

THE ATLANTIS CALL

Program Schedule

Part	Part One	Part One	Part One	Part One	Part One	Part One	Ending of Part One	Part Two	Part Two	Part Two	End of Part Two
Location	Arrival Sharm el-Sheikh International Airport --> Transfer to Dahab	Dahab	Dahab	Dahab	Dahab	Dahab	Departure or Transfer to Sinai Mountains	Sinai Mountains & Ras Mohammed National Park	Departure for El Gouna	El Gouna	Departure for Cairo
Day	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
7.30 am	Arrival & check-in	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga & meditation	Yoga, & meditation	Yoga & meditation	Yoga & meditation	Transfer to Hurghada --> Cairo
8.30 am		Power Breakfast	Power Breakfast	Boat trip day	Boat Breakfast	Power Breakfast	Power Breakfast	Power Breakfast	Bedouin Breakfast	Dolphin Trip	Power Breakfast
9.00 am		Water activity 1	Water activity 2		Water activity 3	Water activity 3	Departure or Transfer Dahab --> Sinai Mountains	Transfer Sinai Mountains --> Ras Mohammed National Park	Transfer Sharm El Sheikh --> El Gouna		Visit of the Giza Pyramids and closing ceremony
1.00 pm		Healthy Lunch	Healthy Lunch		Healthy Lunch	Healthy Lunch	Bedouin Lunch	Snorkeling in a stunning coral reef / Freetime			Egyptian Lunch
2.00 pm	Welcome on the beach	Sense activation workshop	Private Body, Mind & Soul sessions / freetime		Dahab Hike & Shopping	Private Body, Mind & Soul sessions / freetime	Visit of St. Catherine & Climbing Mount Sinai	Freetime	International Dinner		Fine Dinner
6.30 pm	Nutritious Dinner	Nutritious Dinner	Nutritious Dinner	Nutritious Dinner	Nutritious Dinner	Nutritious Bedouin Dinner					
7.30 pm	Sweatlodge Ceremony & Welcome Bedouin Dinner	Opening Sharing Circle & Inner Child workshop	Sharing Circle	Sharing Circle	Sharing Circle	Closing Sharing Circle Part One	Night under the stars	Sleep in a Bedouin Camp	International Dinner	Fine Dinner	Egyptian Goodbye Dinner
8.30 pm			Breathwork & Ice bath	Ocean Sound Healing	Music night & Ecstatic Dance						