

“Temple Within A Nile Retreat”

1	Healers - speakers - soulful tour guide - passionate tour manager
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What you seek is seeking you !

Nur Jihan (GiGi)- Holistic Therapist, Sufi Guide, Meditation Teacher, Reiki Master and Chantress

&

Sarmad "Andrew" Sound Healing Practitioner, Musician, Reiki Master





There are journeys... and then there are initiations!

This **13-day sacred passage through Egypt** is designed as a **transformational experience of healing, awakening, and deep inner connection**, set against the timeless backdrop of one of the world's most mystical lands. Moving in rhythm with the Nile, and guided by expert Egyptologists and private healers, you are invited to step beyond traditional travel – into a journey of the soul.

From the vibrant heart of Cairo, where you will reside in carefully selected **5-star** downtown hotels, your experience begins with grounding and intention-setting. Here, ancient energies and modern elegance meet, preparing you for what lies ahead.

Your journey continues southward aboard a **private Dahabeya**, sailing gently between Luxor and Aswan over seven serene nights. Away from the crowds, this intimate sailing experience offers a rare sense of peace and presence, where daily life softens into meditation, reflection, and connection with the natural flow of the Nile.

Along the way, you will take part in **guided meditation sessions, private healing ceremonies, and soulful Sufi practices**, allowing you to connect more deeply with your inner landscape while immersed in Egypt's sacred geography.

A highlight of this journey is your **private visit to Philae Temple**, the revered sanctuary of Isis. This temple stands as a powerful **symbol of divine feminine energy, rebirth, and sacred love** – a place where myth and spirit intertwine. Visiting in privacy allows for a rare, uninterrupted connection to its gentle yet profound energy. Throughout the journey, every detail is thoughtfully curated – from seamless meet & assist services in Luxor and Aswan, to the presence of dedicated healers and expert guides – ensuring a space where you can fully surrender, explore, and transform!

At the sacred plateau of Giza Pyramids, you will enter the **King's Chamber of the Great Pyramid** in a private, contemplative visit – a space long regarded as a powerful energetic center, aligned with higher consciousness and inner resonance. In stillness, this becomes not just a visit, but a moment of profound alignment!



Tour summary

Day 1: 28th Sep. - Arrival - Overnight Cairo

Day 2: 29th Sep. - Grand Egyptian Museum , Lunch & welcome dinner. Overnight Cairo

Day 3: 30th Sep. - Sakkara, Dahshur. Lunch , overnight Cairo

Day 4: 1st Oct. : Cairo , Luxor - Start of your Dahabeya Boat trip

Day 4 to day 10 on board Dahabeya (chartered exclusively for this group 1st to 7th oct., 2026).

Day 11: 8th October : West Bank visits , fly to Cairo. Overnight at hotel in Cairo.

Day 12: 9th October - Giza Sacred Opening & Sufi Hadra Experience. Overnight Cairo.

Day 13: Departure

Day by day !

Day 1: Monday, September 28th, 2026 "
Welcome to Egypt."

Beginning of initiation—a conscious step into transformation.

As you arrive in Cairo, you are not simply entering a country...You are crossing a threshold between worlds. This first day is a gentle landing—a time to soften, release the noise of the outside world, and begin attuning to the subtle frequencies of Egypt. Allow yourself to rest, breathe, and open.

Meals : NA

Overnight: Downtown Hotel in Cairo



Day 2: Tuesday, September 29th, 2026 "Grand Egyptian Museum

You will be guided through your dedicated 45-minute healing session—a grounding practice to integrate these impressions, align your energy, and gently anchor the awakening that has begun.

Relax , refresh and dress up for a late dinner, group gathering!

Begin your journey with a visit to the magnificent **Grand Egyptian Museum**, where you are invited into a living field of ancient expression and preserved consciousness. As you move through the galleries, your focus gently shifts to the artifacts themselves—each piece a vessel of intention, craftsmanship, and encoded wisdom. These are not merely remnants of the past, but sacred objects created with purpose, reflecting a civilization deeply attuned to the mysteries of life, death, and the eternal journey of the soul.

