is burning brightly in the center of the frame, with orange and yellow flames rising from a pile of logs. A long wooden stick is propped up on the left side, with a pot hanging over the fire. The background is dark and textured, possibly a wall or a large rock formation. The overall scene is dimly lit, with the fire providing the primary light source.

# Payment Terms and Included Services

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# Contributions & Services

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**Double Room (shared): \$4,500 USD**

**Single Room (private): \$5,200 USD**

## **Payment Terms**

- **\$500 USD deposit required (non-refundable).**
- **Remaining balance payable in two installments: November and March.**



# What's Included: Accommodation, Meals, Transport

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## What's Included

- Transport to all sacred sites and airport ↔ hotel transfers.
- All meals, water & soft drinks throughout the journey.
- 3 nights aboard a private Dahabeya Nile Cruise.
- Private visits to: The Great Pyramid (King's Chamber), The Sphinx, Hathor's Temple (Dendara), The Osirion & Seti I Temple (Abydos).
- Private boat trip to Dolphin House Reef, Marsa Alam.
- Daily yoga classes, meditations & sound healing.
- Bedouin desert dinner & Nubian welcome celebration.





# Additional Expenses: Not Included

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## What's Not Included

- International flights to/from Cairo.
- Egyptian visa (\$25 USD on arrival).
- Personal shopping & expenses.
- Tips during the journey (\$250 USD total, prepaid so you won't need to carry cash for this purpose).
- Health insurance (must be purchased separately).



kundalini yoga retreat  
Egypt

## Conclusion

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✦✦ This retreat is designed so you can fully immerse yourself in the practices, beauty, and sacred energy of Egypt — everything is cared for so you can simply receive, transform, and flow.