

Find Yourself in the Desert

Cairo & Siwa Oasis Retreat

with Cindy Norcott & Senta Duffield

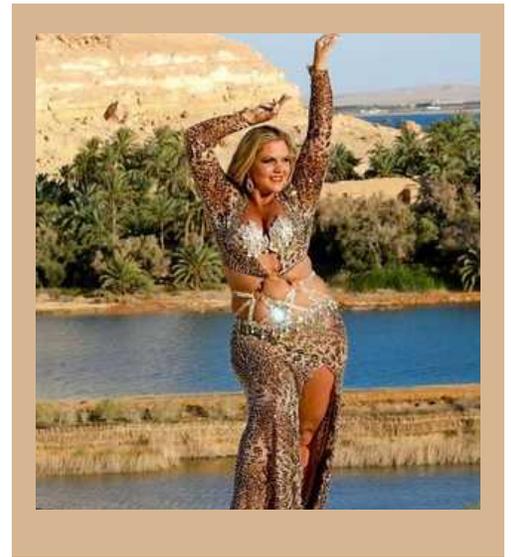


A Personal Re-Setting Experience in the Sahara Desert

Senta

Maya Tours to Egypt are more than just your average sightseeing tour. Senta has a deep love for Egypt & has travelled there 23 times. She has hosted over 120 guests on 12 tours since 2010, including 3 tours to the magical Siwa Oasis.

"I love experiencing Egypt through my guests' eyes as she captivates them – I fall in love with this beautiful country, her people & her culture over & over again with each tour. It is a privilege to offer my guests these unique Egyptian experiences"



Cindy

Cindy Norcott is a motivational speaker, business coach and the CEO of the award winning recruitment agencies, Pro Appointments and Pro Talent. Cindy is also the founder and chairperson of the well-known charity, the Robin Hood Foundation. Cindy is the author of the best-selling business book, "How to be Unstoppable". Cindy has won many awards for her entrepreneurial abilities and has won the BWA Regional Achiever of the Year and the Sanlam 3 Talk Business Person of the Year Award. In 2013, Cindy was awarded the Most Influential Women in Business and Government award for services businesses by CEO Communications. Cosmopolitan magazine also hailed her as one of the 29 Awesome Women of the Year. Cindy was voted the Lead SA KZN Local Hero of the year in 2015 for her community involvement. Cindy's presentation style combines practical advice, wisdom and humour that leaves her audiences inspired.



Cairo

Cairo is exciting, vibey & fun! Your first 2 days and the last day of the tour, are full of Cairo adventures. Although the exact itinerary will be prepared closer to the time, it will include: Visiting the Great pyramids of Giza, the Sphinx & the Step Pyramids of Saqqara, The Egyptian Museum and hopefully the new Grand Egyptian Museum scheduled to open in 2021. We will explore beautiful Old (Coptic) Cairo, the Babylon Fortress, and the cave where Mary and baby Jesus hid for 3 months.

We will also take you shopping for souvenirs in the vibey Khan el Khalili market, and for a fresh fruit juice at the 224 year old famous cafe – El Fishawy.



You will also have a delicious dinner and watch a famous belly dancer perform on a Nile cruise. Tanoura (Whirling Dervish) dancers, live musicians and other fun entertainment will give you a taste of the exciting Cairo night life!

From typical Egyptian streetfood falafel (taamiya) sandwiches, and delicious Egyptian pancakes (feteer), to rich mazbout coffee and 3 course Egyptian meals – we will ensure you taste all the delicious Egyptian delights!



The Siwa Oasis

We will then travel from Cairo to Siwa in our personal mini-bus – the journey is about 9 hours through some beautiful scenery, with a delicious Bedouin lunch in Matruh, so there is plenty of time to talk to our guide and learn about Siwa, as well as some deeper chats with Cindy and Senta!

We will be accompanied by our own personal, professional guide, Sarwat Hegazy, who is an expert on Siwa, for the duration of our tour.

We will stay two nights at Kenouz Shali Lodge Hotel which has lots of local flavour, good backdrops for photos and is also convenient for visiting the historic sites of interest.

We will visit some of the amazing sites in Siwa, including the Temple of the Oracle (famously visited by Alexander the Great), Cleopatra's Spring, the Shali fortress, Siwa House museum, the Mountain of the Dead, the Old City, ancient tombs, Salt lakes and hot springs. There are many special, healing, hot springs and Salt lakes for day and night swimming!

We will go on our own personal desert safari by four wheel drive to enjoy the amazing Sand Sea dunes, cold water lake and hot spring, as well as some adventurous dune driving, and sand-boarding!

Siwa is famous for the production of dates and olives. You can find different products such as dates, date jam, olives, olive oil, olive oil soap and olive jam in the local Bedouin market. Rugs (Kelim) are popular, silver jewellery, salt lamps and handmade embroidery in several forms, from wedding dresses to shawls to bags – all at affordable prices.





We will transfer to the luxury Eco-lodge at Taziry, where we will stay for a further two nights. This hotel has a truly special atmosphere. Be pampered with five star Organic, home-grown ingredient cuisine, candle light, star-gazing, swimming in the natural water pool, hikes up the mountain, or in the surrounding farmlands...heaven!