Statues, reliefs, and ceremonial objects reveal more than artistic mastery—they embody presence, stillness, and a profound understanding of harmony between the human and the divine. You may begin to notice how certain pieces draw you in, as if resonating with something within you. Each artifact represents a ****fragment of universal truth****—an invitation to reconnect with clarity, balance, and inner awareness. Together, they form a silent dialogue between past and present, outer form and inner knowing.

Take your time. Move slowly and with intention. Allow yourself to feel rather than interpret, to receive rather than analyze. In this space, the experience becomes personal—subtle, yet deeply profound.

Meals : Breakfast , lunch & welcome dinner

Overnight: Downtown Hotel in Cairo



GRAND EGYPTIAN MUSEUM

Day 3: Wednesday, September 30th, 2026 "Sakkara, Dahshour - Sacred Grounds"

Your day starts with a dedicated 45-minute healing session— a sacred space to ground your energy, release what has surfaced, and stabilize your inner state as the journey continues to unfold!

Today, you step into one of Egypt's most ancient and energetically profound landscapes—**Saqqara**, a vast necropolis that holds the early codes of ascension and human awakening. Before you rise the **Step Pyramid of Djoser**—the first monumental attempt to reach beyond the earthly plane. Its layered form reflects a gradual ascent, symbolizing the soul's journey of growth, expansion, and elevation. **Saqqara** represents the first awakening—the moment consciousness begins to rise and seek higher truth.

Continue onward to **Dahshur**, where the Bent and Red Pyramids stand in peaceful isolation. Unlike the more visited sites, Dahshour offers a rare sense of openness and intimacy. The Bent Pyramid, with its change in angle, reveals a moment of adjustment—an evolution in understanding. The Red Pyramid, balanced and complete, reflects harmony achieved through refinement.

Dahshur embodies transformation through experience—the understanding that alignment is not immediate, but unfolds through learning, adaptation, and trust in the process.

Later, you will pause for a serene lunch surrounded by nature—a gentle return to the simplicity of the Earth, allowing your body and mind to integrate the depth of the morning's experiences. In the afternoon, return to Cairo carrying a sense of quiet expansion.

Meals : Breakfast & lunch

Overnight: Downtown Hotel in Cairo



Day 4: Thursday, October 1st, 2026 -Cairo / Luxor, shift into flow–surrendering to the natural rhythm of life, just as the Nile has flowed for millennia!

Early in the morning, you begin your transition from Cairo to Upper Egypt, a subtle shift not only in geography but also in energy. As you journey toward Luxor, the ancient city of Thebes, you move closer to the heart of Egypt's spiritual legacy. Our dedicated tour manager will help you to get a smooth check out , transfer to Cairo airport for the flight to Luxor (1 hour, 5minutes.), suggested flight is #NP 071, leaving Cairo 8:25 and arriving Luxor @ 9:30 am. Upon arrival, you are guided to the sacred grounds of Luxor Temple, a temple not only built for worship but also for initiation. This space mirrors the human journey from the outer world into the inner sanctum of awareness. As you walk its pathway, you symbolically retrace the steps of ancient seekers who came here to awaken the divine within.

Luxor Temple embodies the soul within the human form, a reminder that the sacred is not outside but within you. Continue to the vast and **powerful Karnak Temple Complex**, a place of immense scale and presence. Here, towering columns rise like a forest of consciousness, and every axis aligns with celestial forces. Karnak reflects expansion and connection to higher consciousness, the opening of your awareness beyond the personal into the universal.

Following your visits, you travel to **Esna**, where you will step aboard the elegant Dahabiya—your sanctuary on the Nile. As you settle into this intimate space, the rhythm of the river begins to guide you inward, inviting a slower, more conscious way of being.

Time for your healing session on board, which is a gentle space to release the movement of the day, reconnect with your breath, and align your energy with the calm, flowing presence of the river.

