

Vision - Quest in the Sinai Desert

It's time to shift the focus inward and to start listening to our 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 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 (we land in Switzerland in the morning of the 11th day) costs \$ 1600.- 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 guides, drivers, camel owners
- All meals
- 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, etc.
- Times of silence that every participant spends by him/herself
- Night Hike in the moonlight (if doable)
- Eating 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

The flight and 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. :-)

If we have more than 10 participants, a reduction of the price is possible. The size of the group is limited to 15 participants. Your spot is confirmed, once your flight 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).

Please wire the money to
 IBAN CH14 0630 0016 9908 3550 8
 Valiant Bank Bern
 Sharon Seban, Birkenweg 3, 3045 Meikirch

Contact me for flight details and prices for the next trip. (We don't always fly the same itinerary.)

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
 Trust Life - I Mua!
www.sharonmakana.com