

ROOTS RED SEA

YOGA ADVENTURES





WELCOME

Join us for a week of relaxation in the Egyptian desert.

Wake up and feel rejuvenated as we spend time stretching, nourishing ourselves and enjoying delicious food.

Here we live by the natural rhythm of the sun.

Relax and reset.

WHY ROOTS?

Roots Red Sea is a small friendly resort aimed at those looking for a quiet, peaceful and relaxed atmosphere. With the traditional town of El Quseir on its doorstep, Roots Red Sea is situated in Africa on the edge of the Eastern Desert next to the Red Sea.

Our simple mantra is to deliver an escape for guests and treat all those who visit the way they would wish to be treated themselves. Owners Steve and Clare have a vast knowledge of the Red Sea having been working in the region for over 25 years.



THE BEACH

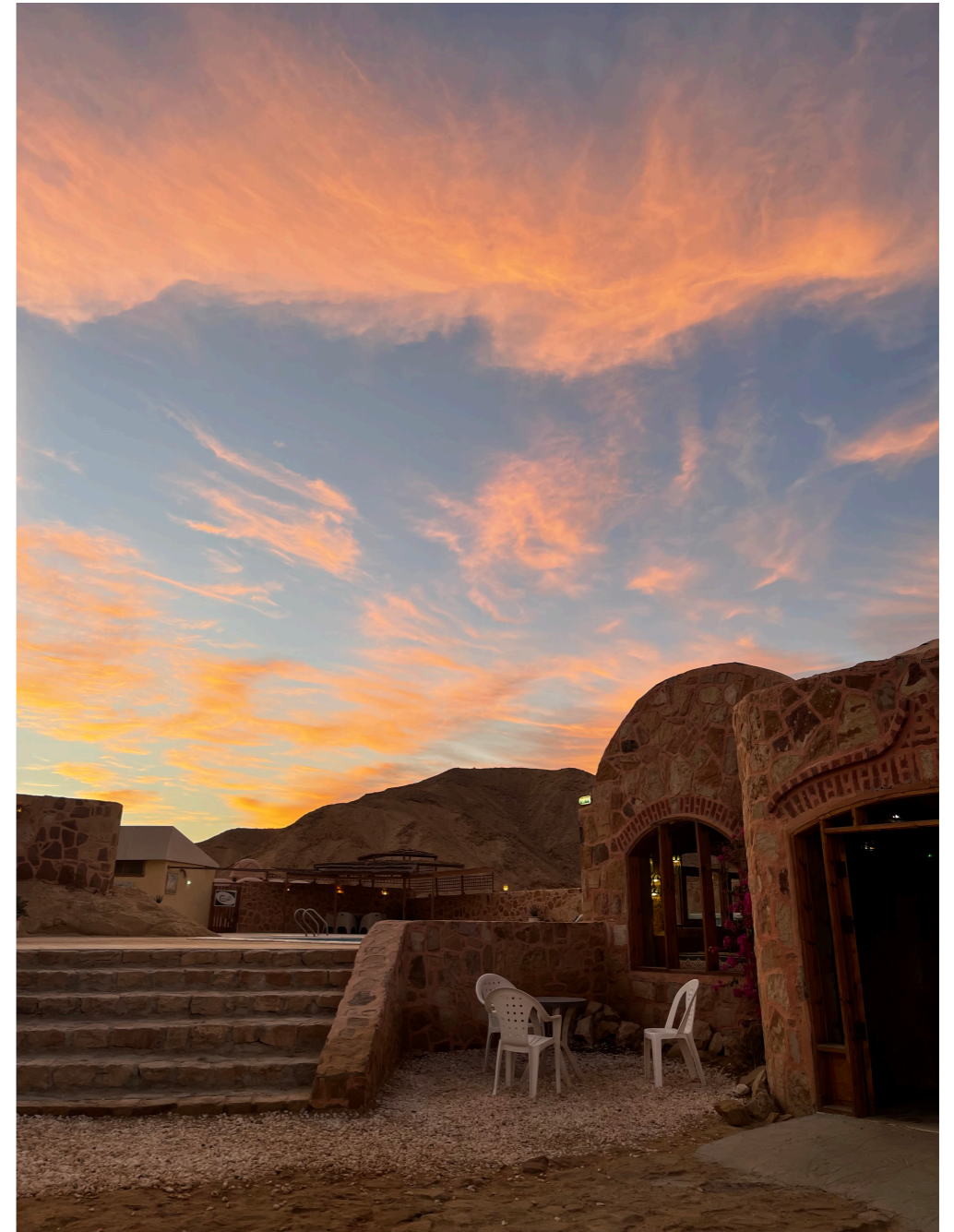
Just a short walk away is Roots private beach on Abu Sauatir Bay. Here you will find all you need to relax and while away the hours.

Activities here include scuba diving, snorkelling and yoga.



THE CAMP

The tag camp should not be taken too literally, it relates more to the location than the outstanding accommodations with modern facilities.



The public area facilities at Roots are charmingly rustic. A traditionally built reception welcomes guests with inspirational architecture. The chill out lounge and bar provides a quiet haven for relaxing and additionally serves refreshments to the freshwater pool just outside.



Roots offers all the amenities you need to recharge your batteries without any animation to disturb the peaceful ambience.