Overnight onboard, held by the stillness of the Nile and the quiet unfolding of your inner journey.

Meals : Breakfast, lunch & dinner

Overnight: On board



Day 5: FRIDAY, October 2ND, 2026 -"Esna - El Kab - Edfu."

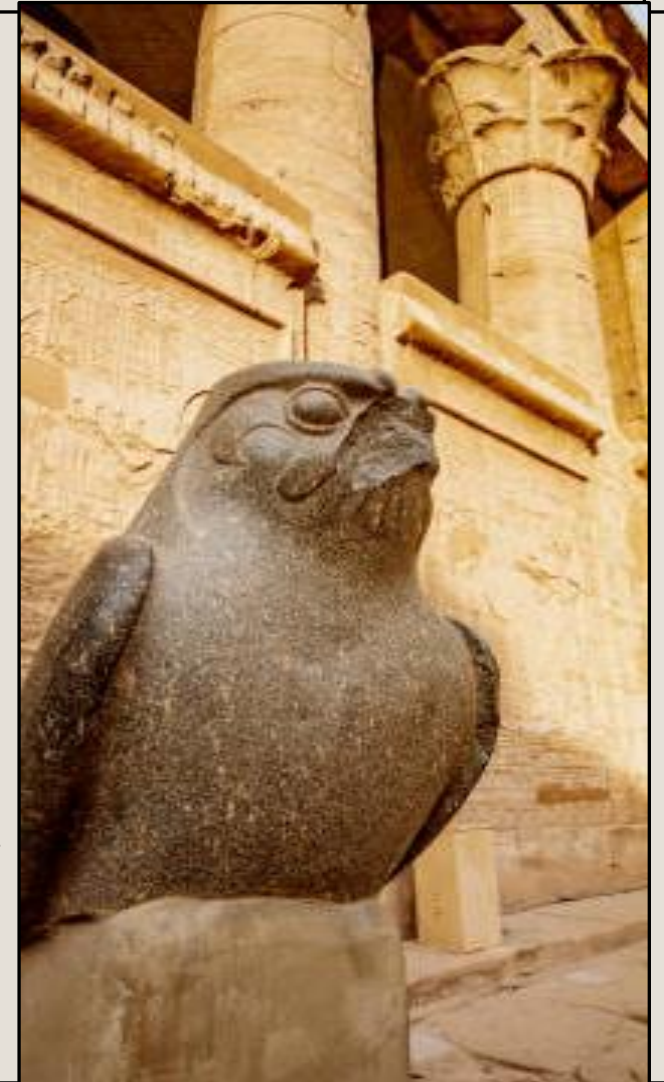
Begin your serene sailing journey along the timeless Nile, allowing the gentle rhythm of the river to guide you inward as much as it carries you forward. The ever-changing landscape—lush greenery, quiet villages, and untouched shores—invites you into a state of presence, where time softens, and awareness deepens. ...The Nile represents the flow of life itself—steady, nurturing, and eternal—reminding you to move with trust rather than resistance. Your first stop is **El Kab**, one of Upper Egypt's most ancient settlements. Here, tombs and temples carved into the cliffs hold the quiet imprints of early human devotion and belief. El Kab reflects returning to origin—a connection to the raw, foundational essence of human consciousness, simple, grounded, and deeply rooted in the Earth.

Continue sailing toward the **Temple of Horus at Edfu**, where the energy becomes more defined and powerful. This temple, dedicated to Horus, embodies the journey of awakening—where clarity rises, and inner vision sharpens. As you pass through its grand entrance and into its sacred halls, you symbolically step into a space of alignment and strength. Edfu represents the awakening of inner clarity and higher perception—the moment where light overcomes confusion, and truth becomes visible.

Throughout the day, the Dahabiya becomes your sanctuary—a space of stillness, reflection, and gentle integration. The slow pace of sailing allows your body and mind to settle, creating space for everything you've experienced to be quietly absorbed.

