

28th of September to 8th of October 2026

Bridging The Wisdom
of Ancient Egypt

Expressive Arts Journey

With Aisha Radwan
& Jessica Eldenstjärna

*The future has an
Ancient Heart
& Egypt embodies
life's deepest mysteries*

Cairo | Aswan | Luxor | Marsa Alam

Bridging The Wisdom Journey

Itinerary Overview



Day 1. September 28th Monday
Arrival in Cairo and Le Passage Hotel

Day 2. September 29th, Tuesday
The Pyramids of Giza

Day 3. September 30th, Wednesday
Philae Temple

Day 4. October 1st, Thursday
The Kom Ombo Temple

Day 5. October 2nd, Friday
The Edfu Temple & The Luxor Temple

Day 6. October 3rd Saturday
The Valley of the Kings, The Hatshepsut Temple

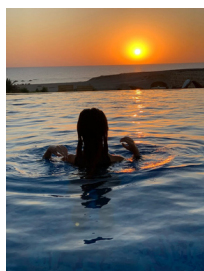
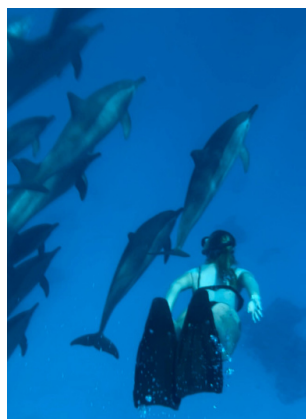
Day 7. October 4th Sunday
The Colossi of Memnon, The Karnak Temple

Day 8. October 5th Monday
Marsa Alam: We stay in Wadi Sabarah Eco Lodge
till 8th of October.

Day 9. October 6th, Tuesday
Red Sea: Dolphin House

Day 10. October 7th, Wednesday
Expressive Arts & Eco Therapy

Day 11. October 8th, Thursday
Morning Ceremony & Return Flight



Bridging The Wisdom Journey

Dive into an inner journey while exploring Egypt



Ancient Heart



We will start this voyage by our opening ceremony where we focus on opening our hearts to connect with the ancient wisdom of the pharaohs, setting our intentions to unlock the pathways to our inner wisdom, using Expressive Arts Therapy and Eco-Therapy.

We will dive in an inner journey while exploring Egypt highlights in both Upper and Lower Egypt, starting from the capital Cairo, which is the largest metropolis in Africa. **Marvelling at the Great Sphinx, unfolding our hearts mysteries journeying into the Pyramids of Giza**, one of the greatest mysteries of all time.



Sailing down the River Nile, the lifeblood of Khemet, all the way from Aswan to Luxor In a 5 stars Nile cruise, to experience the ancient Egyptian culture and be mesmerised by the tombs of the pharaohs and the temples of the ancient Egyptian gods with our English-speaking Egyptologist telling the stories of their great civilization. .

Flowing in serenity of the mystic waters of the Dolphin house in the Red Sea, Marsa Alam. Merging water practices with your inner world exploration, while dolphins inspire you to surrender to your playful, intuitive nature.

Bridging The Wisdom Journey

Day 1: Monday 28/9

2 Days in Cairo Le Passage Hotel 28th and 29th of September

Upon arrival at Cairo International Airport, you will be met by our warm team, ready to welcome you from the very first moment. Just five minutes away, your hotel awaits, an easy, gentle landing, where we will support a smooth check-in and allow you time to arrive, breathe, and settle. As the sun begins to set, we will gather for a special **Opening Ceremony** to mark the beginning of our journey together.

In the evening, we'll come together for a delightful **welcome dinner and folklore celebration** in the heart of Old Cairo. Enjoy traditional **Tanoura dance**, live **folklore music**, and festive dancing at a charming restaurant nestled in the historic **Khan El Khalili Bazaar**. We'll also take a stroll down the enchanting **El Moez Street**, where you can shop for unique local treasures and souvenirs.

Journeying inwards begins with diving into the masteries of the self, a profound embodiment of self-love, unlearning our falsehoods and re-learning our wisdom. And the healing comes in waves, the clarity, the integration, the de-conditioning and finally, the embodiment.

