



natural swimming pool

Hotel Adrère Amellal :  
a natural palace  
made of earth  
and salt

Siwa Pharaos's oasis

Treatments with  
Jean Michel Eté

Elysée63's massage

Yoga in the heart  
of the desert

Horseback riding

Dinners and cocktails  
in the desert

with *Elysée63*

FROM 24<sup>th</sup> OF MAY TO 30<sup>th</sup> OF MAY

# An unforgettable experience in Egypt's most extravagant Siwan Oasis

**Contact :**  
Elysée63 center:  
+33 1 56 88 27 88

Neila CHOUKRI  
+33 6 63 52 56 02

4200 Euros /Pers  
(To Cairo)

**All Inclusive**



ВІТКОВИЧЕВ-СТУДИО - Texte : Neila Choukri - Crédit photo : Fotofolia.

Discover the Oasis inside you...  
A week of Peace, Serenity, Relaxation...  
In the earth of the great sand sea



#### Day 1

- Arrival to the airport of Cairo in the evening
- Transfer to a 4 stars hotel in Cairo

#### Day 2

- Breakfast at the hotel in Cairo & Departure for the wonderful Oasis of Siwa
- Lunch
- 7 p.m: Arrival cocktail in Siwa
- Dinner in Adrere Amellal hotel

#### Day 3

- Beginning of the Yoga program, with views over the siwan lake
- Breakfast
- Activities organized by the center (free time): Spiritual Walk in the desert; Horseback riding; visits and excursions; Cleopatra baths; natural swimming pool
- Lunch
- Yoga session surrounding the sun light; Yin Yoga to find your internal peace
- Dinner in Adrere Amellal hotel

#### Day 4

- Yoga session of the self control, from the top of the hill
- Breakfast
- Yoga session in a healthy and natural landscape
- Lunch
- Yoga session at the moon light; « Yoga Power », to work on your energy...
- Activities organized by the center (free time): Spiritual Walk in the desert; Horseback riding; visits and excursions; Cleopatra baths; natural swimming pool
- Dinner in the desert

#### Day 5

- Morning meditation; To find inspiration peace; harmony
- Breakfast
- Yoga session in the middle of the dunes
- Lunch
- Yoga session: work on the energy
- Dinner & Music under the stars

#### Day 6

- Morning meditation, work on vocal vibration
- Breakfast & Departure for Cairo
- Lunch
- Retreat ends

#### Day 7

- Breakfast in the hotel
- Transfer to the airport of Cairo



Jean Michel Eté,  
International  
therapist



Gabriel Azouley,  
Yoga teacher (USA)

During the stay; Massage with our therapists  
and treatments with Jean Michel Eté,  
all days from 9 a.m to 13 a.m & 3 p.m to 6 p.m