



# KENNETIC WAYS

PLANT MEDICINE  
RETREAT

THE EGYPTIAN AYAHUASCA

EGYPT  
11.11-11.18  
2023

ALIGN WITH YOUR  
HIGHEST VERSION

EMBARK ON A TRANSFORMATIVE  
JOURNEY WITH US





— Stepping into a Sacred way of life.

**THIS MEDICINE RETREAT IS A DEDICATED SPACE AND TIME FOR YOU TO FOCUS ON YOUR SPIRITUAL WELL-BEING AND ENGAGE IN PRACTICES THAT PROMOTE HEALING, GROWTH, AND CONNECTION WITH YOUR INNER SELF AND HIGHER POWER.**

**WE BELIEVE THAT "KNOWING THYSELF" IS POWER, SO THE BETTER YOU BECOME AWARE OF WHO YOU ARE, THE FASTER YOU WILL GO WHERE YOU WANT TO BE IN LIFE AND FROM THERE, YOU CAN ASSIST OTHERS AS WELL**

**WE HAVE CAREFULLY CRAFTED AN EXTRAORDINARY ARRAY OF ACTIVITIES IN PARTNERSHIP WITH OUR ESTEEMED HEALERS DESIGNED TO BRING YOU BACK TO LIFE, CLEAR YOUR MIND OF EVERYDAY ANXIETIES, AND ALIGN YOU WITH YOUR HIGHEST POTENTIAL.**

**YOU WILL GAIN A UNIQUE BLEND OF SOUL CONNECTION, PERSONAL DEVELOPMENT, POWERFUL MANIFESTATION TOOLS, AND THE OPPORTUNITY TO CREATE YOUR BEST LIFE.**

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— prepare for an odyssey into the realm of ancient magic, ancestral wisdom, and timeless knowledge.

**IN THE SERENE AND NATURAL ENVIRONMENTS OF EGYPT, WHICH PROVIDE A PEACEFUL AND SUPPORTIVE ATMOSPHERE.**

**DURING OUR RETREAT, WE WILL ENGAGE IN CEREMONIES AND RITUALS WITH ANCIENT PLANT MEDICINES USED FOR THOUSANDS OF YEARS BY PHARAOHS AND PROPHETS OF THE MIDDLE EAST.**

**IT IS A TIME TO BECOME AWARE OF HOW THE EARTH COMMUNICATES WITH US, ENCOURAGING THE AWARENESS OF HEALING. HUMANITY IS GOING THROUGH A COLLECTIVE A SPIRITUAL INITIATION. WE ARE BEING CALLED TO CONNECT WITH OUR ANCESTORS, ANCIENT PRACTICES AND LOST WISDOM. WE ARE BORN TO TRANSFORM AND TO WEAVE BACK PARTS OF OURSELVES BY BRINGING BRING BACK THE INITIATORY PRACTICES SUCH AS CEREMONY AND RITUALS.**

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# This Reireat Includes

## PLANT MEDICINE CEREMONIES:

- **2 EGYPTIAN AYAHUASCA (ACACIA SACRED TREE ) JOURNEYS**
- **1 SACRED BLUE LOTUS CEREMONY (WITH SOUND HEALING)**
- **CACAO CEREMONY**
- **ANATOLIAN RAPE CEREMONY**

## WORKSHOPS & ACTIVATIONS:

- **ABUNDANCE ACTIVATION AT THE GIZA PYRAMIDS AND PRIVATE ACCESS TO THE SPHINX**
- **INSIDE VISIT OF THE GREAT PYRAMID**
- **VOCAL ACTIVATION WORKSHOP**
- **BREATHWORK WORKSHOP**
- **ANCIENT EGYPTIAN KNOWLEDGE AND ACTIVATIONS**
- **DAILY MORNING YOGA SESSIONS AND MEDITATIONS**
- **ECSTATIC DANCE JOURNEY**

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# This Reirear Includes

## ROOM & BOARD:

- **2 NIGHTS OF ACCOMMODATION IN CAIRO.**
- **5 NIGHTS OF LUXURIOUS ACCOMMODATION AT ECO-LODGE IN MARSA ALAM.**
- **2 PLANT-BASED MEALS PER DAY, JUICES, AND TEA**

