



Wellness Retreat

18th till 24th Dec 2022

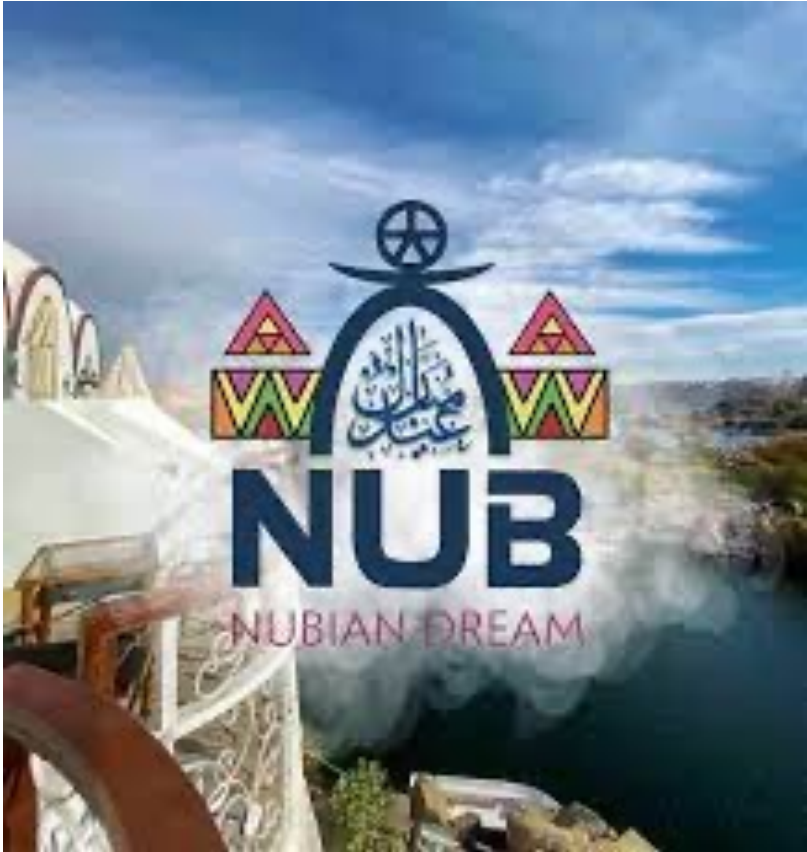


NUBIA & NILE CRUISE



NUB INN hotel (Nubia) / M.S Radamis Cruise

WELLNESS RETREAT: 18th till 24th December 2022



www.enneagramegypt.com

Enneagram Egypt

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Payment Policies

- * *Reservation by full payment*
- * *All accommodation is in double rooms*

- * *Prices mentioned are until Sept. 5th*
- * *Availability and prices not guaranteed after Oct. 25th*

- * *Refund Policy:*
 - Until October 25th full refund less 3000 expenses*
 - Oct 25 - Nov 25th 50% refund*
 - After Nov 25th no refund*

- * *Prices:*
 - For Egyptian citizens - 1100 USD\$*
 - For foreign citizens – 1300 USD\$*





Included in the Prices

Included:

- Airline tickets Cairo/Aswan - Luxor/Cairo
- 3 nights/4 days on BB basis in Nubia
- 3 nights/4 days All inclusive on M.S Radamis Nile cruise
- Two extra lunch events
- All activities as mentioned
- All transportations as mentioned
- All Entrance Tickets
- All boats and cars are loaded with water and juices