Later, you will be guided through your dedicated 45-minute healing session, a grounding and harmonizing practice, aligning your energy with the natural flow of the Nile and supporting a deeper sense of balance within. Overnight onboard, embraced by the calm, rhythmic presence of the river.

Meals : Breakfast, lunch & dinner
Overnight: On board



Day 6: Saturday, October 3rd, 2026 "Edfu - Gebel El Silsila."

Sail toward the sacred passage of **Gebel el-Silsila**, where the Nile gently narrows, and the landscape shifts into a space of quiet intensity. Surrounded by towering cliffs on both sides, this place holds a unique stillness—subtle, grounding, and deeply centering.

Long before becoming part of Egypt's great temples, the stone here rested within the earth—shaped only by time, silence, and natural force. Gebel El Silsila represents the raw potential within—the unformed, the unseen, the essence before creation. It is a space of transition, where what is within begins to take shape.

As you walk among the carved chapels, ancient stelae, and inscriptions etched into the rock, you are invited to sense the quiet dialogue between nature and human intention—where matter and meaning meet.

This is not a place of grandeur but of presence. Not overwhelming, but deeply intimate.

In the afternoon, we shall arrange a sharing circle of two hours on board.

Meals : Breakfast, lunch & dinner
Overnight: On board



Day 7: Sunday, October 4th, 2026 "Kom Ombo - Balance & Duality"

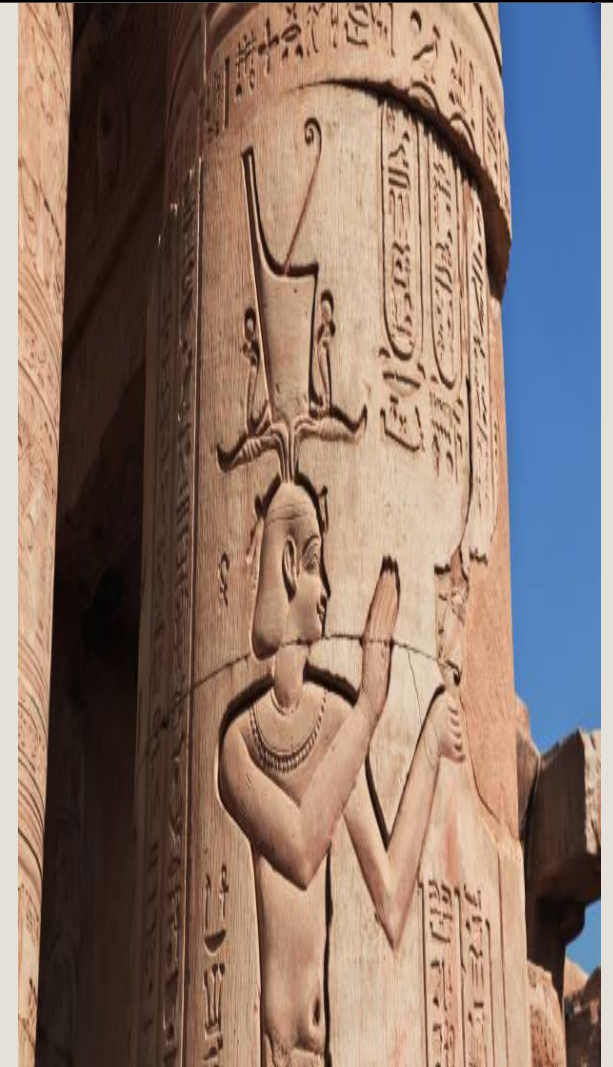
Time of harmonizing practice to restore balance within your energy, align opposing forces, and support a sense of inner wholeness! Today, you are guided to the sacred and harmonious space of the **Temple of Kom Ombo**, gracefully set along the banks of the Nile. Unlike any other temple in Egypt, this unique structure is devoted to two complementary forces—Sobek and Horus the Elder—inviting you into a deeper understanding of duality and balance.

