

Vision - Quest in the Sinai Desert

It's time to shift the focus inward and to start listening to the heart...Slowing down, detoxing, getting in touch with the real you, accessing the deep wishes of your heart and understanding, what's really essential in your life.



The desert is an amazing catalyst. It cleans, purifies, transforms and brings us back to ourselves - into the silence.

With great pleasure I announce that I get to work with my wonderful Bedouin Friend Saleh again. He is home in the desert and very connected to this sacred land. He not only works as our guide but also as a healer.



Our full 10-day journey costs \$ 2200.- and includes:

- snorkeling, swimming and (for an additional fee) scuba diving in the red sea (for certified divers only!) at a remote beach in the desert. No tourists, just our group and our guides.
- The assistance of local Bedouin guides, drivers, camel owners

- All meals, freshly cooked by our Bedouin guides
- All transportations
- Accommodation for 10 nights
- Sleeping in the Bedouin tent and under the stars
- Hiking through the desert
- Riding camels
- Slowing down, finding our own rhythm
- Guided process work and consciousness work as needed
- Ceremonies, Yoga, Qi Gong, Singing, Shamanic work, Sound healing etc.
- Times of silence that every participant spends by him/herself
- Night Hike in the moonlight (if doable)
- Story time next to the campfire
- Energy work and private sessions
- Visit of a holy mountain in St. Catherine
- All the camping and snorkeling gear (unless you want to bring your own)
- Camels, Jeeps, Buses, Cooking gear
- Transfer from and to the airport

Travel and health insurance is every participant's responsibility.

The flight and the dives are not included in the price. Flight prices vary a lot according to the dates and availability. It's always smart, to book flights as early as possible - before the prices go up. Dive gear can be rented on site for \$50 per Dive. Certified divers only. I am a PADI Divemaster and happy to take you diving. We will also have an Instructor with us who can offer a Discovery Scuba Dive, if you would like to try it for the first time. :-)

The size of the group is limited to 15 participants. Your spot is confirmed, once your money is wired and your light is booked and cannot be cancelled after that. I'm happy to assist you with booking your flight. We will all fly together (if possible). Latest possible arrival is at 8am on the first day of the retreat. Please note that you are back in your home country in the morning of the 11th day!

Please note: If I have to cancel the trip due to COVID regulations, then you will get your money back. The flight ticket is your responsibility.

Please wire the money to
 IBAN CH88 0630 0159 3542 6749 3
 Valiant Bank Bern
 Sharon Edith Seban, Aarmattweg 53, 3052 Zollikofen

If you book your own flight, please share your flight details with me as soon as possible, so I can arrange your airport pickup. If you choose to spend some time in Egypt before or after the retreat, that is of course possible. You will need to make your own arrangements though.

I am veeeeery excited and can't wait to share a deep and moving journey with you. Visions will reveal themselves and you will come home with an unknown clarity and strength!!

Aloha and see you soon!!

Sharon Makana

Imua - Trust Life

www.sharonmakana.com