



MEJDI TOURS

Sacred Egypt: A Yoga, Wellness & Spiritual Retreat

Dates December 3 - 12, 2026

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

- Cairo – Centric Hotel
- Aswan – Zen Wellness Resort
- Luxor – Hilton resort & spa
- Dahab – Tropitel Dahab Oasis¹
- (To ensure the utmost levels of comfort during this travel experience, accommodations with 4 to 5-star ratings will be arranged at all locations)

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 included: International airfare
Travel insurance - highly recommended
Single occupancy supplement - \$1,120
Meals not mentioned in the itinerary
Customary tips for drivers, guides, and Nile cruise staff
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 resortat in Hurghada

Itinerary

Day 1 – Arrival in Cairo

- Arrival in Cairo International Airport
- Private airport transfer
- Check in at your hotel (check-in time is 2:00 PM)
- 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):
 - Begin at the legendary Great Pyramids of Giza, standing on the edge of the desert plateau as they have for over 4,500 years. Built during Egypt's Fourth Dynasty, these monumental tombs were engineered with astonishing mathematical precision and cosmic alignment. More than architectural marvels, they reflect a worldview centered on eternity, divine kingship, and the soul's journey beyond death.
 - Stand before the Great Sphinx, guardian of the plateau, and explore how ancient Egyptians understood the relationship between power, divinity, and immortality.
- Lunch at Giza Plateau
- **Saqqara / Step Pyramid** visit OR **Sound Healing Center** visit:
 - Continue to **Saqqara**, home of the **Step Pyramid of Djoser** — the oldest large-scale stone structure in the world. Designed by the architect Imhotep in the 27th century BCE, this revolutionary structure marks humanity's first monumental attempt to reach toward the heavens in stone. As you walk through Saqqara's vast necropolis, your guide will illuminate how burial rituals evolved and what they reveal about Egyptian concepts of resurrection and the afterlife.
- 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):
 - Upon arrival, visit **Kalabsha Temple**. Relocated to higher ground during the construction of the High Dam, this Nubian temple is dedicated to Mandulis, a local sun god. Walking through its sandstone halls, you'll encounter Roman-era carvings alongside traditional Pharaonic symbolism — a powerful reminder of how cultures layered upon one another along the Nile.
- 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**:
 - Visit the breathtaking **Philae Temple**, dedicated to Isis, goddess of magic, motherhood, and healing. Relocated island by island to save it from rising waters, Philae feels almost suspended in time. Its graceful colonnades and vivid reliefs tell stories of devotion that endured even into the Greco-Roman period. This is one of the last temples where ancient Egyptian religion was actively practiced.
- 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:**
 - First, visit **Kom Ombo Temple**, uniquely dedicated to two gods: Sobek, the crocodile deity associated with fertility and power, and Horus the Elder, the falcon god of protection. Its symmetrical design reflects this dual devotion. Carvings here include rare medical instruments etched into stone, offering insight into ancient Egyptian healing practices.
- **Edfu**
 - Continue to **Edfu Temple**, one of the best-preserved temples in Egypt. Dedicated to Horus, this Ptolemaic-era temple vividly depicts the mythological battle between Horus and Seth — a cosmic story of order triumphing over chaos. Walking through its towering pylons and dark inner sanctuaries brings ancient ritual life into sharp relief.
- Lunch en route
- Arrival Luxor late afternoon / early evening
- Check-in + dinner

Overnight: Luxor – Hilton resort & spa 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:**
 - Visit **Karnak Temple Complex**, a vast spiritual city built over 2,000 years by successive pharaohs. Enter through the monumental pylons into the Great Hypostyle Hall, where 134 colossal columns rise like a petrified forest. This was not merely a temple — it was a center of political legitimacy, ritual procession, and divine communication. Your guide will unpack how temple economics, priesthoods, and state power were deeply intertwined.
- Lunch on site
- Return to hotel
- **Luxor Temple evening visit:**

- In the evening, explore **Luxor Temple**, uniquely dedicated to the rejuvenation of kingship rather than to a single deity. Beautifully illuminated at night, it reveals layers from Pharaonic, Roman, Christian, and Islamic periods — including a mosque built within its ancient walls. It is a living example of Egypt's continuous spiritual history.
- Evening session

Overnight: Luxor – Hilton resort & spa or similar (Breakfast, Lunch & Dinner included)

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

- Breakfast
- Visit to **Dendera Temple**:
 - Visit the magnificent **Dendera Temple Complex**, dedicated to Hathor, goddess of love, music, joy, and cosmic harmony. Unlike many temples, its vibrant ceiling reliefs remain remarkably preserved, including the famous zodiac ceiling linking Egyptian and Greco-Roman astronomy. The temple's rooftop chapels and underground crypts offer rare access to the mystical dimensions of temple ritual life.
- 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
- Group Evening Session guided by Michele and Dana
- Dinner

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

Day 9 – Dahab

- Breakfast
- Free day
- Optional snorkeling excursion

- Closing Circle
- Overnight in Dahab

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

Day 10 – Departure

- Breakfast
- Check in at your hotel (check-out time is 12:00 PM)
- Transfers as needed to Sharm El Sheikh International Airport
- End of services

(Breakfast included)