

If you're interested please cut out the application form and post or simply e-mail Anna anna.estaroth@hotmail.co.uk www.annaestarothe.com

Name

Address

Tel No Home

Mobile

I would like to attend a workshop in Egypt: February 23 – Mar 2 2011

My dietary preference

Standard Vegetarian

Other (please state)

Accommodation

Sharing Single room

I shall be traveling from

Arriving ___/___/___ leaving ___/___/___

I shall be staying in Cairo on ___/___/___

If you wish to participate in extra site visits, please tick here

Please post to

Anna Estaroth, 20 Fisher's Wynd,
Musselburgh EH21 6JG

Or Tel 0131 653 0357

Or e-mail anna.estaroth@hotmail.co.uk

A £50 non-refundable deposit is required. (PayPal available on website)

More information view websites

www.annaestarothe.com or

www.nubian-house.net

Anna Estaroth F.A.P.A.I

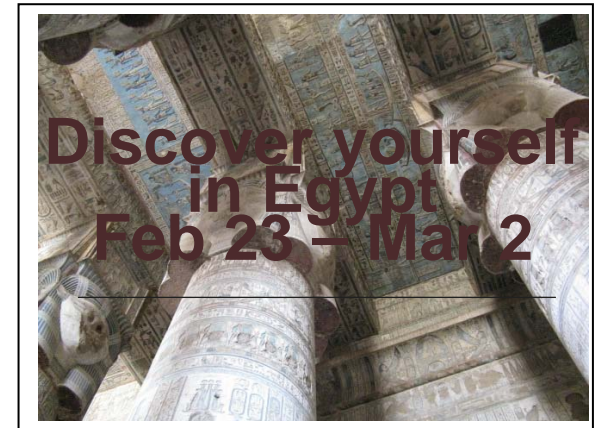
Anna has been a professional astrologer since 1971. She lectures both in the UK and abroad and maintains a busy astrological practice. Currently she writes a column for the Scotsman Newspaper. She is a member of the Astrological Association of Great Britain, the Scottish Astrological Association and the A.P.A.I.

Yoga workshops led by Janita Stenhouse, BWY, FNEY, YBT, ICYER

Janita has practised yoga since 1967 and been teaching it since 1987. She is the author of 3 books, many articles and 2 cartoon series, all about yoga and yoga philosophy. She lives in the Auvergne region of France where she gardens organically, draws and teaches yoga locally, nationally and internationally.

Every effort is made to keep costs as reasonable as possible, because flights to Egypt can be expensive. It is wisest to book early, as the number of places is limited. It is also important to verify that you have reserved a place before you book your flight. If you want further information about getting to Egypt economically contact Anna, or Vibecke, who can recommend suitable carriers.

Easyjet are currently offering London to Luxor for less than £150 however this is likely to rise very quickly, so early booking is essential.



Astrology workshops in Luxor: where the magic of Egypt's rich panoply of ancient gods and goddesses, can show you a fresh perspective on your own horoscope. This is an experience you'll never forget. We use guided imagery to explore how you experience each planet, so it is suitable for all - from the basic beginner to the advanced astrologer, where you gain fresh insight. We start with the familiar Greek deities and then explore the symbology of ancient Egypt's pantheon.

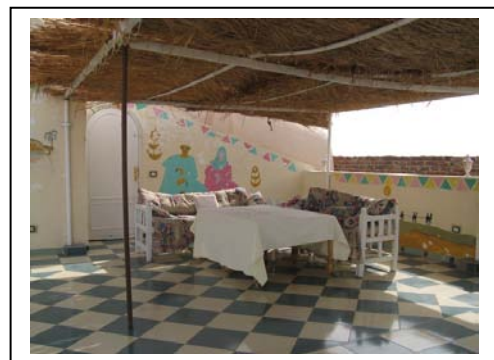
The morning and evening yoga sessions help you to feel more alive and concentrate during the day, yet relax at night. There is truly something for everyone.





The Nubian house, (pictured overleaf, above and below), is situated in a quiet, relaxing neighbourhood, overlooking the Valley of the Nobles on the west bank of the Nile. Workshops are either indoors, under the domed ceiling or outside on the one of three terraces. Nubian house offers excellent accommodation and meals. A variety of spa treatments are available on request.