As you enter, notice the perfect symmetry of the temple—two mirrored sides, two energies, coexisting in equilibrium, **Kom Ombo** represents the union of opposites within—strength and softness, instinct and awareness. It reminds you that true harmony is not found in choosing one side, but in embracing the wholeness of both. Sobek embodies the primal, instinctive force—the grounded energy of the body, creation, and survival. **Horus** represents clarity, vision, and higher awareness—the ability to see beyond illusion. **Together, they reflect the integration of the physical and the spiritual.** As you move through the halls and sacred chambers, you may notice the ancient depictions of healing practices and surgical instruments—an expression of a civilization that understood the connection between body, mind, and spirit as one unified system.

Following your visit, return to your Dahabiya and continue sailing in stillness. The Nile once again becomes your companion, holding space for quiet integration as the landscapes slowly pass by. As the day gently draws to a close, gather for a brief introduction to the sacred wisdom and symbolism of the Temple of Isis, exploring the timeless teachings of healing, intuition, and transformation associated with Egypt's beloved goddess.

Following this, immerse yourself in a one-hour Sacred Sound Bath, allowing soothing vibrations and healing frequencies to support relaxation, reflection, and the integration of your experiences. Set beneath the peaceful evening sky, this restorative journey offers a beautiful opportunity to reconnect with yourself and prepare for a deeply restful night.

Overnight onboard, embraced by the calm rhythm of the river and the quiet integration of all that is unfolding within.



Meals : Breakfast, lunch & dinner
Overnight: On board

Day 8: Monday, October 5th, 2026 "Aswan - Philae Sacred Opening."

Arrive in the enchanting city of **Aswan**, a place where serenity flows as naturally as the Nile itself, and the air seems infused with timeless wisdom. Today offers a profound opportunity to connect with one of Egypt's most sacred spiritual sites, the Temple of Philae. Accessible only by boat, this island sanctuary is devoted to the goddess Isis, the eternal symbol of divine feminine energy, protection, and magical transformation. With exclusive access before public hours, you are invited to experience the temple in complete stillness—an intimate communion with its powerful, restorative energy.

Philae embodies transformation, devotion, and inner awakening. Walking through its colonnades and sacred chambers is like passing through the corridors of your own consciousness, where the layers of the ego gently dissolve, and the soul's innate wisdom shines through.

As you move mindfully among the exquisitely preserved reliefs, notice how every carving, every alignment, and every space holds intention—a dialogue between the divine and the human. Allow yourself to absorb the energy here, letting it settle in your body, heart, and mind.

Later, return to your Dahabiya, where the gentle motion of the Nile becomes a natural lullaby for reflection.

Meals : Breakfast, lunch & dinner

Overnight: On board



Day 9: Tuesday, October 6th, 2026 "Aswan - Reflection & Integration"

Allow yourself a serene and unhurried day in Aswan, a city where the Nile's gentle flow mirrors the rhythms of the heart and spirit. Today is a sacred pause—a day designed for reflection, rejuvenation, and the subtle integration of the profound energies you have encountered along your journey.

Aswan represents stillness, clarity, and inner alignment. The calm waters and soft breezes of the Nile act as a mirror for your own inner landscape, inviting you to release what no longer serves you and to reconnect with the deeper currents of your being.

For those wishing to explore, **optional** experiences are available, each offering unique energetic and cultural resonance:

Aswan to Abu Simbel by car: chance to explore the magnificent rock-cut temples built by Ramesses II and dedicated to both himself and Queen Nefertari.

The Aswan High Dam is a modern testament to human intention shaping the flow of life, symbolizing the conscious channeling of energy.

Aswan Souk – a vibrant tapestry of local life, reminding us of abundance, connection, and the exchange of energy in everyday life.

Felucca sails around the islands and lotus-filled waters – a meditative journey on water, where the lotus, rising pure from the river mud, reflects spiritual awakening and renewal.

Later, you will engage in your dedicated 45-minute healing session, a sacred container to center your mind, harmonize your energy, and integrate the subtle shifts within. Let the flowing river carry away tension, while your awareness deepens into stillness, gratitude, and presence.