## EXCURSIONS

- **NATIONAL MUSEUM OF EGYPTIAN CIVILIZATION VISIT**
- **DINNER SAILING ALONG THE NILE BOAT**
- **PRIVATE TRANSPORTATION TO MARSA ALAM**
- **PRIVATE SAIL TO THE EGYPTIAN MALDIVES ISLANDS**
- **PRIVATE SAIL TO SEE DOLPHINS AND DINE ON-BOARD**
- **PRIVATE TOUR TO VISIT THE TURTLES' REEF**
- **4X4 SAFARI RIDE TO VISIT CAMEL OASIS AND ISIS TEMPLE**
- **DESERT QUAD BIKE EXCURSION**

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# Ceremony & rituals

more than a medicine journey, we are rescuing ancestral knowledge that has been obscured for millennia.

**WE WILL BE ENGAGING IN TWO NIGHTS OF PLANT MEDICINE CEREMONIES HELD BY OUR PROFESSIONAL TEAM.**

**IN ORDER TO PROTECT THE SPECIES OF THE SACRED SECRET OF POWERFUL SPECIES WE ARE WORKING WITH, WE WILL REFER TO IT AS "EGYPTIAN AYAHUASCA". THIS WAY YOU CAN UNDERSTAND THE DEPTH OF WHAT WE ARE TALKING ABOUT HOWEVER, IT IS NOT AYAHUASCA.**

**THESE PLANTS HAVE PROFOUND HEALING PROPERTIES, THAT OFFER YOU THE OPPORTUNITY TO GAIN CLEAR INSIGHTS, LET GO OF EMOTIONAL BLOCKAGES, CONNECT WITH YOUR INNER SELF, AND BREAKTHROUGH THE NEXT LEVEL OF CONSCIOUSNESS**



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# Time Travel

## ANCIENT CIVILIZATIONS

VISIT THE NATIONAL MUSEUM OF EGYPTIAN CIVILIZATION IN CAIRO, WHICH PRESENTS US WITH THE RICH CULTURAL HERITAGE OF EGYPT'S CIVILIZATIONS THROUGH THE AGES.



## NILE BOAT

SAIL ALONG THE NILE ON A FELUCCA, WHILE ENJOYING A LOCAL MEAL AND WONDERFUL WEATHER BY THE SUNSET.







# Wellness & movement

## YOGA & MEDITATION

DAYS WILL BEGIN WITH MEDITATIONS AND ASANA PRACTICE TO START YOUR DAYS WITH PRESENCE INTO MIND, BODY AND SOUL.



## ECSTATIC DANCE

CULTIVATE FREEDOM OF EXPRESSION THROUGH MOVEMENT, AND EXPERIENCE THE SENSATION OF ECSTASY THROUGH FREE FORM OF DANCE TO LIVE LOOPING MUSIC CHanneled FOR YOU ON THE SPOT.

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# Marsa Alam

**TUCKED BETWEEN DESERT & SEA, HER SEAS OFFER UP SOME OF EGYPT'S BEST DIVING SPOTS. WE WILL STAY AT THE BEST BASE FROM WHICH TO VENTURE INTO THE SOUTHERN REACHES OF EGYPT'S VAST EASTERN DESERT.**

**MARSA ALAM IS THE PERFECT SPOT TO BE PRESENT, TAKE BACK CONTROL, AND START OVER. TRAVEL THROUGH THE SACRED PLACES THAT WILL TAKE YOU TO THE DEPTHS OF YOUR SOUL. IT'S A CHANCE TO GET AWAY FROM ALL THE DAY-TO-DAY TROUBLES SO YOU CAN LET GO OF WHATEVER IS HOLDING YOU BACK AND LET YOUR CURIOSITY, DRIVE, WISDOM, AND CREATIVITY SHINE THROUGH.**







# Breathwork & Rape Ceremony

## HAMATA ISLAND

REFERRED TO AS THE EGYPTIAN MALDIVES. HERE WE WILL HAVE AN ANATOLIAN RAPE CEREMONY & BREATHWORK SESSION TO HELP YOU PURIFY YOUR BREATH AND YOUR MIND LED BY OUR PROFESSIONAL MEDICINE TEAM. YOU WILL ALSO HAVE A TIME TO IMMERSE YOURSELF IN THE CRYSTAL CLEAR WATERS OF THE RED SEA.



