



Jordan

YOGA MEDITATION DESERT EXPERIENCE

DAY OF ARRIVAL B&B

Arrival at Amman, the capital of Jordan. Transfer and stay in Madaba. Overnight in a comfortable hotel.

DAY TWO: HALF BOARD

After breakfast, a group transfer to Wadi Rum with a lunch stop and stroll in the Dana Biosphere. At the visitors' center in Wadi Rum our yoga/wellness/horse coach awaits us to guide us to the Bedouin desert camp. Introduction circle with Bedouin tea.

Sunset yoga, dinner and meditative sound journey. Overnight: Bedouin camp.

DAY THREE: FULL BOARD

After morning yoga and breakfast we take a transformational breath work journey. Time to relax till lunch at the Bedouin yoga camp. Later afternoon: meditation & omen walk. Sunset yoga. After dinner: powerful chakra meditation.

Optional (limited spaces) reiki session or Thai massage. Overnight: Bedouin camp.

DAY FOUR: FULL BOARD

Early morning yoga session. After breakfast we go to the stables for a coaching session with horses. Bedouin lunch at the stable. Then a group transfer to our private desert camp for sunset yoga. After a cooked Bedouin meal, we take a shamanic journey and hold a fire ceremony. Overnight: Bedouin camp.

DAY FIVE: B&B

Sunrise yoga, breakfast and transfer to Petra for a guided tour of this awe-inspiring wonder of the world. If we can find a spot, we'll do a meditation or chant. After that we'll explore the city for the rest of the day at our own leisure. Overnight: hotel at Petra OR Bedouin camp near Petra.

DAY SIX: B&B

Morning yoga, breakfast and saying goodbye to our desert guide to continue our journey and visit Little Petra. After that we drive to the Dead Sea for some relaxation and rejuvenation. Float in the Dead Sea and optionally enjoy a relaxing massage or other wellness program at the hotel spa (not included). Overnight: hotel at the Dead Sea.

DAY SEVEN: B&B

Free time at the Dead Sea. Overnight: Hotel at the Dead Sea.

DAY OF DEPARTURE: B&B

We say our goodbyes and transfer to Amman for your flight.