



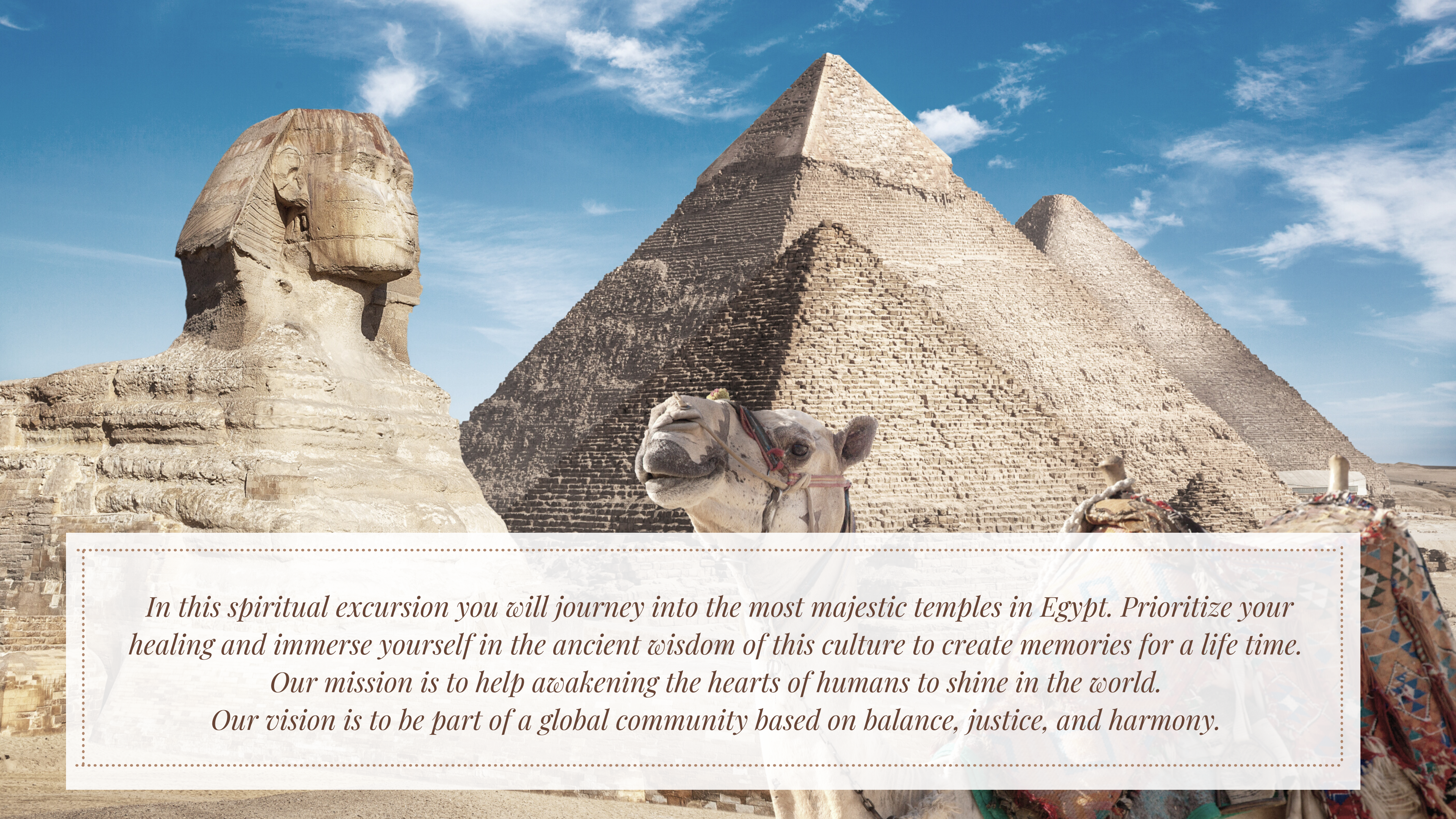
HOLISTIC RETREATS

ANCESTRAL JOURNEY EGYPT

"AWAKENING THE ILLUMINATED HEART"

MARCH, 15-30, 2023

WWW.HOLISTIKLIVING.COM



In this spiritual excursion you will journey into the most majestic temples in Egypt. Prioritize your healing and immerse yourself in the ancient wisdom of this culture to create memories for a life time.

Our mission is to help awakening the hearts of humans to shine in the world.

