

# Yoga Nile



**TIMELESS JOURNEY:** Dedicated to the Nile itself, where the spirit of the Golden Age of travel lives and breathes and where the world weary traveller can rediscover and be truly inspired.

The **Great Nile Journey** is an Anglo / French organisation that successfully exclusively promotes Early Nile History and Conservation through the marketing of "eco exploratory" voyages on 1800s luxury antique sailing boats called "dahabiehs".

Recently featured in **Vogue** internationally, **Departures Magazine**, **The Times**, **Tatler Magazine** and **Condé Nast Traveller** magazine, the **dahabieh** (trans arabic: golden boat); the boat of Kings and of Nobility in Egypt and the modus operandi of choice of the Early Nile Grand Tour traveller, explorer, artist and writer in the 1800s.

A **floating palace** of white; wooden panelled with lateen sails, shutters and traditional simple oriental style cabins; it transcends time and recreates an ambience of timeless tranquility unforeseen on the Nile in modern times.



**LIGHT AND BLESSINGS:** The **Great Nile Journey** is now proud to bring a new "eco exploratory" experience" to the Nile for the first time; bringing together two ancient timeless concepts The Nile as "Journey" and the Ancient healing practise of Yoga as "Journey to the Self".

The **dahabieh** will become the platform from which one can savour with the senses directly and intimately elements of Nature, found in abundance on the **Nilescares** of Egypt essential to Wellbeing.



**HOLISTIC HEALTH CARE:** Holistic Health Care Consultant, Massage Therapist, Author and Yoga Instructor **Pablo Menfesawe-Imani** is the Founder of **Afrikan Yoga**, a system of integral healing with Ancient Egyptian origins.

**Pablo M Imani** will provide yoga instruction rich in the heritage of Egypt with it's essence of **inner harmony**, peace and calm. The techniques used is designed to develop **suppleness**, psycho-spiritual awareness and controlled **relaxation** of the body and mind.

Massage treatments and **holistic** health assessments are also on offer.

On your journey **Pablo** offers you an opportunity to **re-member**, to **re-connect** and **unite** yourself into a beauty-filled whole through the timeless teachings of **Smai Tai** Afrikan Yoga.



**Yoga Nile** launches The Journey in **March 2009**. For more details please contact:

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