



# Cristina Teot

## Heart and Soul of Egypt

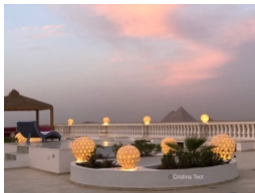
### Nile Energy Retreat

Initiated by **Cristina Teot** organized by **Akram Farouk**

**10 days, 18 – 27 March and 17 – 26 Nov 2021**

Do you wish to accelerate your spiritual journey? Are you willing to get involved in mystical and magical experiences? To receive universal love and transforming frequencies from the Heart and Soul of ancient Egypt?

During this 10-day retreat<sup>1</sup> through the literally multidimensional land of Egypt we visit ancient, energetically **high vibrational temple sites**. We sail the Nile on a small sailboat, a Dahabeya. We relax and absorb its power and energy into our soul. We have time to talk and share our multidimensional experiences, our perceptions and experiences, to exchange ideas and thus gain more confidence in **our own intuition and perception**. Every single site we visit **bears the potential for inner activation and elevation** of your energetic, spiritual and perceptual power and your **multidimensionality**.



**Day One** of our Pyramid Energy Retreat begins with the individual arrival to Cairo. At 4 pm Cristina Teot and Akram Farouk, Tour Manager and his **Travel Team** will officially welcome you at the [Desert Moon Cairo Boutique Hotel](https://desertmoon.love)<sup>2</sup>.

On the morning of the **second day**, we drive to Saqqara to feel the extraordinary healing frequencies of the ancient complex around the Step Pyramid. Near the Sakkara complex, surrounded by desert, we go underground to feel the indescribable energy of the **Serapeum** and its many 70-ton sarcophagi. After lunch we will go to the nearby Dashur, to the Bent and to the Red Pyramids.



---

<sup>1</sup> Changes on itinerary reserved.

<sup>2</sup> <https://desertmoon.love>



Cristina Teot

## Heart and Soul of Egypt



**Third day** is dedicated the **Giza Plateau, the Sphinx and the Pyramids.**

We will explore and feel the grounds around the three pyramids. Meeting the Sphinx eye to eye is kind of a special moment. Bevor we fly to Luxor in the afternoon, we visit an essential oil and perfume producer and healer that will enwrap us with fragrances. Once arrived in Luxor we will check in at the beautiful Sonesta St. George Hotel, right on the Nile.



Early morning on **day four** we drive to the West Bank to catch the sunrise at Hatshepsut Temple. **Hatshepsut** was one of two female Egyptian Pharos. Thereafter, we make our way to the workers village in **Deir El-Medina**. The ruins of this village give us an impression on the ancient Egyptian lifestyle.

The tomb of foreman Sennedjem, an ancient artist and architect is very well preserved.

Thereafter, we will board our private Dahabeya Princess Donia<sup>3</sup>, for the next 5 nights.



Bevor we start sailing, we will visit the majestic **Karnak Temple** complex. If we are lucky, we will also be able to meet the **Goddess Sekhmet**. This is a real treat. The lion head goddess statue is living in the same spot for over 3000 years. Experiencing Luxor Temple at night will make our day.



**Day five** will be a sailing day. We will cross the locks at **Esna**. We can relax and let ourselves be spoiled by the amazing crew of the Princess Donia.



---

<sup>3</sup><https://princessdonia.com>



Cristina Teot

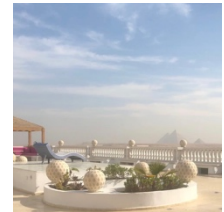
## Heart and Soul of Egypt

**Day six and seven** we stop in **Edfu** to experience the second largest temple in Egypt, Edfu Temple. Dedicated to the Falcon headed God **Horus**, son of Osiris and Isis, who defeated his “evil” uncle Seth. Later on in the day, we my stop at **Kom Ombo** where the **Temple of Horus and Sobek** show us the balancing of the polarities. This is the only temple in Egypt dedicated to two Gods.



**Day eight** in the morning we make our way to the amazing feminine **Isis Temple** located on the island of **Philae**. This temple holds energetically speaking a subtle but potent female energy and is one of the highlights of our journey. We will explore Aswan and enjoy a Felucca ride through the cataracts of the Nile.

**Day nine** Flying back to Cairo in the morning. Before checking in at the Desert Moon Cairo Boutique Hotel for the last night, we can visit the **Bazar Khan el Kalili or/and Old Cairo**.



Depending on desires and needs we can go out, do some last-minute shopping. We will officially end our retreat with a **closing circle** and a quite **farewell dinner and party**.



**Day ten** individual departures day.

If you wish to stay a few days longer, let us know in time so we can assist you with accommodation and transfers.