The human experience is a deeply personal journey. Each of us arrives on this Earth carrying our own wounds and our own gifts. Life invites us to walk this path with presence to feel what needs to be felt, to soften into surrender, to heal, transcend, and transform what we carry, until it no longer weighs us down. Healing does not happen all at once. It comes in waves, moments of clarity, gentle integration, the unlearning of old patterns, and embodiment. A return to ourselves.



Bridging The Wisdom Journey

Day 2 : Tuesday 29/9



The Pyramids of Giza

“Seeing the pyramids once in a lifetime”

“Seeing the pyramids once in a lifetime” is a lifelong dream of generations of travellers. The pyramids were built around 2600 BC. Built on a limestone plateau as a tomb for the pharaohs. The Giza pyramids, which are considered one of the seven wonders of the world, are one of the world's most outstanding sights.

They have been fascinating visitors for a long time. The construction of the pyramids remains one of humanity's most fascinating mysteries to this day. In different heritage explorations the Expressive Arts will provide opportunities for us to listen to the innate wisdom of our body, harnessing and activating our creative intelligence.

Bridging The Wisdom Journey

Day 2 : Tuesday 29/9

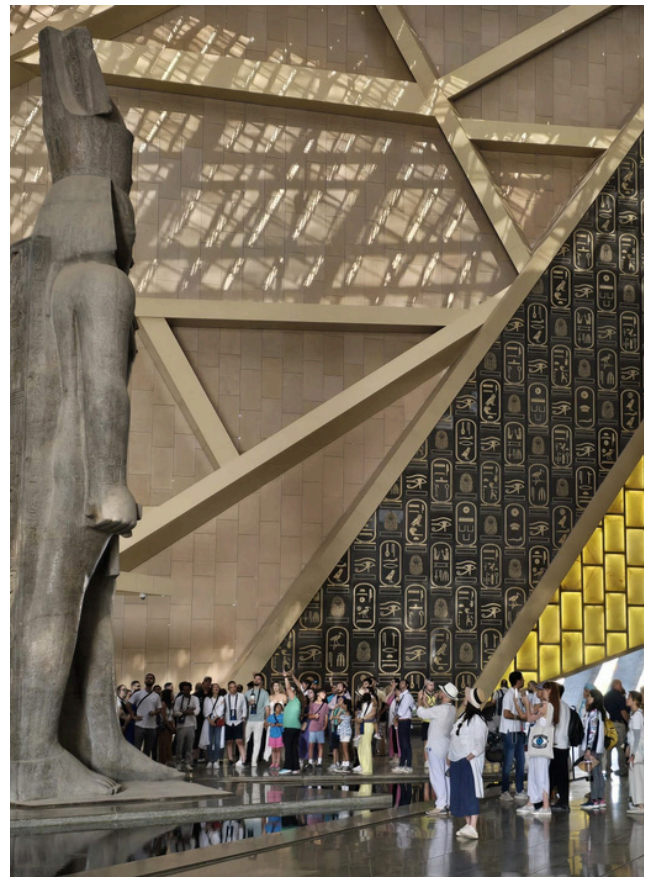
The Grand Egyptian Museum (GEM)

The biggest archaeological museum in the world dedicated to a single civilization- Ancient Egypt (fully open)

The most important archaeological treasure trove of the Pharaonic period is, along with the pyramids, the city's most popular attraction.

In the museum you will find exhibits that are unique in the world and contain incomparable treasures from 5,000 years of Egyptian history.

After your guide's engaged and detailed explanations, you will enjoy lunch at a local restaurant, after which you will be transferred back to the hotel.



*"Treasures from 5,000 years
of Egyptian history.
Full Tutankhamun collection displayed
together for the first time"*

Day 2 : Tuesday 29/9



Egyptian Cuisine

We'll enjoy a delicious lunch at a charming local restaurant, where you'll savor the rich flavors of authentic Egyptian cuisine, freshly prepared with traditional spices and love. It's the perfect introduction to the tastes of Egypt!



Bridging The Wisdom Journey

Day 3 : Wednesday 30/9

Philae Temple

Goddess Isis

We will be picked up from the hotel in Cairo in the early morning and taken to Cairo Airport. **We are flying to Aswan today.** We will be met at Aswan Airport by our tour guide and begin the program.

The Nile island of Philae was the most important cultural site of the goddess Isis. *Isis, is believed to be the Mother of Healing,* we will devote this time to bringing in flow of water and light to heal into our own body systems. Allowing connection to our powerful wisdom.