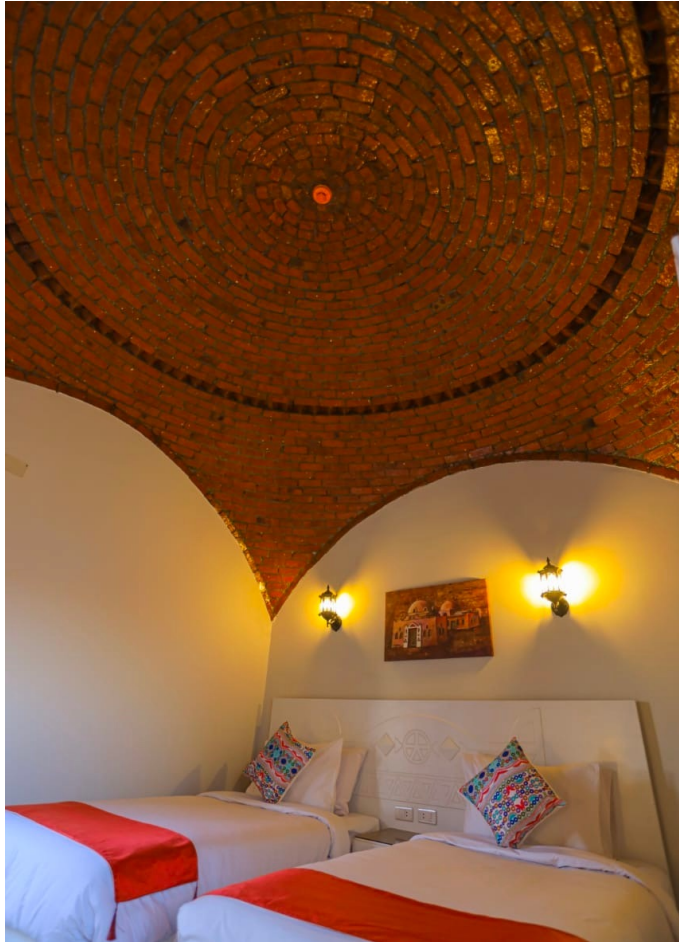
Excluded:

- Anything not mentioned in the Program



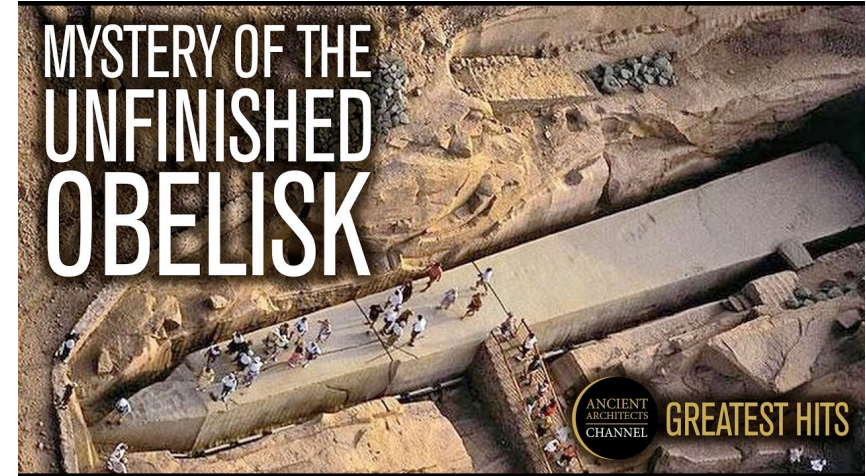


Retreat Itinerary



Day One Arrival

- Arriving to Aswan Airport
- Visit:
 - Aswan High Dam,
 - **Phelea temple**
 - The Unfinished Obelisk
- Transfer to downtown Aswan
- Take the ferry boat to the hotel for check in
- Free afternoon
- Sailing by motorboat to Tree Camp:
Nubian Folklore Dance Night & BBQ Dinner





Retreat Itinerary



Day Two Nubia

- Morning meditation
- Breakfast at the hotel
- Visit:
 - Philae temple
 - Hestia Island
 - Tingar beach: Swimming
- **Lunch**
- Back to the hotel
- Dinner at the hotel
- Evening near the fire pit

