

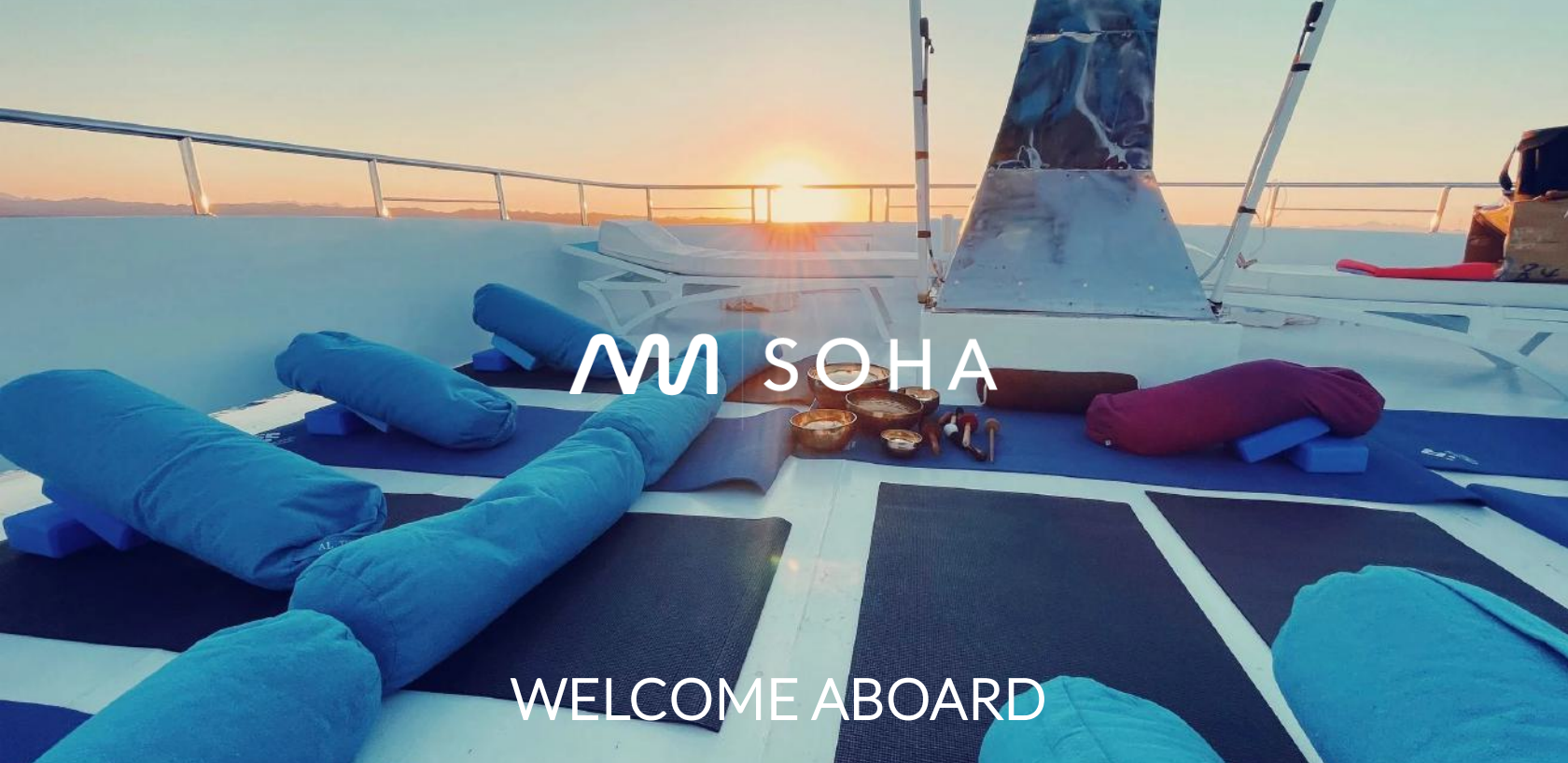
EGYPT 2025

MM SOHA

WILD DOLPHIN & WELLNESS RETREAT

8 DAY LUXURY YACHT

WWW.SOHARETREATS.COM



Hello,

At SOHA we don't do ordinary holidays - we instead provide transformational experiences and run the best wellness retreats on the planet.

Our 8-Day Wild Dolphin & Wellness Retreat aboard a luxury yacht packs our holistic expertise (across physical, mental and emotional health) into one unique, ultimate all-female holiday like nothing else on earth.

Our ethos revolves around creating moments that resonate deeply and providing life-changing experiences, not just during - but long after the retreat has ended. I encourage you to view our testimonial videos from our guests to understand the profound, positive impact we can have on your future wellbeing and performance.

What sets us apart as wellbeing experts, and makes us unique in the global travel industry, is our association with the national UK charity that I founded - Athletic Minds Foundation. Through the Foundaton we have already supported over 100,000 different individuals to live better, healthier and more rewarding lives - so we really do have wellness in our DNA.

A highlight of our retreat are the **frequent daily** opportunities to connect with **wild dolphins** on their own terms and without disturbing them in their natural habitat. Spending time with these intelligent and playful animals up close is an experience you will never forget..

In addition, our adventures will take us to places of outstanding natural beauty such as the **Sataya Lagoon**, the heart-shaped **Hamata Island** and the **Red Sea Coral Reef**.