After the construction of the Aswan Dam, many temples sank into the river.

Visitors in rowing boats visited the sunken temples in the Nile. That's why the temple was moved to the neighbouring island of Agilika from 1977 to 1980. Christians took over the Temple of Isis, set up a chapel and destroyed the faces, hands and feet of the reliefs to break the power of the old gods.

Reflecting on that, we will listen internally to observe what walls we have built within ourselves, and how we could flow more in abundance. Going inwards in a journey of remembrance; of our wisdom and gifts, enabling a cultivation of our authenticity. Contemplating the question of (What have you forgotten?)

Bridging The Wisdom Journey

Day 4 : Thursday 1/10

Kom Ombo Temple

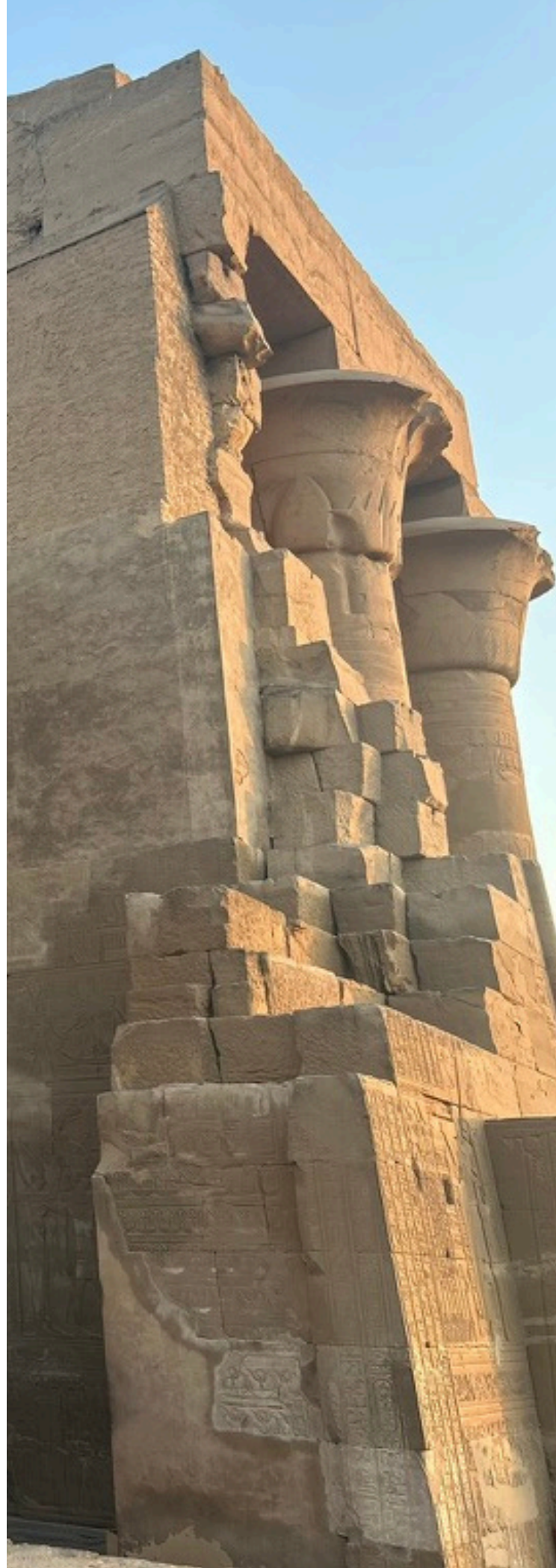
We start the morning by continuing our Expressive Arts journey. At midday the ship leaves Aswan for Kom Ombo.

The imposing Greco-Roman temple stands in a beautiful location on the Nile. In the double temple of Kom Ombo, the crocodile god Sobek and the falcon-headed god Horus were consecrated.

Horus, in ancient Egyptian, is a god in the form of a falcon whose right eye was the sun or morning star, representing power and quintessence, and whose left eye was the moon or evening star, representing healing. While Sobek was believed to create order in the universe when he arose from the "Dark Water" and that he was the creator of the Nile River. He brings order out of chaos. Connecting to Horus' wisdom in relation to our inner wisdom, our sun and moon, our darkness and light, protection and healing. As well as Sobek getting out of the dark water as a metaphor in our own life journeys, finding order out of chaos.