# Cristina Teot

## Heart and Soul of Egypt

### Who are we?



**Cristina** is a Psychic Medium and the multidimensional moderator and initiator of this journey. She herself experienced a transformative group trip through the Heart and the Soul of Egypt. Cristina fell in love with ancient and modern Egypt, with its literal multidimensionality, the power and vibrations of the land, the warmth and hospitality of the Egyptians. Within days of returning home, she contacted Akram Farouk and decided to share and offer her unforgettable and transforming travel experiences with others by facilitating such journeys. **Since her first visit to Egypt in October 2018, Cristina visited Egypt in December 18 for 5 days, in February 19 for 15 days, in November 19 for 21 days and lived in Giza from January till March 2020 in nearest proximity of the Pyramids.**

With **Akram Farouk, Tour Manager** we can be sure that everything will be taken care of. All transport, accommodation, food and water, temple entries and further logistical, organizational matters will be handled. He is warm hearted, very experienced, and professional in guiding **spiritual groups through his Egypt**. He is a magician in navigating us through the sometime huge temple sites, making sure we are guarded and getting the space we need to feel the energies. His presence, even from a far, always gives reassurance, makes us feel safe.



An **Egyptologist**, on the other hand, will be guiding us through the history of ancient and modern Egypt with his expertise and profound knowledge. His experience and love in guiding people on spiritual journeys through his homeland, sharing his insights is precious and will support us in understanding the many mystical and magical places we will visit.

And in the background is the operations team, whom skillfully and with much love manage operational and administrative matters. **As participants, we can fully relax and enjoy the extraordinary and life-changing journey.**

### Useful information

Individual time and space to feel and integrate the experiences are planned daily. We call it "**Feel Egypt Time**", where you allow yourself to integrate and activate the energy through all of your subtle and multidimensional bodies. Energetically, each site will give you exactly what you need for your soul, your heart, your spiritual and multi-dimensional journey as well as for your projects and endeavors. As a group, we meet regularly to meditate and to share our experiences. For Cristina the **sharing** is essential, as it supports the integration and activation. It also reinforces your own awareness and perceptions when listening to someone else's experience. As a Medium, Cristina will offer individual time to each participant on sensitive, mediumistic and multi-dimensional aspects related to the journey. If desired, sensitivity and perception exercises are given, so you can train and trust your own intuitions and awareness.



# Cristina Teot

## Heart and Soul of Egypt

### What we offer

A **more than comfortable**, planned with immense **love to details** and smoothly organized journey through the heart and soul of Egypt.

We want you to **feel, experience and taste** the ancient and modern Egypt on many different levels and on its many different power places. We want you to **feel at home**, taken care of and looked after. Not by chance the Egyptians say

### Welcome Home!

Egypt speaks a universal, ancient energetic language. It speaks in frequencies, vibrations, energy. It speaks through the rocks, stones, the buildings and temples and the people straight into your true Heart, into the essence of your soul. Egypt touches you, moves you, wakes you, opens you up..... if you are ready to – like Akram says

### Feel Egypt

We want you to have time to feel Egypt, we also want you to have time to relax, to regenerate and to enjoy.

We, Cristina and Akram, both sensitive and perceptive, accompany and support you before, during and after the journey.

We hold space for you and  
We travel as ONE



Cristina Teot  
+41 79 506 28 08 | [cristina@cristinateot.ch](mailto:cristina@cristinateot.ch)  
[www.cristinateot.com/egypt](http://www.cristinateot.com/egypt)



Cristina Teot

## Heart and Soul of Egypt

**10 days – 9 nights, 18 – 27 March and 17 – 26 Nov 2021**

Registration deadlines 28. Feb / 1 October

The price<sup>4</sup> for this unforgettable retreat – 6 places

Twin bed room CHF 3'750.-

\*Single room<sup>5</sup> CHF 4'150.-

\*Single room only in hotels

### **Deposit:** 50 % after registration

*If you cancel, CHF 1000.- of the payment is nonrefundable. See Terms and Conditions.*

### **Final Payment** 30 days prior

*Registrations after 28 Feb / 15 Oct. the entire amount is due.*

*If you cancel, CHF 1000.- of the payment is nonrefundable. See Terms and Conditions.*

### **Included in the price**

- 3 nights Desert Moon Cairo Boutique Hotel
- 1 night Luxor Hotel Sonesta St. George 5 star hotel
- 5 nights on private Dahabey Princess Donia
- Arrival and departure transfers to and from the airport
- Meals incl. water (without soft or other drinks) according to the daily program
- All excursions, car and minibus rides including free water on board
- All entries to the temples
- Set of wet wipes and toilet paper for on the road
- Tipping for drivers, representatives, hotel employees, porters, boat's crew, safety officers etc.
- Pocket money in cash, in small Egyptian pound notes, for tips (e.g., toilet, hotel staff etc.)

### **Not included**

- International flights to and from Cairo (from Zurich between 450.- to 550.- CHF)
- Egyptian visa to be paid in cash on arrival at the airport in Cairo USD 25.-
- Travel, health and cancellation insurance costs
- Accommodation costs for additional nights before or after the trip
- If desired, private session with Cristina CHF 120.-
- Individual purchases
- Corona specific costs (PCR Tests)
- **Wages** for Tour Guide (Egyptologist) & Tour Manager. Wages in Egypt are modest. Baksheesh is a form of appreciation and gratitude towards the provided services.

### **Entry requirements to Egypt**

You need a negative Corona PCR test confirmation in English not older than **72 hours** prior departure.

---

<sup>4</sup> Price adjustments of plus or minus 10% reserved, Minimum of 5 participants maximum 6.

<sup>5</sup> Single rooms available only in hotels