

Desert Rose



YOGA

RETREAT

DESERT ROSE RESORT | HURGHADA, EGYPT



Surrounded by the mesmerizing shores of the Red Sea and mountains which make any sunrise or sunset spectacular, Desert Rose offers Yogis an unmissable opportunity to enjoy their practice and meditation routine on the beach.

The Desert Rose yoga retreat will be led by our certified yoga teacher on our secluded open-air yoga deck, with a variety of practices during the day and specially-crafted menus offering nutritious, delicious food for all of our guests, whether vegetarian, vegan or just healthy eaters.

DETAILS OF OUR 3-DAY YOGA RETREAT

DAY 1	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	CONSCIOUS BREATHING IS A PERFECT START FOR YOUR DAY. COME WITH AN EMPTY STOMACH: JUST HAVE ONE OR TWO GLASSES OF LUKEWARM WATER.
7:00	GENTLE VINYASA FLOW	YOGA DECK	40 MINUTES OF VINYASA BODY FLOW TO KEEP YOU ENERGIZED ALL DAY.
8:00	BREAKFAST	FRONT BEACH RESTAURANT	
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	BEACH/GARDEN/TROPICANA FOR SERENE MORNING VIBES.	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART.
12:00	BASIC INTRODUCTION ABOUT ENERGY WORK FOR MENTAL AND PHYSICAL WELLBEING (REIKI)	ARCHERY AREA	PRANIC ENERGY HEALING IS AN ANCIENT SCIENCE WHICH BALANCES YOUR EMOTIONAL, MENTAL AND PHYSICAL WELL BEING.
13:30-14:30	LUNCH	BEACH RESTAURANT	POMEGRANATE AND BEETROOT DETOX DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION	GARDEN BEHIND ALI BABA AREA	GENTLE BREATHING TO ENHANCE DIGESTION.
16:00-17:00	HATHA YOGA	GARDEN	CONNECTING DEEPER TO THE BODY THROUGH A HATHA YOGA SEQUENCE FOR TOTAL BODY STRETCH.
17:00-17:30	GUIDED MEDITATION FOR CENTERING	GARDEN	GROUNDING MEDITATION THROUGH WITNESSING YOUR BREATH.
18:30	DINNER	SUNSET AREA	POMEGRANATE AND BEETROOT DETOX.

DAY 2	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	CONSCIOUS BREATHING IS A PERFECT START FOR YOUR DAY. COME WITH AN EMPTY STOMACH: JUST HAVE ONE OR TWO GLASSES OF LUKEWARM WATER.
7:00	HATHA YOGA	YOGA DECK	40 MINUTES OF TOTAL BODY STRETCH ALONG WITH BREATHING.
8:00	BREAKFAST	FRONT BEACH RESTAURANT	
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART.
12:00	ENERGY WORK FOR MENTAL AND PHYSICAL COMPATIBILITY (REIKI)	ARCHERY AREA	PRANIC ENERGY HEALING IS AN ANCIENT SCIENCE WHICH BALANCES YOUR EMOTIONAL, MENTAL AND PHYSICAL WELL BEING.
13:30-14:30	LUNCH		POMEGRANATE AND BEETROOT DETOX DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION.		
16:00-17:00	HATHA YOGA	GARDEN	40 MINUTES OF TOTAL BODY STRETCH ALONG WITH BREATHING.
17:00-17:30	DANCING FLOW MOVEMENT MEDITATION	GARDEN	SHAMANIC DRUM BEATS.
18:30	DINNER	SUNSET	SPINACH AND WATERCRESS DETOX DRINK.

DETAILS OF OUR 3-DAY YOGA RETREAT

DAY 3	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	DAILY BREATHING.
7:00	GENTLE VINYASA FLOW	YOGA DECK	40 MINUTES OF VINYASA BODY FLOW TO KEEP YOU ENERGIZED ALL DAY.
8:00	BREAKFAST	FRONT BEACH RESTAURANT	WATERCRESS, CUCUMBER AND MINT DETOX DRINK.
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART.
12:00	BREAKOUT SHARING CIRCLE FOR INTERACTION	ARCHERY AREA	
13:30-14:30	LUNCH	BEACH RESTAURANT	AVOCADO AND DATE DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION.	ALI BABA GARDEN	
16:00-17:00	DANCING FLOW NATRAJ MEDITATION	GARDEN	DANCING FOR SELF-EXPRESSION AND INNER CREATIVITY.
17:00-17:30	GUIDED MEDITATION FOR CENTERING	GARDEN	SILENT MEDITATION.
18:30	DINNER	SUNSET AREA	POMEGRANATE AND BEETROOT DETOX DRINK.