On the way to the temple there is a crocodile museum with crocodile mummies that were recovered from a nearby animal cemetery.

The ship then sets off for Edfu.



Day 5 : Friday 2/10

The Edfu Temple

Edfu is halfway between Luxor and Aswan.

The Horus Temple of Edfu is the best-preserved temple in ancient Egypt. He was thought by the Ptolemies to represent the falcon god Horus from 237 to 57 BC. Built. Its impressive architecture and reliefs always impress all visitors. The inscriptions on its walls provide important information on language, myth and religion during the Hellenistic period in Egypt. The Temple's inscribed building texts *"provide details of its construction, and also preserve information about the mythical interpretation of this and all other temples as the Island of Creation."*

The creation myth of the temple of Edfu consists of several scenes, which are found on the inside of the perimeter walls of the temple.

They tell the story of the beginning of the world, when it was still entirely covered by water. During the struggle between land and primeval water, the land managed to come close to the surface. Where this happened, reeds grew with the help of a falcon. The reeds were the germ cell for the temple of Edfu, and here Horus landed, as a falcon. A force approached, in the form of a bird, and fed Horus, the lord of Edfu.

We will contemplate on the story and the relation between water and earth.



Day 5 : Friday 2/10
After visiting Edfu Temple,
We leave for Luxor in the
afternoon.



The Luxor Temple

The Luxor Temple

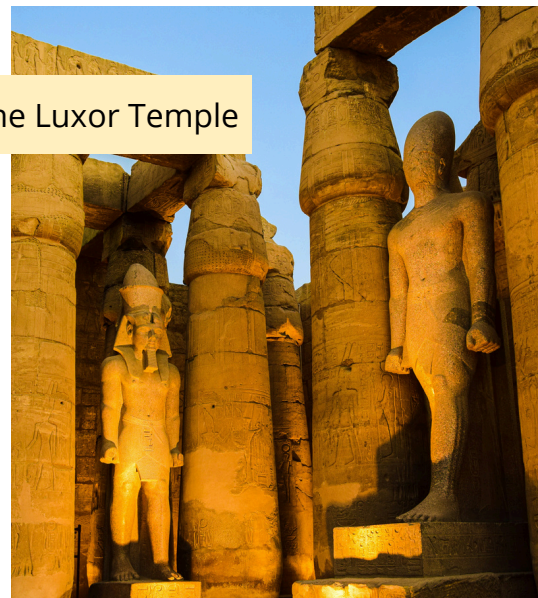
The Luxor Temple was dedicated to gods Amun, Mut and Chonsu, but it was also built as a place where pharaohs could be crowned and re-born.

Alexander the Great also built a chapel for the ancient Egyptian gods.



Abu Haggag Mosque is located within the temple

A part of the Luxor Temple was converted to a church by the Romans in 395 AD, and a mosque was added to the site in the Middle Ages. which is more than 4,000 years of continuous religious worship.



The Luxor Temple

Re-birth and Shape-Shifting will be what we stay with in relation to our inner journeys.

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Bridging The Wisdom Journey

Day 6 - 7: Saturday 3/10 & Sunday 4/10

The Valley of the Kings

Vessels for Souls

Ancient Egyptians believed in the concept of the afterlife and the preservation of the pharaoh's body as a vessel for their soul. The elaborate rituals and burial practices in the Valley of the Kings reflect their deep-rooted beliefs in the afterlife and the divine power of the pharaohs.

Pharaohs were buried here in 64 rock tombs. Grave robbers of all ages plundered the treasures, but the remaining grave goods were still enough to fill many museums around the world.

Admire the beautiful wall paintings in the rock tombs of the pharaohs, which are over 3,000 years old. You can visit three graves here.

We are Heart, Mind, Body and Soul. How do you take care of each? How to preserve your inner balance?

Day 6 - 7 : Saturday 3/10 & Sunday 4/10

The Hatshepsut Temple

Hatshepsut, the most powerful woman on the pharaoh's throne, is considered one of Egypt's greatest pharaohs—man or woman—she brought great wealth and artistry to her land.

She sponsored one of Egypt's most successful trading expeditions. Her mortuary temple is a symbol of female power during a time when women were not often seen in positions of authority. It was built directly on the edge of the mountains for around 3,500 years. Sennemut, the queen's architect, built the extraordinary mortuary temple, which rises from the desert in impressive terraces.

