

Welcome to your Spoken Word Yoga Retreat to the Egyptian Pyramids, Nile River Cruise and the Red Sea November 9-18, 2023

Egypt is a bucket list trip of a lifetime and it is a blessing to have this opportunity to travel with you to the Pyramids before cruising down the Nile River and ending in the majestic Nubian Village of Aswan. Together we will make this a trip of a lifetime filled with spectacular sites and extraordinary energy.

In order to make every moment of your trip magical, I will need some preliminary information from you. I have attached a Yoga Retreat Questionnaire and Registration sheet that will ask you for your travel and document information, food and dietary preferences, and a description of any injuries or conditions you may have that could affect your Yoga practice or ability to travel. Please complete the Questionnaire and the accompanying waiver and either scan and email it to me at Christine@spokenwordyoga.com or mail it to 1515 Southeast 17th Street #460488, Fort Lauderdale, FL 33346 at your earliest convenience.

The following are a few logistical notes about booking your flight along with a description of the accommodations during our stay.

Transportation

Booking your roundtrip flight to Cairo is your only responsibility, as I will be purchasing your domestic flights in Egypt on your behalf. It is very important that I receive your passport details upon registration for the retreat to ensure that your domestic flights are purchased with our group.

Flights to Cairo are easy to book with several airlines offering a variety of flight durations. If you prefer minimal connections and flight duration, I recommend searching based on these criteria. I suggest flying out the evening of November 8th to arrive in Cairo early afternoon on the 9th and depart from Cairo in the late evening on November 18th or early morning the 19th (I am happy to arrange a hotel booking for you on the night of the 18th for an extra cost paid directly to your hotel of choice).

On my last trip to Egypt, I flew with Lufthansa, which I found to have the shortest flight legs around 15 hours total MIA-FRA-CAI. There are several short duration flights on American Airlines, British Airways and Turkish Airways, all of which I have flown several times before and experienced exceptional service. Plan for your arrival in Cairo before 6:00pm on November 9, 2023 and book your returning flight departing from Cairo after 7:00pm on November 18, 2023. After booking, please send your flight information via email to Christine@spokenwordyoga.com the moment you book your flight, including all

flight numbers, departure and arrival times, and connections so that we may track your flight if necessary.

Retreat packages include all domestic flights and ground transportation in modern vans and buses to all accommodations and stops listed on the **Retreat Itinerary**. Once you arrive at the Cairo airport, all of your transportation will be arranged by the Spoken Word Yoga Retreat staff.

Waiver and Registration Form

Please carefully review and sign the attached Waiver, which includes payment deadlines and confirms your booking for the retreat. The Egyptian Tombs limit the number of people permitted on the site each day and tickets must be secured in advance in order to guarantee entry and to reserve your room on the Nile Cruise, therefore all deposit payments are non-refundable. I strongly encourage you to secure travel insurance to protect your trip.

Location

Our accommodation in Cairo is at the Marriott & Omar El Khayyam Renovated Palace Hotel with magnificent views of the Nile River and six acres of palace gardens. We will sail on the spectacular Nile River for 4 nights and 5 days visiting Temples and sacred sites along the way. From the staggering structures at the Pyramids, to the ancient Tombs of the Royals, to the healing energy of the Nile River, we will be immersed in the powerful ancient energy of the deserts, rivers, and mysticism of Egypt.

Weather

November is the best time to visit Egypt with temperatures ranging from the low 60's at night to the low 80's during the day. Wear a hat and sunscreen to protect your skin from the intense sun. During our stay, the evenings on the Nile Cruise will be crisp and cool and the afternoons will be comfortable for our Temple tours. Pack strategically for the temperature shifts by planning to wear layers and expect very few overcast skies with plenty of sun.