DETAILS OF OUR 7-DAY YOGA RETREAT

DAY 1	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	CONSCIOUS BREATHING IS A PERFECT START FOR YOUR DAY. COME WITH AN EMPTY STOMACH: JUST HAVE ONE OR TWO GLASSES OF LUKEWARM WATER.
7:00	GENTLE VINYASA FLOW	YOGA DECK	40 MINUTES OF VINYASA BODY FLOW TO KEEP YOU ENERGIZED ALL DAY.
8:00	BREAKFAST	FRONT BEACH RESTAURANT	
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	BEACH/GARDEN/TROPICANA FOR SERENE MORNING VIBES.	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART.
12:00	BASIC INTRODUCTION ABOUT ENERGY WORK FOR MENTAL AND PHYSICAL WELLBEING (REIKI)	ARCHERY AREA	PRANIC ENERGY HEALING IS AN ANCIENT SCIENCE WHICH BALANCES YOUR EMOTIONAL, MENTAL AND PHYSICAL WELL BEING.
13:30-14:30	LUNCH	BEACH RESTAURANT	POMEGRANATE AND BEETROOT DETOX DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION	GARDEN BEHIND ALI BABA AREA	GENTLE BREATHING TO ENHANCE DIGESTION.
16:00-17:00	HATHA YOGA	GARDEN	CONNECTING DEEPER TO THE BODY THROUGH A HATHA YOGA SEQUENCE FOR TOTAL BODY STRETCH.
17:00-17:30	GUIDED MEDITATION FOR CENTERING	GARDEN	GROUNDING MEDITATION THROUGH WITNESSING YOUR BREATH.
18:30	DINNER	SUNSET AREA	POMEGRANATE AND BEETROOT DETOX.

DAY 2	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	CONSCIOUS BREATHING IS A PERFECT START FOR YOUR DAY. COME WITH AN EMPTY STOMACH: JUST HAVE ONE OR TWO GLASSES OF LUKEWARM WATER.
7:00	HATHA YOGA	YOGA DECK	40 MINUTES OF TOTAL BODY STRETCH ALONG WITH BREATHING.
8:00	BREAKFAST	BEACH RESTAURANT	
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART.
12:00	ENERGY WORK FOR MENTAL AND PHYSICAL COMPATIBILITY (REIKI)	ARCHERY AREA	PRANIC ENERGY HEALING IS AN ANCIENT SCIENCE WHICH BALANCES YOUR EMOTIONAL, MENTAL AND PHYSICAL WELL BEING.
13:30-14:30	LUNCH		POMEGRANATE AND BEETROOT DETOX DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION.		
16:00-17:00	HATHA YOGA	GARDEN	40 MINUTES OF TOTAL BODY STRETCH ALONG WITH BREATHING.
17:00-17:30	DANCING FLOW MOVEMENT MEDITATION	GARDEN	SHAMANIC DRUM BEATS.
18:30	DINNER	SUNSET	SPINACH AND WATERCRESS DETOX DRINK.