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# Vocal play & Cacao Ceremony

**LEAVE YOUR ORDERED THOUGHTS AND YOUR CLEVER SCHEMES FOR WE WILL PAINT OUR FACES, AND BECOME ALIVE BY SINGING SONGS OF FREEDOM TO RECONNECT TO YOUR SOUL'S AUTHENTIC EXPRESSION.**



## **HEART-SONGS**

**TUNE YOUR ENERGETIC, EMOTIONAL, AND PHYSICAL BODY AS INSTRUMENTS FOR THE DIVINE THROUGH VOCAL PRACTICES AND EXPERIENCE THE MEDICINE THAT IS YOUR OWN SONIC VIBRATION WHILE WE COMMUNE WITH THE SACRED HEART-OPENING MEDICINE OF CACAO.**





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# Sacred waters

this retreat is the sweet spot  
between inner work and  
connection with wild nature

## ABU DABAB BEACH

SNORKEL WITH THE  
RENOWNED BUT RARE  
DUGONG ALSO KNOWN  
AS THE SEA COW, AND  
VIEW THE MIDDLE  
EAST'S LARGEST  
POPULATION OF OVER  
100 SEA TURTLES.



## DOLPHIN HOUSE

HAVE A ONCE IN A  
LIFETIME EXPERIENCE  
AND SWIM WITH  
EGYPTIAN DOLPHINS.



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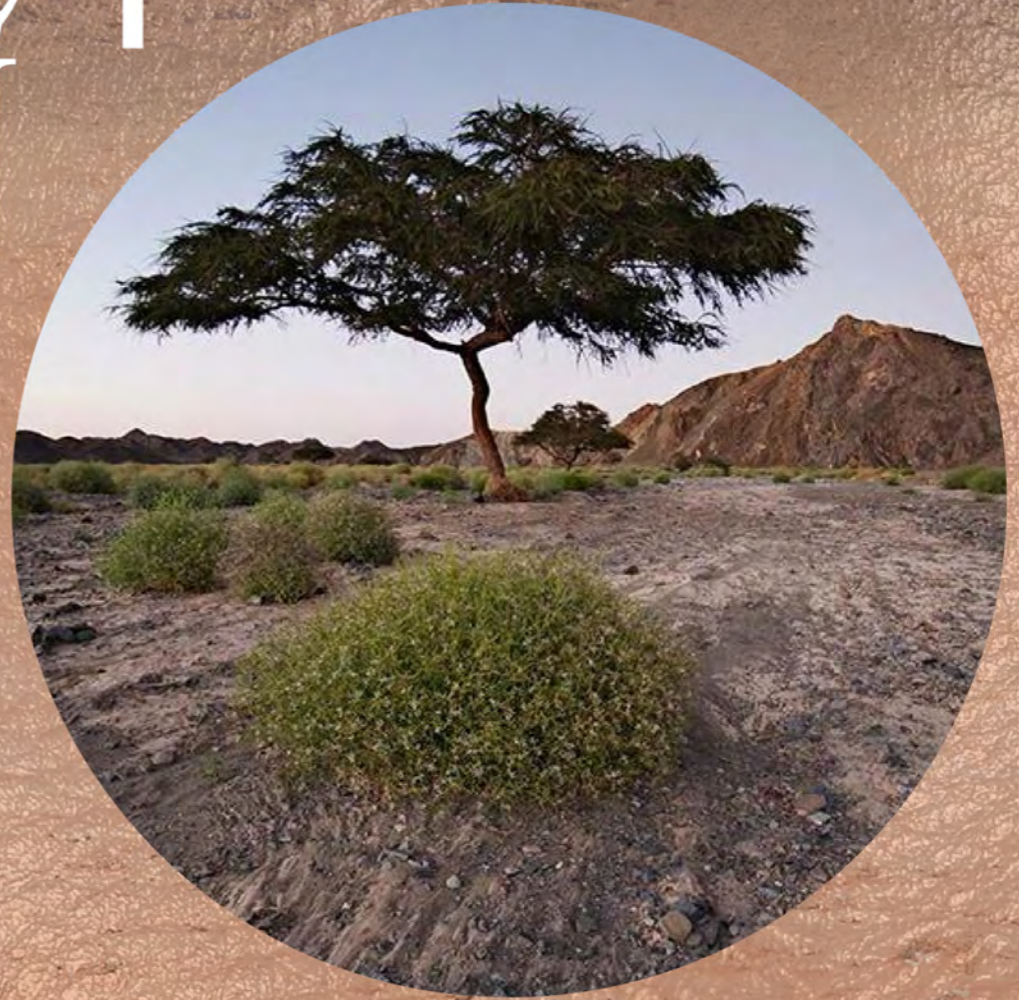
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# Oasi Egyptian Desert

