

Journey into The Light

حُلُمُ

In the footsteps of Prophet Moses ﷺ



Journey into The Light Guide

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C O N C E P T

L O C A T I O N

& D A T E S

What is Journey into The Light?



Journey into The Light is a holistic and a spiritual experience for women following the footsteps of Prophet Moses عليه السلام and his story with God in Sinai Desert. This seven-day journey will take place in the coastal city of Dahab, combining wellness, mindfulness, and culture. This journey is a self-discovery journey and is designed to help you reconnect with your sacred inner light, expand self-awareness, open new inner horizons, and stimulate profound personal transformation.

Join Us on a Journey into The Light for Self-Discovery in Sinai Desert



**Where Your Light Shines Brightly
and the Ascension Journey Begins**

7 Days of Wellness Mindfulness & Culture

Book Now

You can click the button to register

**From September 27th
to October 3rd 2025**

JOURNEY'S SESSIONS & EXPERIENCES

Mindfulness Sessions Through Breathwork and Meditation



We rise before the sun to create a quiet space by turning inward, breaking mental chains, and restoring clarity through breathwork, meditation, and journaling, returning to a peaceful present.

Enriching Cultural Experiences With a Supportive Community



We break free from the routine to explore cultures, civilizations, stories, and places that nourish the soul and spark curiosity, sharing moments that reconnect us with the world's beauty and diversity.

Wellness Sessions Through Movement & Dynamic Yoga



We practice yoga as a mindful journey to awaken the body, build strength, enhance flexibility, and ignite inner energy creatively and consciously guiding you to a deeper connection with yourself.

The Sacred Valley of Tuwa



At sunset, we walk in silence through a valley representing the throat chakra into the desert where God is believed to have spoken to Prophet Moses ﷺ, followed by breathwork, sound healing journey, stargazing, a refreshing drink, and a Bedouin dinner.

Crossing The Red Sea



We will take a local boat from the Blue Hole to Ras Abu Galum Reserve, then a Bedouin truck to the Blue Lagoon, where we'll spend the day in a beach hut enjoying the sun, lunch, a refreshing drink, and an energizing acroyoga session for maximum fun.

Climbing Mount Sinai



Embark on a spiritual hike in the footsteps of Prophet Moses ﷺ to Mount Sinai where God is believed to have manifested Himself to the mountain. Watch the sunrise and connect with the energy of this sacred place symbolizing the third eye and crown chakras.

N O U R

B O U T I Q U E

H O T E L

**You Will Stay in a Luxurious
Room at an Exceptional Hotel**



**Overlooking The Sea in The
Heart of Coastal Town of Dahab**

Nour Boutique Hotel Offers 2 Serene & Fully Equipped Spaces



For Our Breathwork Meditation & Yoga Sessions

Beachfront Spaces For Relaxation During Your Personal Time



Complemented by a Pool That
Adds a Touch of Elegance

Relaxing & Comfortable Rooms

With light & Calming Colors



M E E T

Y O U R

M E N T O R S

Malak Faour



Click on the image to read Malak's biography

Dalida Hourani



Click on the image to read Dalida's biography

Janna Alchemy Of Soul



Click on the image to read Janna's biography

JOURNEY'S PROGRAM & ITINERARY

**The itinerary is designed to nourish your soul
and awaken your senses with a holistic
approach in a serene & a magical natural setting**

Day 1: Call of the Soul

All day: Pickup from Sharm El Sheikh International Airport.

Sunset: Opening circle.

Evening: Healthy dinner and time to connect with the community.

Day 2: The Manifestation of Light in Self

Sunrise: Breathwork & Meditation to awaken the soul in your body.

Morning: Yoga to explore your body's inherent power & strength - healthy breakfast.

Noon: Personal time for meditation and connection.

Afternoon: Self-Healing workshop through the Chakras and an introduction to Ayurveda medicine, YACEP® accredited workshop.

Sunset: Yoga to connect with your inner self.

Evening: Healthy dinner and time to connect with the community.

Day 3: Crossing the Red Sea

Sunrise: Breathwork and meditation to break mental barriers.

Morning: Yoga inspired by ocean waves - healthy breakfast.

Rest of the day: Coastal trip to the Blue Lagoon including AcroYoga practice, followed by relaxing yoga, a refreshing drink, and lunch at a local beach hut restaurant.

Sunset: Return to hotel and rest.

Evening: Healthy dinner and time to connect with the community.

Day 4: Sacred Valley Encounter

Sunrise: Breathwork and meditation to receive inspiration and revelation.

Morning: Creative yoga session - healthy breakfast.

Noon: Personal time for reflection and connection.

Rest of the day: Excursion to the Sacred Valley, including deep breathwork and a sound meditation journey, concluding with a refreshing drink and a vegetarian Bedouin dinner under the stars.

Day 5: Ascending Mount Sinai

Sunrise: Breathwork and meditation to recharge energy.

Morning: Yoga session to free the body - healthy breakfast.

Noon: Shopping in town.

Rest of the day: Personal time for rest and reflection.

Evening: Healthy dinner and time to connect with the community.

Night: Hiking to the summit of Mount Sinai to watch the sunrise, visit the Greek Orthodox Church, and St. Catherine's Monastery.

Day 6: A New Enlightened Self

Sunrise: Watching the sunrise at Mount Sinai - breakfast box.

