

## Journey to the Heart of Ancient Egypt

Imsara and Patricia M Bowers would like you to join us on this magical quest to Egypt! We would like to take this opportunity to share a little of why we have felt the pull to return to this beloved land. Between us, we have traveled 16 times back to this land we call our HOME.

Although we are sometimes at a loss to express the full depth and beauty of this land we have always felt such a deep transformation on each and every visit. Our trip will offer you a new way of experiencing Egypt by traveling on a private sailing vessel the Afandina. Our Egyptian tour host Mohamed Nazmy has created a "home away from home" and he has expressed this in the following words "I want my guest to not only see Egypt with their eyes but also to see the splendor of Egypt with their hearts". We have also added extra delights on our itinerary with a private visit to the King's Chamber in the Great Pyramid and also the Sphinx.



Temple sites and energies of Egypt are vast, powerful and expansive. During our journey we will meditate and contemplate on the actual sites or in a convenient and comfortable place. We are frequently able to visit these sites at odd times, away from the travel tours and boats, when the energies are especially potent and available to us. This comes from having our own private 5 star sailing ship and the incredible skill and expertise of its staff. You will never have an experience quite like this!

Along with our warm and caring hosts in Egypt we take care of many

small details that will make your trip both comfortable and enjoyable!  
There are always many other surprises along our journey as we explore this ancient heart of this sun-blessed land. For those of you that awaken and begin to feel the "Spirit" of the tour, know together we will manifest many incredible and beautiful experiences for all of us to share.

Although, we and our Egyptian tour company will do our very best to keep to the itinerary below, we only ask that you to be open to the many new and infinite possibilities in Egypt. We find that it is better to be flexible and allow for more surprises and gift along the way...as the Egyptians say.... "Insha'Allah"...God willing.

We look forward to making your adventures in Egypt a happy and joyful trip.

Many blessing  
Imsara and Patricia M. Bowers

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## **ITINERARY:**

### **Sat. Day 1. Your gateway city to New York, NY Overnight non-stop flight from JFK, New York on Egypt Air to Cairo**

Meals/beverages aboard flight. Dinner/snack/light-breakfast

**Sunday Day 2. Cairo.** Welcome home to the beloved land of Kemet (black-land) Upon the morning arrival at Cairo International Airport. You will be greeted at immigration by a tour Quest representatives to help with travel visa, collecting luggage and customs. You will then be escorted to an air-conditioned bus that will start the journey of seeing site along the streets of Cairo, and then arrive at our luxurious...Le Meridian Hotel.

After checking in you can take a short-rest in the comfort of your room, explore the hotel, and play in the swimming pool, exchange dollars in Egypt pounds at convenient bank located in our hotel. Late afternoon we will gather in the hotel lobby and walk to a local restaurant for a welcome dinner and enjoy Egyptian food, get acquainted with fellow travelers and go over the tour schedule for the next few days. Early to bed. (Dinner)

### **Monday-Day 3.Cairo**

After a morning coffee and delicious international breakfast in the hotel we will meet in the lobby and then travel by bus the Giza plateau to explore the pyramids and have a private visit with the Sphinx. The Sphinx is known as the guardian of the great mysteries, here we will have time to reflect and mediate around the paws of this incredible enduring monument.

Early breakfast at hotel. A bus ride to Old Kingdom Necropolis of Sakkara to visit the Step Pyramids of Sakkara, the world's oldest freestanding pyramid. The step pyramid of Sakkara was from the inspiration of Imhotep, the visionary architect of Kings Djoser (Dynasty-III). Imhotep was not only an architect but evidence show he was also a gifted healer as signs of medical treatments have been discovery on bones/mummies found around these site.

We will also visit a sound temple as well as the tombs of the nobles to see the vivid symbolic reliefs of the depicted life in ancient Egyptian some 4000years ago (Breakfast, Lunch)

## **Tuesday-Day 4.Cairo Museum and Khan El Khalili Bazaar**

Sumptuous breakfast before heading to the Cairo Museum to see the most amazing collection of Egyptian antiquities dating back to 4,000 B.C. There we will experience first hand the different periods of ancient Egypt and the individual architectural styles of each period. The highlight of this museum is a visit to the priceless treasures of Tut-Ankh-Amon. You will see first hand the intricate workmanship and the tiniest details of the contents of the luggage packed for this King to accompany him to the next world. Then we will drive to the world famous Khan El Khalili bazaar for shopping and to experience more of the culture via trade and goods. All throughout this fun, colorful market you will be able to find last minute gift of wool blankets, cotton/silk scarves, belly dancing wear, galabayas and statues of any of the gods or goddesses of Egypt.

(Breakfast, Lunch)

## **Wednesday - Day 5. Cairo/Luxor/Luxor Temple/Afandina**

We will check out of our hotel in Cairo for a very early morning flight to Luxor on Egypt Air. Transfer by bus and board our sailing home for the next 8 days aboard the private sailing vessel, the "Afandina".

After a delicious lunch we will take an afternoon sail on a Felucca enjoy the sunlight dancing on the Nile, feel her cool breezes and experience the merriment of activities that one could only imagine on the Nile. Enjoy the sunset from the spacious deck and also scrumptious dinner from the kitchen of the Afandina.

During the evening we will enjoy a very special visit to the Temple of Luxor floodlit at night. Sweet dreams on your first night the arms of the Nile. Luxor temple has been called the "Temple of Man" and here you not only walk along the avenues of the sphinxes/rams but see how the different cultures have built both church and mosque alongside the towering Egyptian pillars and obelisks.

