



Experience



Rise & Shine

BYOUM LAKESIDE HOTEL

AL FAYOUM

February 25-27

WHAT TO EXPECT?

- Slow down, breathe and recharge
- Move and get blood pumping to that beautiful heart of yours, and get high on endorphins (the happy hormone)
- Connect with other fabulous women and possibly make new friends
- Take in the tranquility of Al Fayoum and its mesmerizing nature.
- Fill up your senses by the lake and tickle your taste buds with scrumptious food.
- Retreat amid Fayoum's rich ancient history and exciting natural surroundings.



Byoum is located on the tranquil shores of Lake Qaroun in the city of Fayoum, the largest city in the Fayoum Oasis and the oldest city in Egypt. The hotel offers a comfortable retreat amid Fayoum's rich ancient history and exciting natural surroundings, along with modern amenities.

<https://byoumhotel.com/>

safety measures

- Temperature checks for all attendees
- Anyone with suspected symptoms will not be allowed to join
- All sessions will take place outdoor with respect to social distancing guidelines
- Each attendee should bring their own mat for workout sessions

 www.heyahhealth.me/experience

 011-1611 3002

 heyah@hadath.co

SCHEDULE

WORKOUT. RELAX. RECHARGE.

THURSDAY

9:00 AM

Travel to Fayoum

11:00 AM

Check-in at BYOUM Lakeside Hotel

1:00 PM

Opening Circle

1:30 PM

Spend the afternoon at Tunis Village

Lunch (not included in the package)

6:30 PM

Yin Yoga

8:00 PM

Dinner

Relax & Connect...

FRIDAY

8:00 AM

Vinyasa Yoga

9:00 AM

Breakfast

1:30 PM

Pop Pilates

2:15 PM

Zumba® Fitness

4:00 PM

Felucca Ride

5:30 PM

TBC

8:00 PM

Dinner

SATURDAY

9:00 AM

Breakfast

11:00 AM

Flexibility

12:00 PM

Closing Circle

3:00 PM

Travel back to Cairo

Schedule is subject to change if deemed necessary

Good to know...



- Come with an open mind. Allow yourself to let go and release.
- Snacks for the ride and midday munching are always a good idea. We recommend nuts, protein bars, dates, or any of your favorite nibbles to keep you nourished.
- While we would love to have you enjoy every single activity, we do understand if you choose to opt-out to get some extra sleep or alone time.
- Let us know if you have any food preferences or allergies so we can communicate that with the hotel in advance.

Last but not least, relax and have fun!