

ITINERARY

(Date to be confirmed):

We will meet online to get to know each other, answer any questions and to arrange empowerments for those that have opted to receive them.

(2nd May):

Welcome to Luxor. A representative of the tour company will meet you at the airport and help with customs procedures and then transfer you to your hotel. Have an evening meal at one of the Jolie Ville restaurants and if there's time, meet with Steve and Dahlia.

DAY 1 (3rd May):

7.30 am Breakfast.

9 to 12 pm Mindfulness and Art Journalling Workshops.

12 to 2 pm Lunch time.

2 to 5pm Mindfulness and Art Workshops.

6 to 7pm Dinner followed by a relaxing evening and optional half hour guided meditation.

Day 2 (4th May):

7 am Breakfast.

8 am to 1 pm Trip to the Valley of the Kings and Hatshepsut Temple (start time may vary depending on the schedule of the tour company).

1 to 3 pm Lunch time.

3 to 5.30 pm Mindfulness and Art Workshops.

6 to 7pm Dinner followed by relaxing evening and optional half hour guided meditation.

Day 3 (5th May):

7.30 am Breakfast.

8 am to 12 pm Mindfulness and Art Workshops.

12 to 2 pm Lunch time.

2 to 5 pm Mindfulness and Art Workshops.

6 to 7pm Dinner

8.15 pm Sound and Light Show at Karnak Temple.

Day 4 (6th May)

7.30 am Breakfast.

8 am to 12 pm Luxor Museum.

12 to 2 pm Lunch time.

2 to 5 pm Mindfulness and Art Workshops.

6 to 7pm Dinner

8.30 pm Luxor Temple.

Day 5 (7th May)

7.30 am Breakfast.

8 am to 12 pm Karnak Temple.

12 to 2 pm Lunch time.

2 to 5 pm Mindfulness and Art Workshops.

6 to 7pm Dinner.

8.30 pm Dinner in Luxor.

Day 6 (8th May)

7.30 am Breakfast.

8 am to 12 pm Mindfulness and Art Workshops.

12 to 2 pm Lunch time.

2 to 5 pm Mindfulness and Art Workshops / optional felucca trip on the Nile.

6 to 7pm Dinner.

8 pm Shopping in Luxor.

Day 7 (9th May)

7.30 am Breakfast.

Return to Luxor airport and flying home.

Check-in time: 2 pm. Check-out time: 12 noon.

Late check-out until 6 pm is possible subject to availability.

Late check-out after 6pm will be subject to one-night charge.

Trips times might vary and will have an impact on the above schedule. Timings can't be set in stone at this point. Plenty of free time is included in the retreat to ensure spaciousness for everyone and the chance to unwind and relax and do your own thing.