Morning: Return to hotel, personal time for rest and meditation.

Sunset: Gratitude yoga session.

Evening: Healthy dinner, closing circle, and Yoga Alliance® YACEP® certificates distribution.

Night: Celebration at Chill O'Posite Festival (Optional).

Day 7: Journey into the Light Begins

Sunrise: Breathwork and meditation to activate Third Eye Chakra for intuition and insights - healthy breakfast.

All day: Hotel check-out and airport transfer.



Book For Free

R O O M S &

P A C K A G E S

P R I C E S

Package prices include accommodation and program experiences and a 10% discount on spa treatments and private diving lessons



* Prices cover the entire program, including airport pickup and drop-off, all transportation during organized excursions, water, tea and coffee served with breakfast, as well as daily bottled water and a coffee machine in each room.

* There is no need to bring a yoga mat, as the hotel offers two beautiful beachfront yoga spaces fully equipped for a comfortable and complete practice.

* Prices exclude airfare, visas, additional drinks and lunches, private services and tours, and any personal expenses.

Perfect Duo – Shared Room

**Best
Deal**



A cozy room for two ladies, paired to create a harmonious atmosphere.
Perfect for saving and sharing moments with like-minded company.

\$1,400 Per Person Only

Book Now

Serene Bliss - Private Single Room

**Best
Rest**



Enjoy ultimate privacy and comfort in your own private space.
Perfect for inner peace, rest and recharging your energy in total seclusion.

\$1,800 Per Person Only

Book Now

Elegant Luxury - Private Double Room



A stylish room offering comfort and luxury, perfect for savoring comfort alongside a close companion. A blend of relaxation and elegance.

\$2,800 For Two Only

Book Now

P A C K A G E

I N C L U S I V E

E L E M E N T S

Once your reservation for one of the room packages is confirmed, it includes:

1. Airport pick-up and drop-off.
2. 7-day accommodation at Noor Boutique Hotel.
3. All breakfasts and dinners.
4. Tea, coffee, and water during breakfast.
5. Two bottles of water daily in the room.
6. A private coffee-machine in each room.
7. Daily breathwork, meditation & yoga sessions.
8. YACEP® certification accredited by Yoga Alliance®.
9. Yoga mats and all necessary equipment.
10. All excursions and experiences mentioned.
11. Transportation & lunches during excursions.
12. 10% discount on SPA treatments.
13. 10% discount on private diving trips.
14. Join an inspiring, supportive, and entrepreneurial women's community.
15. Priceless and lasting memories & moments!

**W H A T ' S
N O T
I N C L U D E D**

What's not included when you book one of the room packages:

1. Round-trip airfare.
2. Visas.
3. Health insurance.
4. Additional beverages.
5. Additional lunches.
6. Private tours and transportation.
7. Personal services.
8. Chill O'Posite Festival tickets.
9. Any other personal expenses.
10. Anything not mentioned in the "What's Included" section.

P R E V I O U S

J O U R N E Y

R E V I E W S

Sincere words from hearts that found love in the embrace of light and the stillness of the path



"One of the most memorable moments from the recent Love Life Freedom journey was something I never imagined I would do.... Walking across the suspension bridge during the hiking trip in Nepal. I was scared but I am incredibly proud of my courage and how I conquered my fear. Without a doubt I will definitely join the next one."



Enas Al Ibrahim.



"When I heard about the Love, Life, Freedom journey, I joined without hesitation. I can honestly say this trip exceeded all my expectations and came at a time when I truly needed to step out of my comfort zone and recharge my energy. The experience inspired me to see my life from a new perspective. Thank you!"



Shatha Al Imam.

**This YouTube vlog gives you a
glimpse of the experience
through our previous journey
Love Life Freedom**

**Listen to the depth of the
experiences through the
voices of the women who
walked the path before you**



Click on the photo to watch the video



Click on the photo to watch the video

Start Your Journey

REGISTRATION

ENDS ON

AUGUST 20th

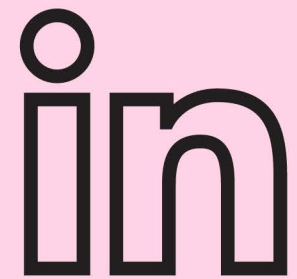
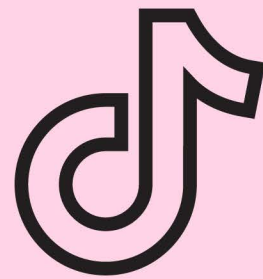
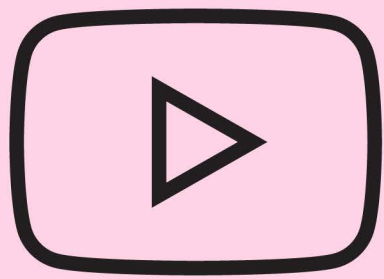
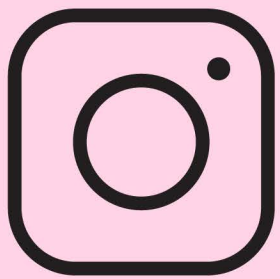
Join Us

**To register for the journey and for more
information visit the website below**

malakatpeace.com



Stay connected



**We can't wait to
see you in Dahab!**