DETAILS OF OUR 7-DAY YOGA RETREAT

DAY 3	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	CONSCIOUS BREATHING IS A PERFECT START FOR YOUR DAY. COME WITH AN EMPTY STOMACH: JUST HAVE ONE OR TWO GLASSES OF LUKEWARM WATER.
7:00	GENTLE VINYASA FLOW	YOGA DECK	40 MINUTES OF VINYASA BODY FLOW TO KEEP YOU ENERGIZED ALL DAY.
8:00	BREAKFAST	BEACH FRONT	WATERCRESS AND CUCUMBER DETOX DRINK.
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART.
12:00	ENERGY HEALING WORK FOR PHYSICAL IMBALANCES	ARCHERY AREA	PRANIC ENERGY HEALING IS AN ANCIENT SCIENCE TO BALANCE YOUR EMOTIONAL, MENTAL AND PHYSICAL WELLBEING.
13:30-14:30	LUNCH	BEACH RESTAURANT	POMEGRANATE AND BEETROOT DETOX DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION	GARDEN	PRANAYAMA TO ENHANCE DIGESTION.
16:00-17:00	HATHA YOGA	GARDEN	GRATITUDE IS THE ULTIMATE KEY FOR ETERNAL HAPPINESS.
17:00-17:30	GUIDED MEDITATION FOR CENTERING	GARDEN	DANCING FLOW MOVEMENT IS NECESSARY FOR MENTAL AND PHYSICAL ALIGNMENT.
18:30	DINNER	SUNSET AREA	CUCUMBER AND MINT DETOX DRINK.

DAY 4	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	CONSCIOUS BREATHING IS A PERFECT START FOR YOUR DAY. COME WITH AN EMPTY STOMACH: JUST HAVE ONE OR TWO GLASSES OF LUKEWARM WATER.
7:00	HATHA YOGA	YOGA DECK	40 MINUTES OF TOTAL BODY STRETCH ALONG WITH BREATHING.
8:00	BREAKFAST	BEACH RESTAURANT	
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	FREE CHOICE
12:00	PRACTICING ENERGY HEALING WORK FOR PHYSICAL IMBALANCES	ARCHERY AREA	ENERGY HEALING WORK PRACTICE.
13:30-14:30	LUNCH	BEACH RESTAURANT	ORANGE AND CARROT DETOX DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION	GARDEN	
16:00-17:00	HATHA YOGA	ALI BABA GARDEN	40 MINUTES OF TOTAL BODY STRETCH ALONG WITH BREATHING.
17:00-17:30	GUIDED MEDITATION FOR CENTERING	GARDEN	GROUNDING MEDITATION FOR INNER STABILITY.
18:30	DINNER	SUNSET	

DETAILS OF OUR 7-DAY YOGA RETREAT

DAY 5	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	DAILY BREATHING
7:00	GENTLE VINYASA FLOW	YOGA DECK	40 MINUTES OF VINYASA BODY FLOW TO KEEP YOU ENERGIZED ALL DAY.
8:00	BREAKFAST	BEACH FRONT	WATERCRESS AND CUCUMBER DETOX DRINK.
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	
12:00	ENERGY HEALING WORK FOR PHYSICAL IMBALANCES	ARCHERY AREA	LIFE FORCE ENERGY IS THE BEST WAY TO RECHARGE YOURSELF AND FRESHEN UP.
13:30-14:30	LUNCH	BEACH FRONT	AVOCADO AND DATES FOR STRONG IMMUNITY.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION.	ALI BABA GARDEN	BREATHING TO ENHANCE DIGESTION.
16:00-17:00	HATHA YOGA	ALI BABA GARDEN	FULL TOTAL BODY STRETCH ALONG WITH DEEP BREATHING.
17:00-17:30	VIPASSNA	GARDEN	SILENT MEDITATION THROUGH OBSERVING THE BREATH.
18:30	DINNER	SUNSET BAR	

DAY 6	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	DAILY BREATHING
7:00	GENTLE VINYASA FLOW	YOGA DECK	40 MINUTES OF VINYASA BODY FLOW TO KEEP YOU ENERGIZED ALL DAY.
8:00	BREAKFAST	BEACH RESTAURANT	COCONUT MILK WITH TURMERIC.
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART
12:00	PRACTICING ENERGY HEALING WORK FOR MENTAL BALANCE	ARCHERY AREA	
13:30-14:30	LUNCH	BEACH FRONT	TURMERIC AND CINNAMON DRINK
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION.	ALI BABA GARDEN	
16:00-17:00	HATHA YOGA	ALI BABA GARDEN	40 MINUTES OF TOTAL BODY STRETCH ALONG WITH BREATHING
17:00-17:30	BREAKOUT SHARING CIRCLE		
18:30	DINNER	SUNSET BAR	ORANGE AND CARROT DRINK