Hatshepsut's reign was essentially a peaceful one, and her foreign policy was based on trade rather than war.



"Making peace and claiming inner power in our Expressive Arts journey."

Day 6 - 7 : Saturday 3/10 & Sunday 4/10



The Colossi of Memnon

The two seated figures of Amenhotep III, which rise 18 meters high, are a landmark of the west bank. The figures survived for 3400 years and are known as an acoustic wonder of the ancient world. Even in the Roman Empire it was said you could hear them “singing” at sunrise. They were damaged by an earthquake in 27 BC which caused one statue to collapse entirely while the other was severely damaged but still standing.



Day 6 - 7 : Saturday 3/10 & Sunday 4/10

The Karnak Temple *“The spot where creation began”.*

The Karnak Temple was built between 2055 BC and around 100 AD. The Temple of Karnak was believed to be the spot where creation began. They also believed it was a point of interaction between the god Amun-Ra and Egyptians. It is the largest surviving temple complex ever built in Egypt.

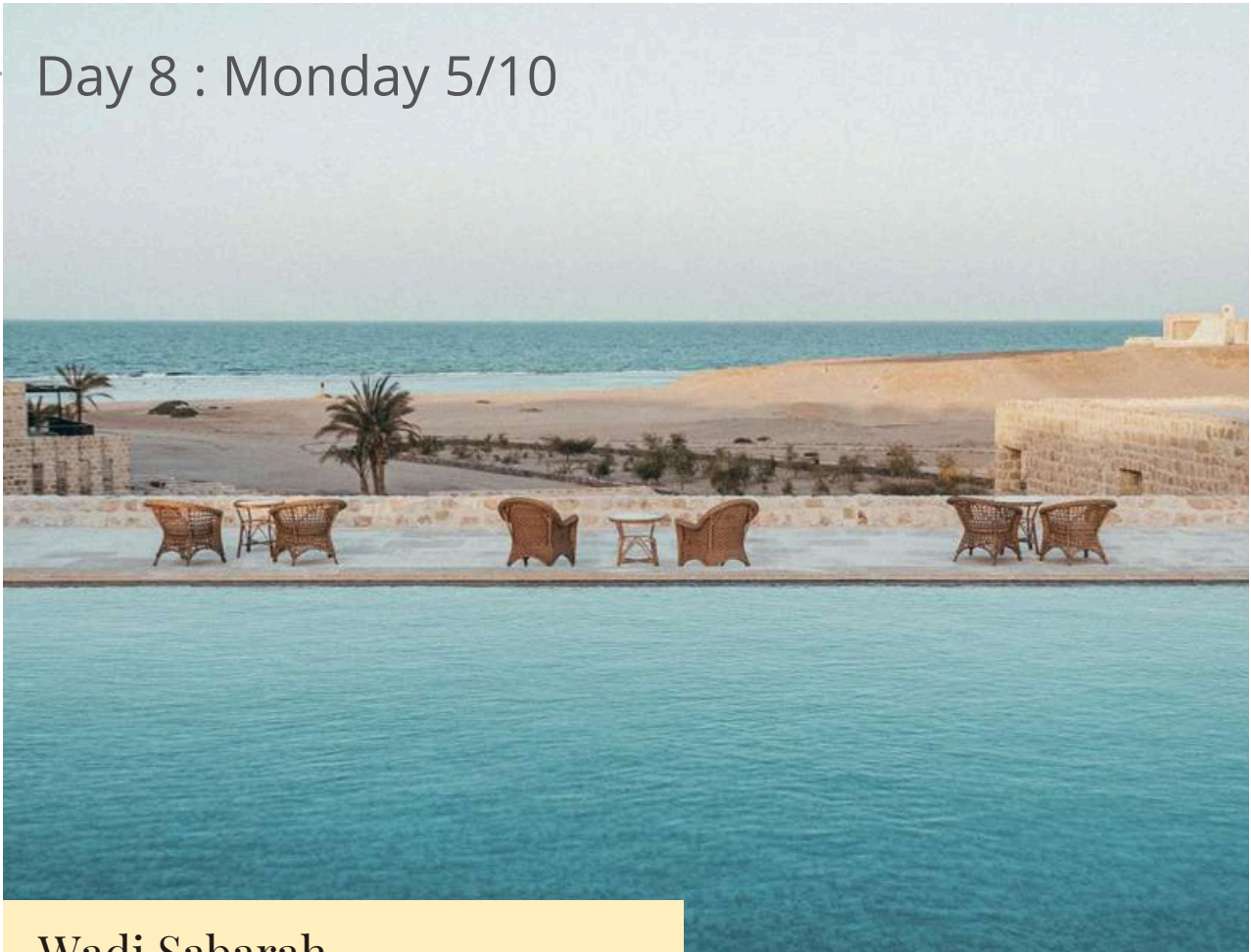
The imperial god Amoun-Re, his wife Mut and their son Chonsu were paid homage here. For over two millennia, almost all pharaohs built, grew and rebuilt in Karnak. The large hypostyle hall with 134 papyrus columns is impressive. Ten pylons, numerous statues, two well-preserved obelisks and a sacred lake amaze every visitor. Every stone and column in the Temple of Karnak is inscribed with hieroglyphs, showcasing religious rituals, tales of battles, and praises for the gods and the pharaohs. Spread across 247 acres, Karnak is a vast labyrinth of temples. Its layout evolved over centuries, with each pharaoh leaving their mark. The main axis runs from the entrance in the east to the sacred precinct in the west, symbolizing the journey of the sun god Ra.

