



MEJDI TOURS

Sacred Egypt: A Yoga, Wellness & Spiritual Retreat

Dates December 3 - 12, 2026

Included: 9 nights' accommodation at the following hotels or similar (Double Occupancy):

- Cairo – Centric Hotel
- Aswan – Zen Wellness Resort
- Luxor – El Moudira
- Dahab – Tropitel Dahab Oasis¹

1 Egyptologist guide for 6.5 days (Days 1-7 (½ day))

Meals listed in the itinerary: 9 breakfasts, 8 lunches, 9 dinners

Private transportation throughout the trip

Arrival assistance and transportation to the hotel on tour start date

2 domestic flights from Cairo to Aswan and Luxor to Dahab (economy)

Entrance fees, site visits, and honorariums for speakers

Water on bus throughout tour

Dedicated pre-trip traveler services and 24/7 on-ground support

Not International airfare

included: Travel insurance - highly recommended

Single occupancy supplement - \$1,120

Meals not mentioned in the itinerary

Customary tips for drivers, guides, and Nile cruise staff

Porterage fees and gratuities at hotels and cruises

Individual airport transfers outside of the group transfer

Anything not explicitly mentioned in the included section

Price: \$5,999 USD per person in a double room

\$7,119 USD per person in a single room

¹ Can be replaced with the Siva Grand Beach or The Cascades resort in Hurghada

Itinerary

Day 1 – Arrival in Cairo

- Arrival in Cairo
- Private airport transfer
- Check-in
- Evening **welcome dinner** + opening circle

Overnight: Cairo – Centric Hotel or similar (Dinner included)

Day 2 – Giza & Saqqara

- Early breakfast
- Meet private guide + transport
- Private guided visit to the **Great Pyramids** (Egyptologist)
- Lunch at Giza Plateau
- **Saqqara / Step Pyramid** visit OR **Sound Healing Center** visit
- Evening group session

Overnight: Cairo – Centric Hotel or similar (Breakfast, Lunch & Dinner included)

Day 3 – Cairo → Aswan (Domestic Flight)

- Breakfast
- Transfer to airport
- Domestic flight: **Cairo → Aswan**
- Arrival in Aswan + temple visit (Kalabsha Temple or similar, depending on arrival time)
- Check-in
- Dinner + evening session

Overnight: Aswan – Zen Wellness Resort or similar wellness-style property (Breakfast, Lunch & Dinner included)

Day 4 – Aswan / Nile + Nubian Village

- Breakfast
- Full day on the Nile (local motorboat)
- Visit to **Philae Temple**
- Lunch at **local lodge on the Nile**
- **Nubian village visit** + cultural experience
- Dinner in Nubian village

- Return to hotel

Overnight: Aswan – Zeitouna Wellness Resort or similar (Breakfast, Lunch & Dinner included)

Day 5 – Aswan → Luxor (Overland + Temple Stops)

- Early breakfast
- Road transfer to Luxor with guided visits to:
 - **Kom Ombo**
 - **Edfu**
- Lunch en route
- Arrival Luxor late afternoon / early evening
- Check-in + dinner

Overnight: Luxor – El Moudira or similar boutique property (Breakfast, Lunch & Dinner included)

Day 6 – Luxor

*Optional; Early morning hot air balloon over Luxor (\$150 pp)

- Breakfast at hotel
- **Karnak Temple or Hachapsut temple**
- Lunch on site
- Return to hotel
- **Luxor Temple evening visit**
- Evening session

Overnight: Luxor – El Moudira or similar (Breakfast, Lunch & Dinner included)

Day 7 – Luxor → Dendera → Sharm El Sheikh → Dahab

- Breakfast
- Visit to **Dendera Temple**
- Transfer to airport
- Domestic flight: **Luxor → Sharm El Sheikh**
- Transfer to Dahab
- Check-in

Overnight: Dahab – Tropitel Dahab Oasis (Breakfast, Lunch & Dinner included)

Day 8 – Dahab

- Breakfast
- Free day for rest, beach time, journaling
- Optional rooftop yoga/session time (if available)
- Dinner

Overnight: Dahab – Tropitel Dahab Oasis (Breakfast, Lunch & Dinner included)

Day 9 – Dahab

- Breakfast
- Free day
- Optional snorkeling excursion
- Overnight in Dahab

Overnight: Dahab – Tropitel Dahab Oasis (Breakfast, Lunch & Dinner included)

Day 10 – Departure

- Breakfast
- Check-out
- Transfers as needed
- End of services

(Breakfast included)

*Dahab can be replaced with Hurghada as the final destination - per request.