DETAILS OF OUR 7-DAY YOGA RETREAT

DAY 7	CLASS	LOCATION	NOTES & RECOMMENDATIONS
6:00	WAKE UP		
6:30	PRANAYAMA	YOGA DECK	DAILY BREATHING.
7:00	GENTLE VINYASA FLOW	YOGA DECK	40 MINUTES OF VINYASA BODY FLOW TO KEEP YOU ENERGIZED ALL DAY.
8:00	BREAKFAST	FRONT BEACH RESTAURANT	WATERCRESS, CUCUMBER AND MINT DETOX DRINK.
9:00	LEISURE TIME (SWIMMING, WALKING IN NATURE, MEDITATING, JOURNALING ETC.)	FREE CHOICE	SELF LOVE IS ALL ABOUT TAKING THE TIME TO DO THINGS THAT SPARK JOY IN YOUR HEART.
12:00	BREAKOUT SHARING CIRCLE FOR INTERACTION	ARCHERY AREA	
13:30-14:30	LUNCH	BEACH RESTAURANT	AVOCADO AND DATE DRINK.
14:30-15:00	BREATHING AND RELAXING TO ENHANCE DIGESTION.	ALI BABA GARDEN	
16:00-17:00	DANCING FLOW NATRAJ MEDITATION	YOGA DECK	DANCING FOR SELF-EXPRESSION AND INNER CREATIVITY.
17:00-17:30	VIPASSNA	YOGA DECK	SILENT MEDITATION.
18:30	DINNER	BEACH RESTAURANT	POMEGRANATE AND BEETROOT DETOX DRINK.