Overnight onboard the Dahabiya, cradled by the Nile's timeless rhythm, enveloped in the serenity of your intimate floating sanctuary, and held in the quiet magic of this sacred region.

Meals : Breakfast, lunch & dinner

Overnight: On board



Day 10: Wednesday, October 7th, 2026 - Sailing

New day , new beginning , participate in your dedicated 45-minute healing session, a sacred container to restore balance, nurture your vital energy, and deepen your sense of calm and alignment. Allow the gentle sway of the Dahabiya and the quietude of the Nile to amplify the subtle energetic shifts taking place within you. Begin your return journey along the Nile, surrendering to the river's timeless flow and the stillness it offers. As you drift past lush riverbanks, quiet villages, and the silent witnesses of ancient temples, allow the gentle rhythm of the water to guide your mind, body, and spirit into a state of calm presence.

The Nile, ever-flowing and eternal, mirrors the journey within—our own currents of thought, emotion, and energy. This stretch of river invites integration and release, as you reflect on the sacred experiences and insights gathered along your path. Each bend and ripple is a reminder of impermanence, continuity, and the harmony of life's natural flow.

Use this peaceful sailing as an opportunity to contemplate your inner landscape, noticing what has shifted, what has been illuminated, and what is ready to emerge into your conscious awareness.

As night falls over the sacred Nile, embark on a 90-minute Sound Journey beneath the stars. Inspired by ancient traditions of harmony and transformation, this soulful experience blends sacred frequencies, meditation, and the healing power of sound, inviting you to reconnect with yourself while surrounded by the timeless energy of Egypt.

Overnight onboard, embraced by the tranquil rhythm of the river, enveloped in the intimate comfort of your floating sanctuary, and carried forward on the waves of reflection and renewal.

Meals : Breakfast, lunch & dinner

Overnight: On board



Day 11: Thursday, October 8th, 2026 " -VALLEY OF THE KINGS, VALLEY OF THE QUEENS , HATCHEPSUT TEMPLE - "Disembarkation - Return to Cairo."

Disembarkation, and allow yourself to gently transition from the flowing rhythm of the Nile back to the land. Transfer to Luxor , Today in Luxor, the Nile meets timeless desert silence, and the land itself feels charged with ancient presence. Today is a sacred invitation to move through sites not as history but as living portals of awakening, transformation, and inner remembrance. **Valley of the Kings.** This tour is a gateway of transformation and rebirth. This sacred valley reflects the soul's journey through release, surrender, and renewal—a passage from illusion into higher awareness. Each tomb represents a map of spiritual evolution, reminding us that life continues beyond physical form. **Temple of Hatshepsut (Deir el-Bahari)** Divine feminine power and inner sovereignty. Rising in harmony with the cliffs, this temple embodies balance, intuition, and awakened leadership. It invites you to step into alignment with your inner strength and higher purpose. **Colossi of Memnon** showing stillness and eternal presence. These silent guardians represent grounding, endurance, and the wisdom of silence.

As you are transferred to Luxor Airport for your flight to Cairo, use this time to reflect on the sacred journey you have experienced—the temples, the waters, the energies, and the insights that have quietly unfolded within you. Upon arrival in Cairo, you will be escorted to your hotel, your sanctuary for rest and gentle integration. Let the space around you support your body and mind in unwinding, rejuvenation, and inner stillness after the profound experiences along the Nile.

Integration & Reflection: This is a moment to absorb the transformative energies gathered over the past days. Observe how the journey has shifted your perspective, your energy, and your sense of alignment. The hotel becomes a sacred container where reflection meets restoration, preparing you for the concluding experiences of your journey.

Overnight in Cairo, resting in comfort and tranquility, cradled by the quiet energy of the city and the inner calm you have cultivated along this sacred journey.