Our hosts Vibecke and Kamel have extensive knowledge of the local area. You may choose to ride by camel, donkey or horse to nearby Valley of the Kings, Hatshepsut's Temple, Medinet Habu and the Ramessium. Luxor is so rich in archeological sites, you are spoilt for choice.



Itinerary

Day 1 Arrival day just relax, reconnoiter or go for a ride. Workshop Moon (arrival times may vary.)

Day 2 Yoga Workshops Sun and Mercury

Day 3 Yoga Venus and Mars

Day 4 Free morning. Uranus

Day 5. Yoga Jupiter and Saturn

Day 6 Yoga Neptune and Pluto

Day 7 Yoga. All day visit to Abydos and Dendara

Temple of healing: Plenary session

Day 8 Return home, depending on your flight.

All meals are provided at Nubian House. We start the day with morning yoga. There is free time for visits to local sites in the morning, then lunch and a workshop. The second workshop is after dinner, followed by a relaxing mediation. While Nubian House has no pool, swimming at a nearby hotel is easy to arrange, as are extra site visits. Every effort is made to make your stay in Egypt both informative and enjoyable.

Additional information

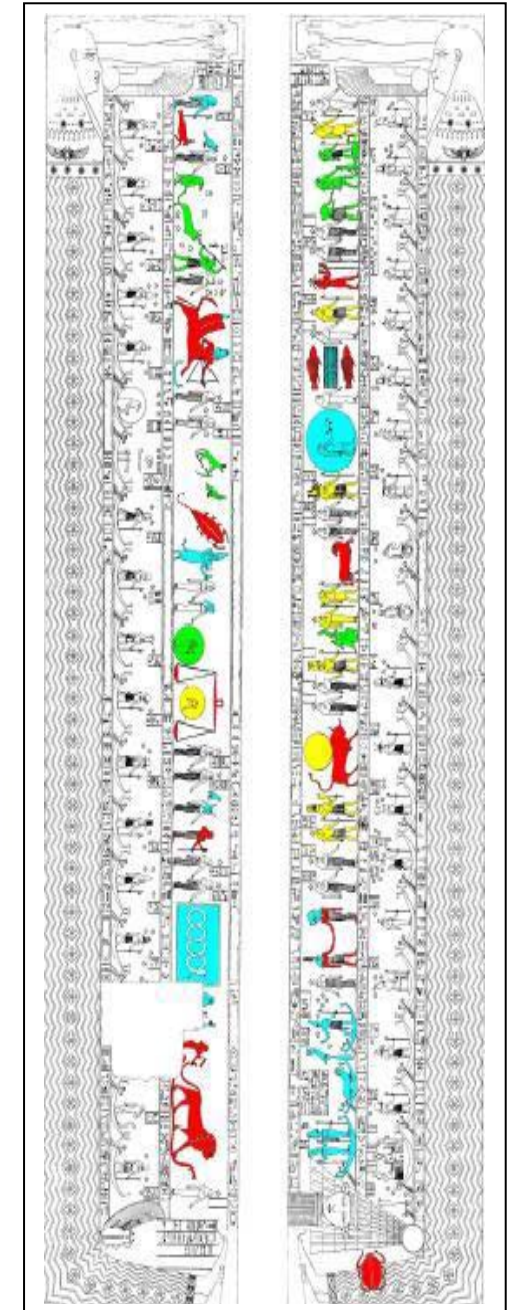
Some people feel that coming to Egypt is not complete without a visit to the Pyramids. We recommend that you stop-over in Cairo en route to Luxor. It is easy to arrange your onward flight from Cairo to Luxor at no extra cost, provided this is done at the time of booking. The Mayfair Hotel in Cairo www.mayfaircairo.com provides good accommodation for our delegates, so that you can include a trip to the Pyramids. Please allow an extra day's travel so that you can fit this in, either before our scheduled workshops, or on your way home

Fees

Inclusive of accommodation, meals, airport collection, visit to Abydos and Dendara, Yoga and Astrology workshops are £500

This does not include your air fare, primarily as delegates are traveling from different parts of the world to join us. We recommend that you book your flights as early as possible, to ensure attendance as numbers are limited.

Temperatures in Egypt in February are comfortable: approx 20°C during the day and 10°C at night.



Dendara Long Zodiac