

ITINERARY

(4th/5th October ~15th/16th November ~ 19th/20th November):

Don't miss your opportunity to take Reiki level 1 on one of these dates before attending the retreat!

(21st November):

Welcome to Dahab. Dahlia and I will be welcoming you to the Coral Coast Hotel where we will be staying during this transformational retreat. On arrival feel free to have an evening meal and catch up with us at some point and introduce yourselves!

DAY 1 (21st November):

7.30 am to 8.45 am Breakfast.

9.15 am Guided meditation.

10 am Start of Reiki level 2.

12 pm (approx.) Reiki level 2 attunements.

1 pm Brunch

2.15 pm Reiki level 2 continues.

6.30 pm to 8 pm Dinner followed by a relaxing evening or pair up and do some Reiki treatments.

Day 2 (22nd November):

7.30 am to 8.45 am Breakfast.

9.15 am Guided meditation.

10 am Reiki level 2 continues.

1 pm Brunch.

2.15 pm Reiki level 2 continues.

6.30 pm to 8 pm Dinner followed by a relaxing evening or pair up and do some Reiki treatments.

Day 3 (23rd November):

7.30 am to 8.45 am Breakfast.

10 am (approx.) Trip to St Catherine's monastery. During this time, we will be spending time working with meditation, both solo and in pairs.

6 pm Return to our accommodation.

6.30 pm to 8pm Dinner followed by a relaxing evening or pair up and do some Reiki treatments.

Day 4 (24th November):

7.30 am to 8.45 am Breakfast.

9.15 am Meditation session.

11 am Desert Experience trip: mindful walk. On arrival we will have time for a further meditation session and lunch and time to enjoy the surroundings.

3.30 pm Return to our accommodation.

5 pm Meditation session.

6.30 pm to 8pm Dinner followed by a relaxing evening and closing ceremony.

(25th November):

Time to say goodbye!

We hope that you have enjoyed your time with us and have learned a great deal that you can put into practice in your daily lives, helping yourself and helping others.

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

Excursion 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.