Meals : Breakfast

Overnight: Downtown Hotel in Cairo





Day 12: Friday, October 9th, 2026- "Giza Sacred Opening & Sufi Hadra Experience"

New day , get ready for an early morning departure as you will step inside the **Khufu Pyramid**, you enter a space that has been sacred and resonant for over 4,500 years. The air is still, and the stone walls, carved with ancient precision, hold a timeless energy that connects the earthly and the cosmic. Here, you are not merely walking through chambers—you are journeying inward, mirroring the ascent of the soul. The King's Chamber, the heart of the pyramid, symbolizes the core of consciousness, the inner sanctuary where spirit and mind meet. The narrow corridors and silent passages serve as a reminder of introspection, patience, and the inward path. The experience reflects the ancient belief that true transformation begins within, and that the journey through challenges leads to illumination. Allow yourself to move slowly, breathe deeply, and feel the subtle vibrations of the stones. Let the sacred geometry and alignment of the pyramid guide your focus, centering your mind and opening your heart. Each step inside is a meditation, a conversation with the wisdom of the ancients, inviting clarity, grounding, and a profound sense of connection to something eternal. You will have a chance today to visit the Pyramids area twice ! Visit the Sphinx as well , enjoy a light breakfast before getting back to hotel.

Final 120-minute sharing circle, a sacred container to integrate the wisdom, energy, and inspiration gathered throughout your journey! Feel your being realign, your awareness deepen, and your heart settle into a space of balance and profound inner calm.

In the evening, immerse yourself in a mesmerizing **Sufi Hadra performance**. Let the hypnotic rhythms, flowing movements, and devotional chants resonate with your heart and soul, creating a space where time dissolves, awareness expands, and the energy of collective devotion awakens your own inner light we may need to swap to another date prior to Dahabeya Trip).

Overnight in Cairo, resting in comfort and tranquility, cradled by the enduring energy of this sacred land as your transformative journey draws to a luminous close.

Meals : Breakfast & Lunch

Overnight: Downtown Hotel in Cairo



Day 13: SATURDAY, October 10th, 2026-, 2026 "Final Departure"

After a nourishing breakfast, you will be gently escorted to Cairo International Airport, carrying with you the deep insights, awakenings, and transformations cultivated throughout your sacred journey.

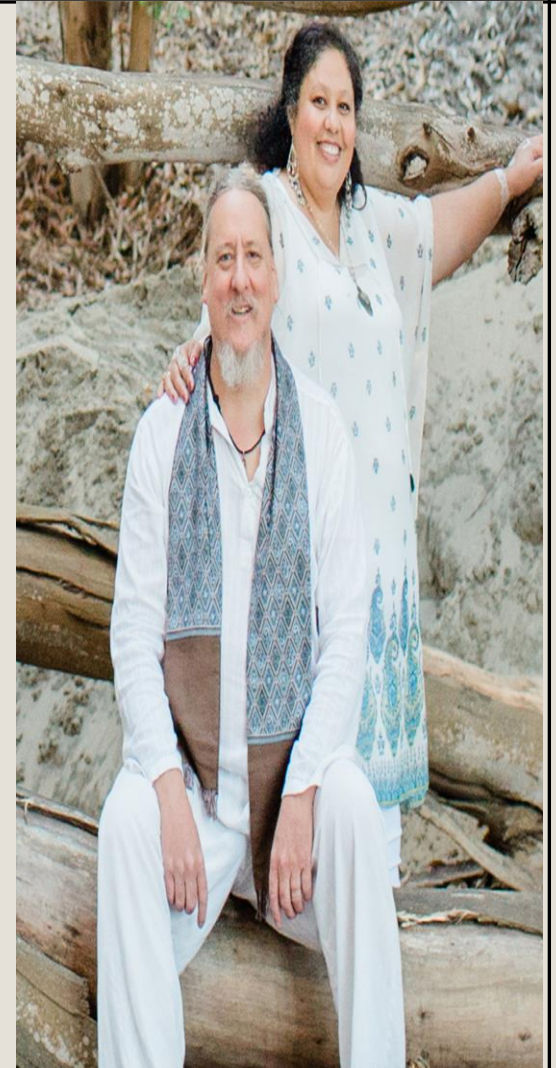
As you leave the land of the Pharaohs, allow yourself to carry the timeless energy of Egypt within your being—the grounding strength of the pyramids, the flowing wisdom of the Nile, the serenity of sacred temples, and the gentle embrace of healing moments.