(Breakfast/Lunch/Dinner)

## **Thursday-Day 6.Denderah/Abydos/Luxor/Afandina**

Today we travel by bus to the temple of Abydos built by the pharaoh Seti I who dedicated this temple to Osiris. The temples of Osiris has sanctuaries dedicated to Seti I, Ptah, Amun, Ra, Harakhte, Osiris, Isis and Horus. They contain some of the most beautiful and colorful

relief's in Egypt. This temple also rest on top of the "Osirion" where you will see the "Flower of Life" symbol that dates back well over 5000 years. Many people feel that Abydos holds the "Heart of Egypt". Later we will travel to Denderah to visit the temple of the Hathors, the goddesses of love, joy, dance and laughter. There are exquisite relief's of Nut...Goddess of the sky. This site was also the home of the Egyptian horoscope before it was taking by Napoleon to Paris, where it has remained in a very obscure place in the Louver.

(Breakfast/Lunch/Dinner)

### **Friday-Day 7. Thebes & The Valley of the Kings**

Morning at the West Bank of ancient Thebes of the site of the royal tombs of the Pharaohs who built their resting place for their mummified bodies and a glorification of the life they lived. One of the most magnificent funerary tombs we will visit is that of the "only" woman pharaoh Hatshepsut.

Return to Afandina for lunch...then you are free to explore and shop in the beautiful city of Luxor...here you will find the best quality of gold and silver jewelry for your signature cartouches and custom fit galabiyas of the finest Egyptian cotton.

(Breakfast/Lunch/Dinner)

### **Saturday-Day 8-Luxor/Karnak Temple/Afandina**

Early departure to the Karnack temple that honors Amun, Mut and Khus and the Theban triad. There is also the most exquisite statue of Sekhmet, the lioness goddess that has been watching/living for more than 3500 years. You will have an opportunity to connect with her fierce compassion and alchemical healing abilities. Karnak is the theater in which humanity (Luxor temple) plays out its destiny. It is an incredible collage of Kings, Queens, Princes, Priests and their collective symbolism!

(Breakfast/lunch/dinner)

### **Sunday-Day 9. Luxor/Esna/Afandina**

We enjoy a beautiful sail on the Afandina to Esna. We cross the locks of Esna and gather to share and enjoy a class in Evolutionary Astrology or Art. We overnight in Esna.

Breakfast/Lunch/Dinner

### **Monday-Day 10. Esna/Edfu/Afandina**

We will take a short bus ride to the town of Edfu and the Edfu temple. This is consecrated to Horus and is one of the most beautifully preserved of new excavations. Here at the Temple of Horus, falcon headed god, one may have an opportunity to look at the dualities of life balancing the dark with the light. It is a place for the resolution of conflicts and to bring light to the shadow side of the self. Overnight at an island close to Kom Ombo.

(Breakfast/Lunch/Dinner)

### **Tuesday-Day 11. Kom Ombo/Afandina**

We will start to journey on the waters of the Nile early this morning (6am --4-5 hour sail) to Kom Ombo. You can sit on deck with your morning coffee or tea and watch the people and activities on the banks of the Nile. We will arrive in Kom Ombo, a site of a famous healing temple in ancient days and now a gloriously picturesque edifice and energy-filled ruin overlooking a bend in the Nile.

Here we will visit the temple of two gods... Sobek: the crocodile god of strength, fertility, fortitude and rebirth. Horus: falcon/hawk head, son of Osiris and Isis. Return to the Afandina for lunch then and continue sailing through the beautiful countryside with overnight at an island near Aswan.

(Breakfast/Lunch/Dinner)

### **Wednesday-Day 12. Kom Ombo/Aswan/Afandina**

Today you can relax and refresh your body and spirit as this will be a Full day of sailing on the Nile. Morning class of Qi-Gong on the sundeck. Take time to read a book/write a postcard or in your journal then just simple watch the activity on shore from the deck of the Afandina... Feel yourself slipping into the ways of the pharaoh/queens and enjoy the beauty, charm, and tranquility of Egypt.

(Breakfast/Lunch/Dinner)

### **Thursday-Day13. Aswan/Philae Temple/Afandina**

Very early morning (4:30am) for private sunrise exclusive meditation at Temple of Philae, here we will pay tribute and celebrate Isis and

appreciate the peaceful inner sanctuary in the Holy of Holies. The beautiful island temple of Philae was moved piece by piece to this location when the great dam of Aswan was built. The Aswan Dam not only changed the waters of the Nile/the increased for growth of agriculture but it displaced the many Nubians that called the banks of the Nile in this area...home. Return to the Afandina for breakfast. You are free to explore city of Aswan, the Nubian Museum or walk through the wonderful open market and find beautiful colorful cotton scarves, wool blankets, and the traditional Egyptian galabayas and costume jewelry.

(Breakfast/Lunch/Dinner)

### **Friday-Day 14.Cairo**

Morning flight to Cairo. Upon arrival at Cairo we will check into the Le Meridien Pyramids Hotel and you are free to explore Cairo for one last day on your own. Feel free to enjoy the pool, go shopping or just spend time in quiet contemplation in preparation for your visit to the Great Pyramid.

(Breakfast)

### **Saturday-Day 15. Cairo**

Last day in Cairo: we will celebrate our journey with a personal exclusive visit to the Great Pyramid of Giza. Here we will have private time in the King's chamber to mediate/share and reflect on your journey. You will see and feel the strength of this incredible structure and be in wonderment of how this was built! FEEL the energy! After our private visit to the great pyramid you will have time to find extra gifts... a visit to perfume shops to purchase essential oils and a visit to a papyrus shop to find Egyptian artwork. Farewell dinner and quiet celebration at our home in Egypt, overlooking the pyramids.

(Breakfast/Dinner)

### **Sunday-Day16.Cairo/New York, NY.**

**Morning departure for air fights back to FK, New York, afternoon arrival.**

Meals/ beverages aboard flight.

With love, laughter and joy

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