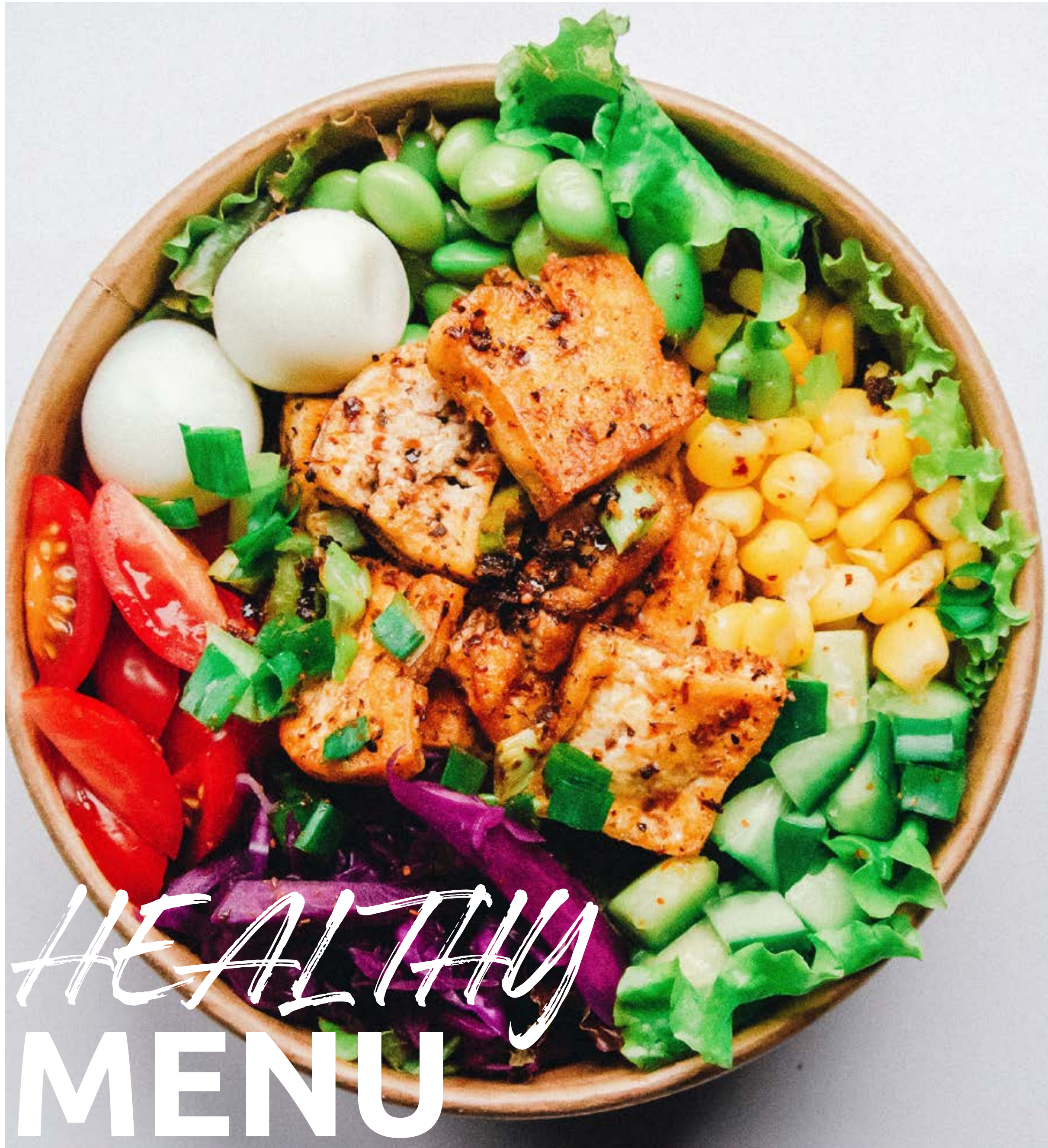
Food

As yoga is not only a sport but a lifestyle, we appreciate that food and nutrition are matters of great importance to its practitioners. This is why we've created specialized menus for all three of our daily meals, along with a selection of smoothies for guests to enjoy should they feel the need for a healthy snack.

Guests are offered 3 menu types: vegan, vegetarian and unrestricted (for those with no specific requirements).

Food will be served in the Il Delfino restaurant, which offers a relaxed ambience and fresh air for our zen guests and is located away from the more active and vibrant atmosphere enjoyed elsewhere in the resort.





LUNCH AND DINNER

STARTERS AND SALADS

Sweetcorn salad with baby shrimps | Tomato and mozzarella with basil leaves | Avocado salad with beef bacon | Greek salad | Chicken Caesar salad | Rucola salad with blue cheese

SOUPS

Cream of mushroom soup | Creamy leek and potato soup | Cream of tomato soup | Beef broth with wheat | Sea food clear soup

MAIN COURSE

Grilled chicken breast with grilled vegetables and roasted potatoes | Poached beef tenderloin with mashed broccoli and steamed rice | Beef steak topped with grilled eggplant, tomatoes and mozzarella served with mashed potatoes | Sea bass and salmon with vegetables pearls and steamed rice | Oriental mixed grill with sliced potatoes and grilled vegetables | Fillet of sea bass with a crust of pan-fried oats, served with steamed beansprouts, vegetables and potatoes | Chicken breast with creamed leek, served with vegetables and mashed potatoes

DESSERTS

Apple pie with cinnamon | Puff pastry with a filling of dates and white honey | Mixed baked fruits with vanilla sauce | Pancake with fruits and honey | Konafa filled with nuts and topped with white honey | Red cherry cheese cake | A selection of fresh fruit

BREAKFAST

Our vegan menu contains no meat, eggs, dairy products or other animal derivatives.

Fresh orange juice | Fresh lemon juice with mint
| A selection of toast (choose from brown, corn, multi-grain or sliced bread) | Oats – all bran Corn
| Assortment of fresh salad (tomatoes, lettuce, cucumber, mixed bell peppers, carrots and olives with vinaigrette dressing) | Assortment of seasonal fruits | Rice pudding with soy milk | Whole wheat with soy milk | Jam portions (normal or reduced fat) | Honey portion | Egyptian beans with condiments | Falafel | Fried vegetables | Grilled tomatoes Provencal | White oats with soy milk | A selection of bran cereals with soy milk



LUNCH AND DINNER

Our vegan menu contains no meat, eggs, dairy products or other animal derivatives.