Taziry, means "full moon" in the local Imazighen dialect, and is a Siwan ecolodge with an extra special touch of style, comfort and service. It has been built with local natural materials in accordance with the Siwan ancestral construction method. Doors and windows are ideally positioned to capture the desert breeze, eliminating the need for air-conditioning. Oil lamps and candles are used for illumination giving the place a quaint and cozy poetic atmosphere. We are situated 16 km west of the city centre, deep in the Western Desert next to El Maraky Village at the footstep of the Red Mountain (Adrar Azugagh). It is facing the famous White Mountain (Adrar Amillal), also called Gaffar Mountain, and the vast Gary Lake trimmed at the horizon by the beautiful forests of Fatnas.

We will spend some quality time with local people in Siwa, and see some of the best Sunsets in the world.

Siwa is truly a magical experience that you will never forget.

We will then drive back to Cairo, where we have one final day before flying home.



Finding Yourself in the Desert

Between all your incredible Egyptian adventures, sessions will be held with Cindy Norcott equipping you for a personal re-setting experience.

Topics covered include:

- Where are you now
- Where are you heading
- What needs to change
- What do you need
- Identifying your top values
- Developing a dream board, bucket list and goals for the next 6 months, year and 3 years.
- Understanding what our obstacles are
- Overcoming self-limiting beliefs
- Asking ourselves the Why questions
- Developing action plans to change
- Discussing a variety of new techniques to implement in order to make the changes we need
- Creating a daily routine that leads to our best life
- Developing resilience, optimism and positivity



Sometimes you find yourself in the middle of a desert, and sometimes in the middle of a desert you find yourself...



Cindy will also be available for personal one-on-one discussions

Tour Dates: Friday 5 - Sunday 14 November 2021

Retreat Price: R28 000

+ Flights: R7 500 – R10 000

- Single room prices available on request
- minimum bookings of 10 people needed for the retreat to go ahead
- Final payments only needed in October 2021
- With Flexibility & Understanding around the Pandemic, if this retreat cannot take place in November, it will be postponed to March 2022.



What's included

- 3 night's accommodation, bed & breakfast in a shared room, in a 4–5 star hotel in Cairo
 - 2 night's accommodation, bed & breakfast in a shared room at the Kenouz Shali Lodge Hotel, Siwa.
 - 2 night's accommodation, bed & breakfast in a shared room at the 5 star Taziry Ecolodge, Siwa.
 - Transfers to and from the airport (for those arriving with the group)
 - Our personal Egyptologist Tour Guide with us all the time.
 - All tours & excursions in Cairo & in Siwa
 - All your meals
 - All customary tipping for our guide, drivers etc
 - Our own personal vehicle in Cairo & for the journey to, from and in Siwa.
 - Desert Safari in Siwa
 - Flight bookings with Travel Savvy & assistance with Visas & COVID tests
 - Focussed sessions with Cindy Norcott
- Senta with you throughout the tour, making sure you have a fabulous time!

What's not included:

- Flights to Egypt (approx. R6500 ex-joburg to R10000 ex-Durban/CPT)
- Visa's and Visa courier costs - approx R500 (free if you go to the consulate in Pretoria yourself)
- Travel Insurance (your choice, but recommended)
- All drinks
- Transport to any extra optional tours, excursions, entertainment, shopping in Cairo that you choose to do
- Special entry fees/tour costs for additional tours/activities that you might want to do in Cairo
- Any medical expenses, excess baggage expenses, customs duties, items of a personal nature
- Phone calls, Egyptian SIM cards, laundry expenses, mini-bar or room service expenses
- COVID tests or paperwork as necessary at time of travel.

Extra's we can organise for you:

- Extra tours and activities in Siwa and in Cairo
- Dance private lessons, Tabla Drumming lessons, Arabic lessons
- Extra nights' accommodation if you would like to stay longer in Cairo

We have had some very interesting requests before, so if there is something special that you would like to do in Egypt, please just ask and we will find out about it for you!



Benefits of joining our retreat in Egypt

- The safest way to visit Egypt.
- Travel Savvy has the best reputation for flight booking during the pandemic, & will give us all the guidance & support necessary
- All legal tourist police paperwork is taken care of for you
- Public transport to Siwa is challenging, we have our own personal vehicle
- A reputable, qualified Egyptologist personal guide who is an expert on Siwa
- We can advise you on the best shopping spots & help with bartering
- We can take you to reputable traditional shops – no need to worry about purchasing fake products at high prices
- Personal and friendly – Egypt can be difficult to navigate – we make it easy so that you can focus on enjoying yourself!
- We save you a lot of unnecessary over–spending and worries
- The life–changing experience of a retreat with Cindy Norcott in the magnificent Western Desert
- We LOVE Egypt & cannot wait to share this experience with you!

Spaces are limited!

Please contact Senta on 0828293658 or senta@mayadance.co.za to book your spot, or ask any questions.



Jen from Travel Savvy is an expert on Pandemic travel arrangements and will be handling all our flight bookings.



We look forward to sharing magical Egypt with you!
love Senta & Cindy