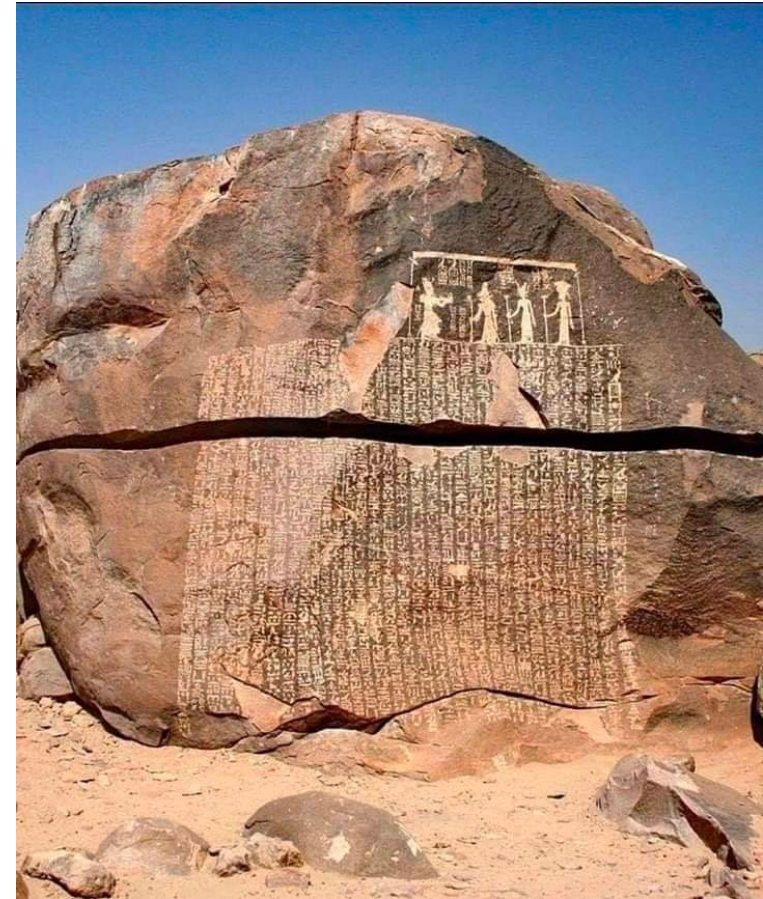




Retreat Itinerary

Day Three Nubia

- Morning meditation
- Breakfast at the hotel
- Visit:
 - Famine Stela On Sohil Island
 - Sailing to Elephantine Island
 - Mud Mask at the beach
- Lunch at a traditional Nubian house
- Visiting the Nubian village & market, and making tattoo henna
- Back to the hotel
- Dinner at the hotel





Retreat Itinerary

Day Four Abu Simbel

- luggage down @ 5:00 am
- Breakfast in a take-away box
- Leave at 6 am to Abu Simbel by bus
- Visit to the Great Temple with a guide
- Back to Aswan
- Check-in at the Nile cruise
- Visit to Aswan market and downtown
- Dinner on Board
- Overnight on Board





Retreat Itinerary

Day Five Cruise

- Sail To Kom Ombo
- Breakfast on Board
- Visit Kom Ombo Temple
- Lunch on Board
- Sail to Edfu
- Dinner on Board
- Evening Party





Retreat Itinerary



Day Six Cruise

- Breakfast on Board
- Visit to Edfu Temple
- Sailing to Esna city
- Lunch on Board
- Crossing the Esna Lock
- Sailing to Luxor
- Dinner on Board
- Visit Luxor temple
- City tour by horse carriage: downtown and the Luxor old market
- Overnight in Luxor





Retreat Itinerary



Day Seven Luxor

- luggage down @ 7:00 am
- **Hot air balloon**
- Breakfast on Board
- Cross to the west bank to visit:
 - Valley of the Kings,
 - Hatshepsut temple
 - The two statues of Memnon
- Lunch on Board
- Check-out
- Visit Karnak temples
- Transfer to the airport
- Final Departure





Useful Information

Stages of the Mind

- The retreat will take us through the development of the stages of the mind.
- We will move from purple to purple/red to red to red/blue to blue

Recommended to bring

- Swimming suit
- Comfortable sneakers
- Sunglasses
- Warm clothes for morning and evening events
- Sun block
- Anti-mosquito spray

Meals

- All meals mentioned in the program are covered.
- Any meal not mentioned is not covered.
- Basic needs market is available in Nubia
- Aswan is 20 min away by boat

Sightseeing

- All mentioned sightseeing with English speaking guides
- Entrance fees and transportation included