28 sep After our program in Luxor, we will enjoy lunch at a local restaurant, then travel to Marsa Alam. We reach the Beautiful Eco Lodge, rest and digest these experiences.



**FROM OUR SANCTUARY ON THE RED SEA, EXPERIENCE THE DESERT,
THE BLUE WATERS & TRUE SERENITY**

Day 8 : Monday 5/10



Wadi Sabarah

***"Wadi": the Arabic word for valley. Pronounced wa-dee.
The valley takes its namesake from a bedouin woman
named "Sabarah".***

According to folk tales, she lived and travelled in the valley & around the nearby deserts. The word "Sabarah" in arabic means 'she who has shown patience & endurance'. This was the perfect pairing to our lodge which has been years in the making. Every stone was set with attention to detail, passion & love of nature. A place that offers you a unique restorative and educational experience where the Eastern Desert and the Red Sea meet.

The lodge has been a work in progress for over a decade. Built with repurposed fossilised coral limestone, Wadi Sabarah was designed in harmony with nature — applying vernacular architecture and academic research to reduce our environmental impact. With a solar grid powering the lodge, and reverse osmosis, filtered water sourced from desalinated seawater, offered in refillable glass bottles in rooms for guests, we are constantly growing our environmental efforts.

Day 8 : Monday 5/10

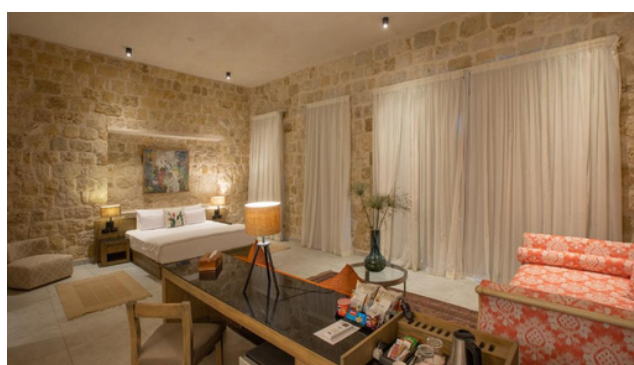
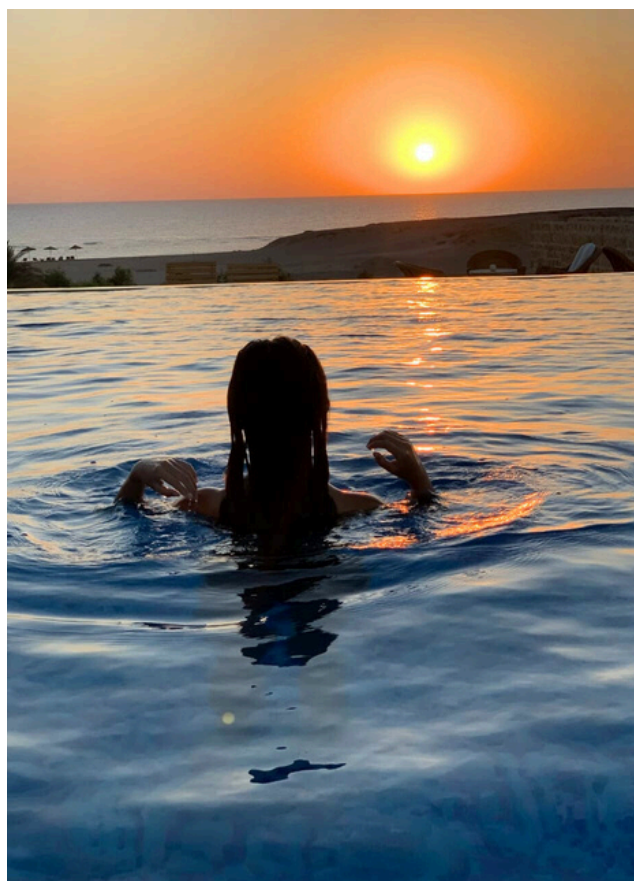
Wadi Sabarah