Reflect on the clarity, balance, and inner peace that have emerged during these days. Let the memories of ancient landscapes, mystical temples, and profound encounters continue to resonate in your heart, guiding your path forward with renewed presence, awareness, and connection to your higher self.

This is not an ending, but a continuation of your inner journey—a sacred thread connecting you to the eternal rhythms and energies you have experienced. Carry this light with you, and let it inspire the next chapters of your life.

Safe travels, as your spirit moves onward, enriched, aligned, and deeply awakened. Our tour manager will meet you at the hotel lobby, facilitate smooth check out and escort you through the way to your bus , you will be transferred to Cairo International airport for flight back home.

Meals : Breakfast or breakfast box.



Suggested Hotels

Steigenberger-El-Tahrir-Hotel-Cairo - 4*Plus Excellent location , quality food & service !



Dahabeya Boat - Royal Cleopatra Superior Dahabeya on full board bases



INCLUSIONS & EXCLUSIONS

Inclusions:

- ✓ **05 nights' accommodation in Cairo on Bed & Breakfast basis (First & second stay).**
- ✓ **07 nights' accommodation on board a Superior Dahabiya Boat on Full Board basis, exclusively chartered for the intimacy of the group.**
- ✓ **Meet , greet and assistance throughout in Cairo , Luxor , Aswan , relevant airports, by our professional escorts.**
- ✓ **Air-conditioned vehicles & professional drivers.**
- ✓ **Private arrangements (vehicles , escorts , reps.)**
- ✓ **Private soulful Egyptologist throughout (Cairo , Upper Egypt , Cairo).**
- ✓ **Group welcome dinner.**
- ✓ **Entrance fees of the included sightseeing**
- ✓ **Special opening of Philae Temple - away of official working hours**
- ✓ **Special opening of King Cahmber - away of official working hours**
- ✓ **Sufi gathering**
- ✓ **Healing & meditation circles**
- ✓ **Meals as per itinerary**
- ✓ **Unlimited bottled water during sightseeing**
- ✓ **Coverage of the Egyptian exchange in case of using public toilets**
- ✓ **24/7 customer service while on ground**
- ✓ **Added Value: Glad to confirm our VIP treatment, including "Snacks in the car, 01 Soft Drink "OR Tea OR Coffee" during lunch meals in Cairo, Local SIM Card for local calls throughout the trip, and a welcome package upon arrival".**

Exclusions:

- ❖ **Entry visa - could be arranged at supplement of USD35 per person. For single entry (for eligible nationalities).**
- ❖ **International flight tickets , to or from Egypt (could be arranged when requested).**
- ❖ **Entrance of any other site , any additional special opening , camera fees where applied.**
- ❖ **Extra meals , beverage , pocket money or personal expenses**
- ❖ **Optional tours**
- ❖ **Tipping to cover airports, portage , bellman , hotel crew, cruise crew , reps. & tour managers, drivers , local guards , public areas, restaurants...etc.). Average is USD300 , per person.**

Price information

Category	Hotel Name	Private Boat	Rate person , per package in double	Rate person , per package in single
4* to 5* standard	Ramses Hilton Hotel OR Steigenberger Hotel El Tahrir Cairo	Royal Cleopatra Or similar	\$6245.00	\$7760.00

Reserve your place!

Send us an email now with the following subject : Temple Within A Nile Retreat
Your name as per passport (clear scanned copy of the passport)
Required room type (single , double, twin).

Email address: eman.elsheikh@vantage-travels.com

Registration form: <https://forms.gle/vp9ueCEiXZM4HcKi6>