SUN

SEA

STRETCH

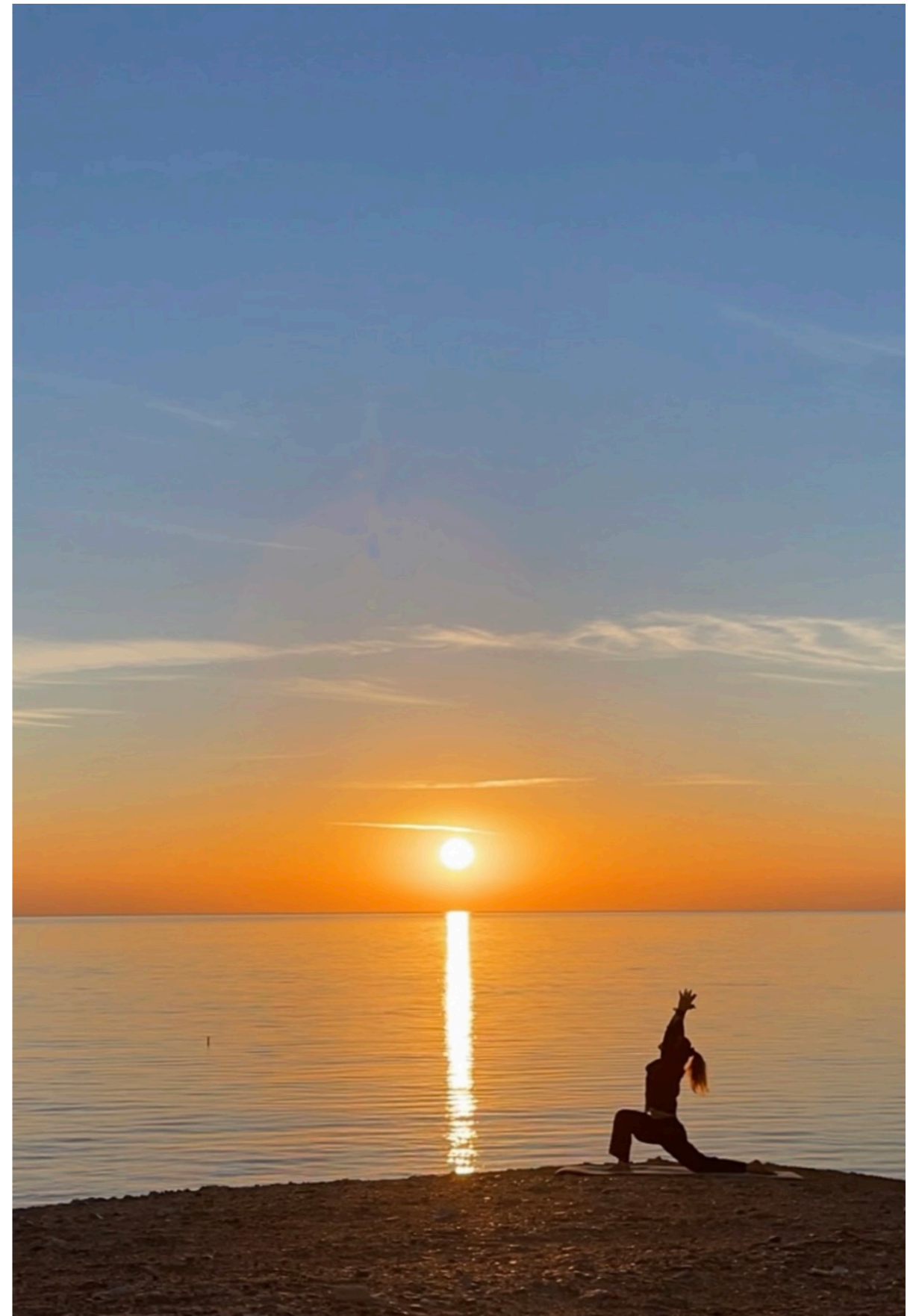
SCUBA

YOGA AT ROOTS

Start your day right.

Sunrise yoga is the perfect way to start your day with a clear head. Stretch out your body and take time to breathe.

We will move through Vinyasa, Hatha and breathwork classes, with the option for Ashtanga and focus on specific poses as requested.





OUR MISSION

When practicing yoga we often talk about mindfulness and being aware. But what does that matter if we don't continue our practice away from the mat and out into the world?

During the retreat you are invited to a short Project AWARE Ocean Conservation workshop. Here you will learn why safeguarding our oceans is one of the most important ways we can protect our planet.

FOR DIVERS

Option to add *Dive Against Debris*, *AWARE Shark Conservation*, *AWARE Fish ID*, *AWARE Coral Reef Conservation*.



ACTIVITIES

- 2 Yoga classes per day
- Breathwork
- Meditation
- Sunrise / Sunset Mountain Hike
- Sound Healing
- Beach BBQ
- Snorkelling
- Beach Clean Ups
- Local Crafts
- Crochet with local tailors



SUPPLEMENTARY

- Diving
- Horse riding
- Quadbiking
- Massage
- Reiki
- Trip to Luxor

BASIC SCHEDULE

Schedule may be subject to change depending on group's abilities, preferences and requests.

	DAY 0	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SUNRISE	A r r i v e	Yoga	Yoga	Mountain Hike	Yoga	Self practice	Yoga	Yoga
07:30-09:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00-13:30		Activity / Dive	Activity / Dive	Activity / Dive	Beach / Reef Clean Up	Activity / Dive	Activity / Dive	Activity / Dive
13:30-14:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
14:30-16:30		Activity / Dive	Afternoon off (optional dive)	Activity / Dive	Afternoon off (optional dive)	Activity / Dive	Afternoon off (optional dive)	Activity / Dive
SUNSET		Yoga	Yoga	Yoga	Yoga	Mountain Hike	Sound Healing	Yoga
19:30-20:30		Dinner	Dinner	Beach BBQ	Dinner	Dinner	Dinner	Dinner

Please email info@rootsredsea.com for more info.

SEE YOU SOON