## SAFARI

WE WILL BE VISITING BY 4X4 CARS  
WILD CAMELS, ACACIA TREES, AND  
A VERY OLD TEMPLE OF ISIS.



## BOTANICAL GARDEN

TAKE A TOUR AROUND ONE OF A  
KIND EXOTIC GARDEN WITH  
VARIOUS DESERT MEDICINAL PLANTS  
FROM THE REGION.

## QUAD BIKES

ONE OF THE EXCURSIONS  
INCLUDED IS A RIDE INTO THE  
DESERT ON QUAD BIKES TO  
ENJOY THE SUNSET AND FREE  
DRIVING.







# Lodge room & suites

VARIETY OF ROOM SPACES TO FIT YOUR NEEDS

## HOME

**MARSA ALAM OFFERS YOU A ONE-OF-A-KIND NATURE RETREAT AND OUR ECOLOGICAL CENTER WILL CAPTURE YOUR HEART.**

**WHERE EVERY STONE WAS SET WITH ATTENTION TO DETAIL, PASSION & LOVE OF NATURE BY LOCAL MASONS FROM REPURPOSED FOSSILIZED CORAL LIME STONE.**

**EVERY ROOM IS INTRICATELY DECORATED WITH LOCAL CRAFTS & CURATED ARTWORK.**



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# Food

**DELICIOUS MEALS FOR EVERY EPICUREAN PALETTE**

## PLANT BASED

**BECAUSE IT IS IMPORTANT TO KEEP A SPECIALIZED DIET BEFORE THE CEREMONIES LOW IN SALT, REFINED SUGARS, OILS AND ANIMAL PROTEIN. WE WILL OFFER TWO HEARTY LOCAL VEGETERIAN MEALS PER DAY THAT WILL BE PREPARED BY CHEFS, MORNING AND AFTERNOON.**

**IF YOU HAVE ANY REQUESTS, FOOD ALLERGIES, PLEASE CONTACT US AND LET US KNOW DIRECTLY.**



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# Our beloved team



## **ODAI BASSIM**

**MEDICINE SPACE HOLDER WITH  
EXTENSIVE EXPERIENCE,  
BREATHWORK FACILITATOR,  
HEAVENLY MUSICIAN,  
AND CEREMONIAL MAESTRO.**

## **ANANDA PETRAS**

**MEDICINE WOMAN,  
REIKI MASSEUSE,  
BODYWORKER, SPACE HOLDER,  
AND TALENTED ARTIST IN  
MANY WAYS.**



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# Our beloved team



## **DIVANA CLARIDAD**

**YOGA INSTRUCTOR,  
SPACE HOLDER,  
RED PATH INITIATE,  
VOICE ENCHANTER  
& DIVINE SOUND ALCHEMIST.**

## **KARIM MONEER**

**DIVINE CHANNELER,  
FOUNDER OF HOLISTIC EGYPT,  
RETREAT ORGANIZER,  
MEDIA GURU, AND FIRE KEEPER.**



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# Our happy family wall



**OUR CLIENTS BECAME OUR FRIENDS AND OUR FRIENDS BECAME OUR FAMILY, THOSE BEAUTIFUL SOULS TOOK OUR PATH WITH US FOR THE LAST 6 CEREMONIES ALL OVER EGYPT FROM ASWAN TO SINA AND SIWA.**

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# Join us!

FOR A TRULY LIFE CHANGING RETREAT



EXPERIENCE THE TRANSFORMATIVE  
POWER OF HOLISTIC EGYPT



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