

Red Sea Sailing Fitness, Yoga & Fly Games Retreat

June 30th - July 3rd

Presented by
Brass Monkeys Studios



About the trip

This Retreat is all about having fun, , getting fit, relaxing and doing yoga it includes:

Island Hopping

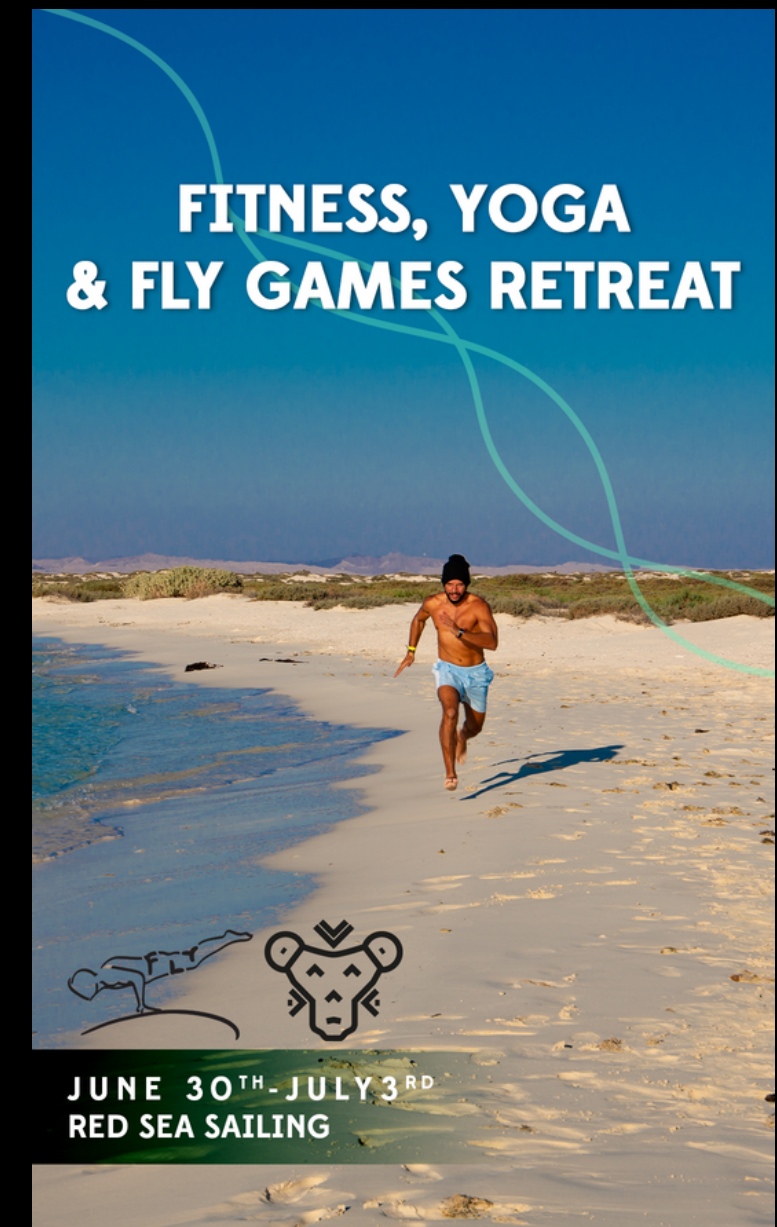
Fitness Sessions

Yoga Sessions

Fly Games Sessions :

Teams come together to compete in many races that will challenge you physically and mentally. The winner will not only be crowned as the FLY Games Champion but will win prizes too! Our motto; Connect, Play, and Grow is the key to win FLY Games.

Connect together to come up with the best strategy to win each challenge! Play your strength whether it's a physical or mental talent. Grow together as a team and conquer



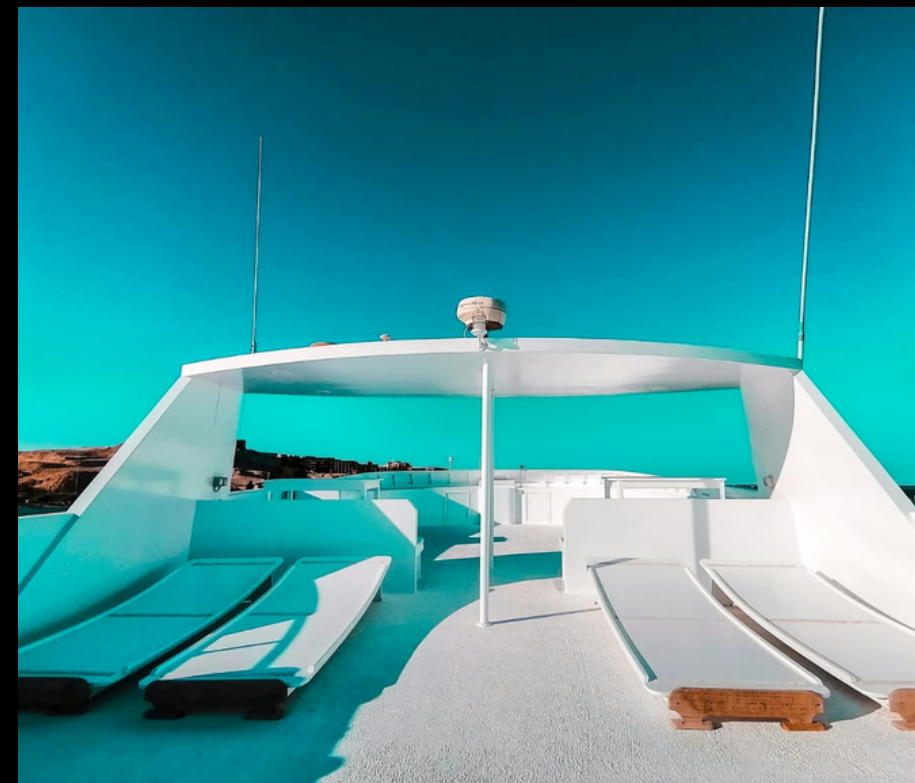
Day 1:

- Depart from lakehouse at 4AM
- Check in on boat at 9AM Global Island
- Island Hopping
- Lunch
- Afternoon fitness&Yoga session
- Dinner



Day 2:

- Breakfast
- Fitness Session
- Tawila or Geisum Island
- Dolphin house
- Lunch
- Fly games
- Dinner



Day 3:

- Breakfast
- Morning fitness session
- Snorkeling Stop at Abo Monker Island
- Sleep in hurghada 4 star hotel
- Yoga session at night



Day 4:

- Breakfast
- Morning fitness Session
- Departure





Price 6800L€
10% Early Bird Discount
6100L€ until May 15th

Price Based on double rooms

For more info WhatsApp: +201149997114

Payments are available through bank transfer through

Account #: 100045081731

Name: Amr mohamed taher

129 branch code

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Inclusions

- 2 Nights on Yacht in double room with private bathroom
- 1 Night in the hotel
- All Sessions
- Full Board on the boat & Breakfast in the hotel
- Fitness & Yoga sessions, fly games competition
- Transportation

Exclusions

- Extra Meals and Drinks
- Tips



What to pack?

- Fitness and Yoga Wear
- Casual Wear
- Yoga Mat
- Jacket
- Sneaker/hiking shoes
- Camera
- Swim suit
- Power bank
- Towel
- Slippers
- Valid ID/Passport

Coaches on board

- Amr Taher
- Marwan Samir

Departure time:

4AM on the 30th (29th at Night)

@lakehouse the club