Our vision is to be part of a global community based on balance, justice, and harmony.



ANCIENT EGYPT

Day 1 Landing to the wisdom

Arrival at Cairo airport, reception by our local staff, transfer to the hotel accommodations.

Day 2 Medieval fortress

Our first stop will be the Citadel of Saladin, a massive medieval fortress that has become the best-known non-pharaonic monument in Cairo. Inside the fortress we will enter the Mosque of Mohamed Ali. Its ornate decoration is spectacular. We will visit the Coptic neighborhood, one of the most unique in the city. Here, we will visit Al-Muallaqa, better known as the Hanging Church, because it was built on top of the ruins of the Tower of Babylon. Nearby, we will see the Ben Ezra Synagogue, located on the site where baby Moses is believed to have been found.



CAIRO

Day 3 Pyramids of Hawara

We will visit the Oasis of Al Fayum, where we will visit the Pyramids of Al Hawara, Maydum and Lehim. of the III/IV and XII Dynasties. Transfer to Hotel Auberge 5*, in Al Faiyum, accommodation Dinner outside the Hotel in a typical restaurant. Walk on the city.

Day 4 Menya

Visiting Menya, where we will visit Tel El Amarna, a city founded by Akhenatom and Bani Hassan where we will visit the Necropolis with the tombs of the XI and XII Dynasties (lunch will be served if desired en route, included) Transfer to Hotel Etab 4* in Al Menya, accommodation Dinner at the Hotel. City walk.





THE NEW KINGDOM

Day 5 Menya - Luxor

Departure to visit Abydos, the most important burial place of the Predynastic period and the first Dynasties of ancient Egypt and the New Kingdom. Some pharaohs ordered their funerary monuments to be built here, such as Seti I and Ramses II, rulers of the XIX Dynasty.



"AWAKENING THE ILLUMINATED HEART"

CAIRO CRUISE FULL BOARD

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NILE CRUISE FULL BOARD

Day 6 Temple of Hathor

We will visit the Dendera temple, where we will visit the Temple of Hathor Full board.

Return to the ship, lunch and dinner on board.



Day 7 Nile Cruise

Visit of the Necropolis of Thebes, the Valley of the Kings, the temple of Queen Hatshepsut and the Colossi of Memnon.

Departure of the boat to Esna to cross the lock and then to Edfu. night and dinner on board.

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VISIT THE TEMPLE OF HORUS

Day 8 Temple of Edfu

Visit of the temple of Edfu dedicated to the god Horus with the head of a falcon and considered this temple one of the best preserved from the time of the Pharaohs, return to the ship, navigation and night on board, arrival at Kom Ombo and free time to walk for the market, return and navigation to Aswan, night on board in Aswan.



TRADITIONAL MARKET

Day 9 Temple of Philae

Departure to visit the Temple of Philae and a felucca ride (typical fishing boats), along the Nile contemplating several volcanic islands of black granite. Free time to take a walk through the city of Aswan and visit the famous Aswan market where you could take a ride in a carriage and buy typical Aswan products. Overnight on board in Aswan.

Day 10 Optional tour

Free time on board with the possibility of visiting the temples of Abu Simbel by road or by plane optionally, return to Aswan and free afternoon on board with the possibility of taking the optional excursion to the Nubian Village. Overnight on board in Aswan.





Day 11 Crocodile God

Sailing to Kom Ombo, arrival and visit of the Temple dedicated to the Crocodile god, return to the ship and continue sailing to Edfu. Night on board.

Day 12 Walk on ancient town

On board with possibility of getting off again in Edfu to walk around the town or visit the temple of Edfu, return to the ship and continue sailing to Luxor, Crossing the Lock and arriving in Luxor, visit the temples of Luxor and Karnak.

Night on board.



LUXOR-CAIRO

Day 13 Egyptian Museum

Breakfast on the Picnic Boat + lunch en route + dinner at a local restaurant. We will dedicate 3 hours to discover the Egyptian Museum, the most important not only in the country, but in all the world. Here are the masterpieces of the pharaonic era, its greatest exponent being the treasure of Tutankhamun. Walking through its labyrinthine streets is like visiting an authentic open-air museum. Khan el-Khalili is perfect for buying souvenirs and reproductions of objects from Ancient Egypt.

Day 14 Cheops, Kefren, &

We are schedule to visit to the site of the Pyramids of Cheops, Kefren, Micerinos and the Sphinx. This visit has a duration approx. of 3 hours, the visit of the interior of the Great Pyramid is contemplated in private Egypt.

