TEMPLE WITHIN

EGYPT EDITION · PRE-DEPARTURE GUIDE

November 5–15, 2026

Giza · Siwa Oasis · Cairo

ESTASI WELLNESS × EMBODYING RETREAT

BEFORE YOU TRAVEL

Your essential preparation

This guide gathers the practical details confirmed so far. Your final arrival window, transfer instructions and any updated venue notes will be sent directly before departure.

TRAVEL DOCUMENTS

- Passport valid for at least six months beyond your arrival date.
- Check Egypt visa requirements for the passport you will travel with; entry rules vary by nationality.
- Travel insurance is required and should cover medical care, cancellation, delays and activities you plan to join.

  Keep digital and paper copies of your passport, insurance and flight details in separate places.

HEALTH & PERSONAL NEEDS

- Tell the team before travel about allergies, dietary needs, medication, mobility needs or health conditions that may affect participation.
- Bring enough prescribed medication for the full journey, in original packaging, plus a few extra days in case of delays.
- A local Siwa friend supports logistics, emergencies, guest safety and venue access. He is not a medical professional.
- Participation is always optional. You may pause, adapt or sit out any practice without explanation.

MONEY & CONNECTIVITY

- Bring a bank card and some cash for personal purchases, optional experiences, tips and meals not listed as included.
- Phone service and Wi-Fi may be limited or unavailable in parts of Siwa. Download key information before leaving Giza.
- Notify your bank of international travel and keep payment methods in more than one place.

PACKING

A light, layered packing list

November is generally warm in daylight and cooler after sunset. Desert temperatures can change quickly, so breathable layers are more useful than one heavy outfit.

Clothing

- Lightweight, breathable daywear
- Warm layer or jacket for cool evenings and desert mornings
- Comfortable walking shoes with grip
- Sandals or easy slip-on shoes
- Swimwear and a cover-up
  Modest layers for cultural sites and local communities
- One outfit you feel good moving or dancing in

Wellness & comfort

- Refillable water bottle
- Sun hat, sunglasses and high-protection sunscreen
- Small day bag
- Personal toiletries and period products
- Earplugs and an eye mask
- Any personal support items you rely on

Useful extras

- Universal travel adapter and power bank
- A scarf or wrap for sun, dust and cooler evenings
- Reusable bag for laundry or sandy items

PACK WITH SPACE

You do not need to prepare for every imagined scenario. Pack for comfort, movement, changing temperatures and respect for the places we visit.

ARRIVAL & ROUTE

Know the shape of the journey

Exact airport meeting points and transfer timing will be shared after your flights are confirmed.

GIZA	SIWA OASIS	CAIRO
2 nights Arrival, Cairo and Giza plateau	7 nights Retreat practices, oasis and desert	Return Airport transfers and departures

THE ROAD TO SIWA

The minivan journey from Giza to Siwa takes approximately eight hours, with breaks along the way. Pack water, a warm layer, headphones or earplugs, medication you may need, and a few personal snacks in your day bag.

ARRIVAL TIPS

- Share your final flight details with the team by the requested deadline.
- Keep your phone charged and your arrival instructions available offline.
- After landing, allow time for immigration, baggage collection and cash withdrawal before meeting the transfer.
- Do not leave the airport with an unconfirmed driver. Use the meeting information sent by the retreat team.
- If a flight changes, contact the team as soon as you safely can.

ON THE JOURNEY

There will be movement, quiet, shared meals, cultural experiences and unscheduled time. Optional activities include the sunrise hike and cold-water practices. The Giza plateau visit does not include entry inside the pyramids; guests who want that experience can arrange it separately at additional cost.

GROUNDED PARTICIPATION

Your body, your choice

Temple Within is designed as an invitation rather than a demand. Consent is checked, not assumed, and every practice can be adapted or declined.

PRACTICES

- Yoga, meditation, breathwork, sound healing, dance, ceremony, Reiki and conscious connection practices may be offered across the journey.
- Tell a facilitator before a session about an injury, pregnancy, health condition or concern that could affect your participation.
- Stop immediately if you feel pain, dizziness, panic or physical distress, and let a facilitator know.
- Do not combine breathwork or intense physical practices with alcohol or substances.
- Rest is participation. Choosing sleep, quiet or time alone is welcome.

CULTURAL CARE

- Ask before photographing local people, homes or ceremonies.
- Dress with respect in local communities and follow guidance from the team and local hosts.
- Move slowly with animals, heritage places and desert environments; leave nothing behind.
- Egyptian time can be fluid. Build patience into the experience and let the schedule breathe.

CONTACTS

Before travel, save both retreat email addresses and the WhatsApp contact sent with your final joining information.

hello.estasi@gmail.com
embodyingretreat@gmail.com

This guide is practical preparation, not medical, legal or immigration advice. Entry requirements and personal health needs remain each guest's responsibility.