The beach is housed within an ancient, fossilised reef, once a bay, called in Arabic a '**Marsa**'. Today our coastline boasts 700 m of pristine fringe reef where our pier, 'The Deck' allows you access to the blue waters of the Red Sea. You can swim north and back with the tide to The Deck, or south 400 meters and exit from the pier of our sister hotel, 'Oasis.'

You can also enjoy our infinity pool and float like you're right in the middle of the ocean.

A small wildlife paradise surrounds the hotel and overlooks the sea providing you with a fascinating walking tour right at the lodge. **Dr. Irina's Desert Garden**, who is a former professor at the Aswan University, resides most of the year at Wadi Sabarah. She will be happy to guide you through more than 2000 plants with over 40 local species. With a showcase of desert flora of trees, shrubs and where almost every plant has been used in traditional medicine & has economic value supporting the life of the local nomads inhabiting the Egyptian deserts collected from different areas and grown on our land, it is a first of its kind in Egypt.

Living Room; our extensive library that holds both modern & ancient literature, local artefacts, guides and classics on Egyptian history, nature conservation, geology, many resources and artefacts collected over the years.



Journey

Day 9 : Tuesday 6/10

Dolphin House

Playful Healing Power

In a yacht we will head to the dolphin house to swim with wild dolphins and experience their playful healing power. Unwinding into pure presence and aliveness.

The dolphins invite us to surrender to the flow & connect deeper with the waters' consciousness. We will explore their intelligence, resourcefulness, and playfulness. We will also do water practices that allows flow and surrender.

These wild creatures choose to interact with us willingly, they come to this area to play, dream and rest.

Swimming with them can open us to a deeper sense of connection to our own intuition, playfulness, joy, our inner resources and wisdom. Chances that wild dolphins will be there for us to experience swimming with them are 90-95%.

Unwinding into pure presence and aliveness.

Day 10 : Wednesday 7/10

*With nature and in
Nature, using
Expressive Arts &
Eco Therapy.*

“Singing & sharing
circles under the
starry sky.”

We will work with nature and in Nature, using Expressive Arts & Eco Therapy. Embracing the tranquillity of silence for introspection and inner peace, embracing your journey with kindness to nurture the awakening of your inner higher wisdom, creating clarity on what is important to you and how you wish to live your life.

Singing & sharing circles under the starry sky, connecting through the power of voice. We will focus on our capacity to experience love and connection to self and others.



Day 11 : Thursday 8/10

Morning Ceremony

We start the day by a morning ceremony of our closing circle, grounding everything that came up in our inner wisdom journey.

Allowing it to land in our lives and touch every aspect of us.

Then we have breakfast then we move to the Airport.



28th of September to 8th of October

*The future has an
Ancient Heart
& Egypt embodies
life's deepest
mysteries*

“Bridging the
Wisdom”

May the desert's golden dusk
awaken your spirit and the Nile's
timeless flow guide your journey
of transformation.

We can't wait to co-create
moments of wonder, song, and
renewal at every sacred site we
visit.

*See you under the Egyptian sky,
let the adventure begin!*

Much love Aisha & Jessica

**For questions or to join us,
reach out at :**
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28th of September to 8th of October

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Cairo | Aswan | Luxor | Marsa Alam