GREAT DAY

Day 15 Visiting Great Pyramid

We will go to the Saqqara necropolis, one of the most important links in the history of Egypt where, you will be able to see the pyramid of Pharaoh Djoser, the first of the pyramids that were built in Egypt. In Saqqara we will also visit the tomb of Chaty (chancellor) Mehu, recently opened to the public for the first time since its discovery in 1940.

Our last stop will be Memphis, the ancient capital of Egypt, an authentic open-air museum where you can see, among other monuments, the impressive sculpture of the Colossus of Ramses II and the superb Alabaster Sphinx. The experience ends at your hotel. Access the interior of the pyramids If you have enough courage and are not overwhelmed by closed spaces, you can access the interior of the pyramids. You will have to choose between visiting the pyramids Khafre and Micerinos for only \$6, or if you want to face the Great Pyramid of Cheops for \$21 (we recommend that you choose the latter). For reasons of time.





GREAT DAY

Day 16 Visiting Great Pyramid

Breakfast and check out and at the scheduled time transfer to the airport.

Time to get ready and receive all the information and wisdom that was floating in the air, time for integration and rest.

We are so happy to connect with you, there are several options for payment plans, please contact your host to save your spot and figure out the best option for your payment plan.

We will love for you to join us.

Holsitik Living Team

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MEET YOUR HOST

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MEET YOUR HOST

Maytrelli Diaz

Maytrelli Diaz is a yoga instructor by Asoc. Mexicana de Yoga, Sivananda Yoga School, Ner Dayam, Agama Tantra Yoga in Dharamkot, India. She has a TT for Kids Yoga in the USA. She started exploring sound healing as leader in training of

Dances of Universal Peace in Colombia. While sitting in sacred plant medicine in Rishikesh, India she got the download from Sri Prem Baba, to "awaken the love in everyone in sacred circle".

She has been a ritualist for over 10 years, coming from Aztec roots and leading different ceremonies, from rites of passage, sweat lodges, grief work, and women circles. Her main intention is always to integrate and create a strong global and sane community, inspiring people to a more holistic and joyful way of living.



MEET YOUR HOST

Adriana Garavito

Teaching the beautiful workshop *Awakening the Illuminated Heart* for activation of the Merkabah light body.

Adriana also teaches Tantra of the heart, Ancient Mystery School of Egypt, and the Kabbalah to help you create and connect from your higher self. She leads darkness retreats to activate your divine DMT molecule naturally and is a Master in meditation.

Adriana guides spiritual journeys to magical places on earth that help remember and reconnect with the divine purpose of each being!! She is always in service and love from the heart.

REALLYGREATSITE.COM



ANCESTRAL JOURNEY EGYPT

”Enlightened Heart”
March 15 to 31, 2023

TRIP INCLUDES:

- 5 nights in Cairo - Includes breakfast (lunches and dinners in restaurants outside the hotel)
- 1 Night in Al Fayoum - Half board + Lunch in local restaurant
- 1 night in Menya - Half board + lunch in local restaurant
- 1 night in Luxor - Half board without drinks
- 7 nights Nile Cruise - Full board without drinks
- Assistance at airports
- Spanish speaking guide Mohamed Bakr
- Domestic flight Luxor – Cairo
- Excursions, tickets and transfers according to itinerary

TRIP **DOES NOT** INCLUDE

- Airfare to Egypt
- Entry visa to Egypt - \$35
- Travel tips- \$55 payable on arrival
- Travel insurance
- Travel passport (must be updated min. 6 months before expiration)\
- Personal purchases
- Beverages
- PCR tests

ANCESTRAL JOURNEY EGYPT

"Enlightened Heart" March 15 to 31, 2023

Send your Wire transfer to::



Attention

1. Customer Information (*)

CUSTOMER NAME

ADRIANA MONSERRAT GARAVITO LOPEZ

CUSTOMER NUMBER

52124

ACCOUNT TO DEBIT

111032100

\$3940 USD EARLY BIRD BEFORE NOV 15 2022

NORMAL COST: \$4,200 USD

TO RSVP : \$500

(PAYMENT PLANS AVAILABLE)

REQUEST MORE INFO BY EMAILING:

INFO@HOLISTIKLIVING.COM





ENLIGHTENED HEART

THANK YOU

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