SALADS

Fresh salad selection (with light salad dressing, olive oil or a choice of vinegars) | Oriental salad selection (Fattoush salad, baba ganoush salad, houmous salad, tahini salad and taboula) | Beetroot salad with orange slices | Artichoke salad | Broccoli with olives | Red kidney beans salad | Mashed beetroot | Pumpkin salad with coconut and raisins | Black lentil with balsamic vinegar | Sweet corn and broccoli salad | Potatoes salad with parsley | Avocado salad

SOUPS

Mushroom soup | Potato and leek soup | Minestrone soup | Yellow lentil soup | Black lentil soup with carrots | Pumpkin soup | Zucchini and pistachio soup | Clear vegetable soup

MAIN COURSE

Oven baked black lentils with tomato sauce and turmeric | Grilled eggplant with tomato sauce | Oven-baked pasta with mushrooms and vegetables | Spinach with houmous and tomatoes | Puff pastry stuffed with vegetables | Oriental-style mixed vegetable tagine | Chinese noodles with vegetables and soy sauce | Vegetable lasagne | Falafel

DESSERTS

Assorted fresh fruit and fruit slices | Mixed baked fruit with vanilla sauce | Rice pudding with soya milk | Konafa filled with nuts and topped with white honey | Puff pastry filled with dates and white honey | Banana caramel with ginger | Pancake with fruits and honey



BREAKFAST

Fresh orange juice | Fresh lemon juice with mint
A selection of toast (choose from brown, corn, multi-grain or sliced bread) | Oats – all bran Corn | Selection of bran cereals with fresh milk | Prepared Bircher muesli with nuts and berries | Butter (normal and reduced fat) | Jam portion (normal and reduced fat) | Honey portion | Cheese (normal and reduced fat) | Plain yogurt (normal and reduced fat) | French toast/Crepes/Waffles | Egyptian beans with condiments | Falafel | White oats with milk | Rice with milk | Boiled eggs, scrambled eggs and omelette as per request | Sliced fruits and vegetables



LUNCH AND DINNER

SALADS

Oriental salad selection (Fattoush salad, baba ganoush salad, houmous salad, tahini salad, yogurt salad and cheese sambosak) | Feta cheese with tomatoes and olive oil | Mashed beetroot with yoghurt | Potato salad with eggs | Pumpkin salad with coconut and raisins | Tomato and mozzarella with basil leaves | Black lentils with balsamic vinegar | Sweetcorn salad

SOUP

Cream of mushroom soup | Cream of leek and potato soup | Cream of tomato soup | Yellow lentil soup | Sweetcorn soup | Cream of vegetable soup

MAIN COURSES

Oven baked black lentils with tomato sauce and turmeric | Grilled eggplant with tomato sauce | Oven-baked pasta with mushrooms and vegetables | Spinach with houmous and tomatoes | Puff pastry filled with feta cheese and mint | Oriental-style mixed vegetable tagine | Chinese noodles with vegetables and soy sauce | Vegetables lasagne | Falafel | Sautéed spinach with poached eggs

DESSERTS

Carrot cake | Apple and cinnamon cake | Banana tart with ginger | Red cherry cheese cake | Apple pie with cinnamon | Crepes with nuts and honey | Mixed fruit tartlet | Selection of fresh fruit



VEGETARIAN MENU



SMOOTHIES

SWEET GREEN

400 gram honeydew melon
 75 gram red seedless grapes
 50 gram avocado
 25 gram spinach

BANANA AND KIWI

270 gram banana
 100 gram kiwi

BANANA AND BERRY

300 gram banana
 70 blueberry

GUAVA AND DATES

300 gram guava
 30 gram dates

ENERGY BOOSTER

300 gram orange
 100 gram plum
 50 gram avocado

SOUR SWEET

500 gram tomato
 2 gram basil
 100 gram avocado
 Lemon juice

IMMUNITY

100 gram kiwi
 200 gram orange
 200 gram tangerine

GREEN MONSTER

300 gram cucumber
 120 gram avocado
 35 gram spinach
 Lemon juice

SUMMER COLORS

300 gram mango
 50 gram sour cherry
 150 gram orange

FIBERS GAIN

300 gram orange
 100 gram kiwi
 80 gram persimmon

EGP1500 / \$100 per person per night

Accommodation

Group size: Minimum 2 persons, maximum 25 persons.

Guests 19 years and older are welcome to attend.

We regret that this offer is not open to individuals under the age of 19.







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