



Mindfulness and Wellbeing Retreat

Discover Balance & Inner Harmony with our SoulFlow Retreat in el Gouna.

Join us on a journey of self-discovery and rejuvenation as we guide you through ancient practices that harmonize the mind, body and spirit.



To learn more about our program, pricing and booking, visit our website.



 **DAY 1 10.11.24 / Welcome Aboard**

9:00 AM: Breakfast

10:30 AM: Introduction to the program and course, meet the team
Team-building activities, opening ceremony
& overview of rules and guidelines

12:30 PM: Sound therapy session:

Experience how the vibrations of tibetan singing bowls
enhance relaxation and support mental and physical wellbeing

3:00 - 7:00 PM: Free time to enjoy the pool, soak up the sun and explore

7:00 PM: Dinner

9:00 PM: First meditation and daily reflection

 **Day 2 11.11.24 / Landing in Now / Presence**

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Workshop on self-care & wellbeing:

Explore retreat activities and set personal goals

2:00 - 7:00 PM: Free time to relax in the sun and sea; optional henna application

7:00 PM: Dinner

9:00 PM: Meditation and daily reflection

 **Day 3 12.11.24 / Deep into the Desert Stillness and Relaxation**

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Body tension class followed by a relaxation meditation with sound and music

3:00 PM: Day trip: Star-watching adventure via Jeep Safari in Hurghada, featuring
camel rides, a sunset view, a bedouin dinner and stargazing

9:00 PM: Rest

 **Day 4 13.11.24 / Opening the Heart**

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Workshop on self-exploration and space. Full Moon teaching

2:00 - 6:00 PM: Free time / optional meditation

6:00 - 9:00 PM: Dinner out in Hurghada and a marina tour,
enjoy camel steak

9:00 PM: Meditation and daily reflection

 **Day 5 14.11.24 / We are one**

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Systematic Constellations: Focus on release & healing

4:00 - 7:00 PM: Free time to enjoy the sun and sea
and integrate the experience

7:00 PM: Dinner

9:00 PM: Meditation, daily reflection, cacao ceremony
and sound ceremony (female/male/group circle)

 **Day 6 15.11.24 / I know where I go**

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Systematic Constellations: Focus on future, purpose & path

3:00 - 7:00 PM: Free time

7:00 PM: Dinner

 **Day 7 16.11.24 / Sea - here we come - flow in my life**

8:00 AM: Yoga class

9:00 AM: Breakfast

10:00 AM: Workshop: Follow-up, restoring and reconnecting

3:00 PM Day trip: Private boat journey to visit dolphins with opportunities to swim, snorkel and meditate at sunset

7:00 PM: Dinner

9:00 PM: Meditation and daily reflection

 **Day 8 17.11.24 / I am more**

8:00 AM: Yoga class

9:00 AM: Breakfast

10:00 AM: Workshop on bodywork, massage and holistic health

4:00 PM - 7:00 PM: Free time to enjoy the sun and sea, and integrate the experience

10:00 AM Crystal workshop

7:00 PM: Dinner

 **9:00 PM:** Meditation and daily reflection

Day 9 18.11.24 / Gifts and Skills

8:00 AM: Yoga class

9:00 AM: Breakfast

9:50 AM: Workshop on connecting with the holistic world through crystals, plants & body awareness

3:00 PM - 7:00 PM Free time to enjoy the sun & sea & integrate the experience

7:00 PM: Dinner

9:00 PM: Meditation and daily reflection

 **Day 10 19.11.24 / Gratitude**

8:00 AM: Breakfast

9:00 AM: Farewell meeting, closing ceremony

2:00 PM: Lunch



Why should you join our retreat?

Gain a deeper understanding of a specific problem and its origins

Release any emotional blocks that are holding you back

Find new and creative solutions to your problems

Feel more connected to yourself and others

Experience a sense of peace and wellbeing