

ITINERARY

(7th-8th September):

We will meet online for this powerful Reiki Jin Kei Do level 1 training where you'll have the chance to start a journey into the heart of this spiritual development system.

(26th September):

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 meet with Steve and Dahlia.

DAY 1 (27th September):

7.30 am Breakfast.

9 to 12 pm Mindfulness, Reiki and Art Journalling Workshops.

12 to 2 pm Lunch time.

2 to 5pm Mindfulness, Reiki and Art Workshops.

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

Day 2 (28th September):

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, Reiki and Art Workshops.

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

Day 3 (29th September):

7.30 am Breakfast.

8 am to 12 pm Mindfulness, Reiki and Art Workshops.

12 to 2 pm Lunch time.

2 to 5 pm Mindfulness, Reiki and Art Workshops.

6 to 7pm Dinner

8.15 pm Sound and Light Show at Karnak Temple.

Day 4 (30th September):

7.30 am Breakfast.

8 am to 12 pm Luxor Museum.

12 to 2 pm Lunch time.

2 to 5 pm Mindfulness, Reiki and Art Workshops.

6 to 7pm Dinner

8.30 pm Luxor Temple.

Day 5 (1st October):

7.30 am Breakfast.

8 am to 12 pm Karnak Temple.

12 to 2 pm Lunch time.

2 to 5 pm Mindfulness, Reiki and Art Workshops.

6 to 7pm Dinner.

8.30 pm Dinner in Luxor.

Day 6 (2nd October):

7.30 am Breakfast.

8 am to 12 pm Mindfulness, Reiki and Art Workshops.

12 to 2 pm Lunch time.

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

6 to 7pm Dinner.

8 pm Shopping in Luxor.

Day 7 (3rd October):

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. There is plenty of free time included in the retreat to ensure spaciousness for everyone and the chance to unwind and relax and do your own thing.