I invite you to embark on an unforgettable transformative journey with us.



Manuel Benages

Founder of SOHA Retreats & Athletic Minds Foundation

A unique spiritual and wellness holiday in the breathtaking natural beauty of the Red Sea

This isn't just a holiday, it's a wellbeing experience - crafted by experts.

Indulge in a journey where yachting luxury meets serenity, and rejuvenation blends with exploration. Our meticulously crafted retreat promises an unparalleled experience, enriched by an array of special **activities** to nurture your mind, body, and spirit.

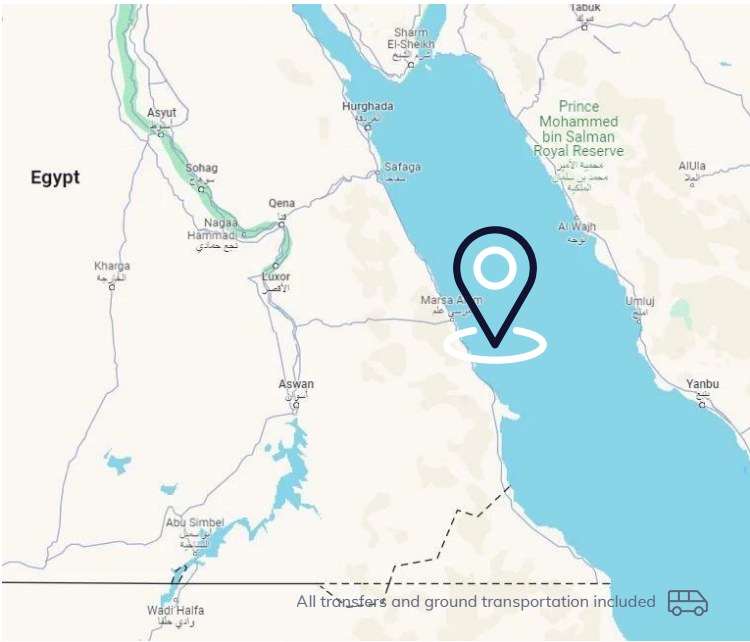
Embark on a voyage of **self-discovery** aboard a luxury yacht amidst the awe-inspiring Red Sea and discover the unspoiled beauty of Egypt, where every moment is designed to captivate your senses and elevate your well-being. From invigorating yoga sessions on the spacious deck or tranquil beaches, to guided meditation amidst the tranquility of nature, our retreat offers a holistic approach to wellness that transcends the ordinary.

Immerse yourself in the **rich history** and **natural wonders** of this enchanting part of the world, we journey through time and areas of outstanding natural beauty including the Red Sea coral reef.

The **Sataya Reef** is the best place in the world to swim and snorkel with wild dolphins while the **Sataya Lagoon** possesses high vibrations, where you can experience extraordinary energy as the outside world fades away.

The Retreat also includes an excursion and immersive ceremony experience at **Hamata Island** to celebrate the personal growth, love and joy experienced during the week.

Most package holidays provide a temporary **ESCAPE** from the challenges of everyday life. The difference with SOHA is that you benefit from everything you desire from a sightseeing holiday but, in addition, go home feeling enlightened and refreshed - ready to **EMBRACE** life on your return.



Featuring our holistic wellness programme



SOHA Ultimate Wellness Package

The ultimate holistic wellness package – packed with activities and delivered via our experts to benefit your mind, body and spirit.



Magical wild dolphin encounters

Enjoy the daily company of dolphins, often starting at sunrise when these amazing mammals are very playful and inviting.



Dolphin Seminar

Learn all about the incredible dolphins and stunning sealife of the region with our onboard educational seminar.



Snorkelling

Learn to snorkel with our trained guides, and prepare to discover a magical underwater world full of surprises and breathtaking experiences.



Red Sea Coral Reef

Immerse yourself in the truly magical and a coral reef ecosystem that is one of the longest living reefs in the world.



Hamata Island

Known as the Egyptian Maldives - the islands have absolutely clear water providing unforgettable views of colourful fish, corals and sealife.



Life Coaching

Benefit from a personal session with our qualified therapists to gain deeper insights into your wellbeing.



Daily Yoga

Rejuvenate your body and spirit at sunrise on our spacious deck



Breathwork

Master your breathing for better health with our SOHA experts



Floating Meditation

Meditate in nature like never before.



Mindfulness

Practice mindfulness in beautiful, tranquil and exotic spaces.



Cocoa Ceremony

A spiritual ritual that involves consuming ceremonial-grade cacao in a group setting to facilitate connection, healing, and self-exploration.



Sound Healing

Immerse yourself in our sunset sound bath sessions to harmonise your mind and body for a heightened sense of wellbeing.



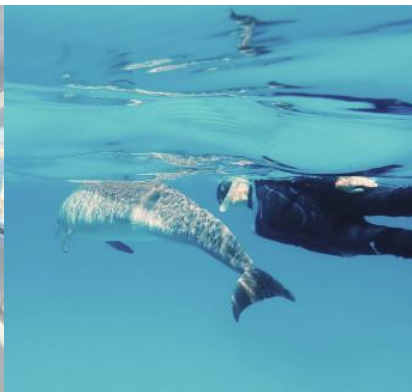
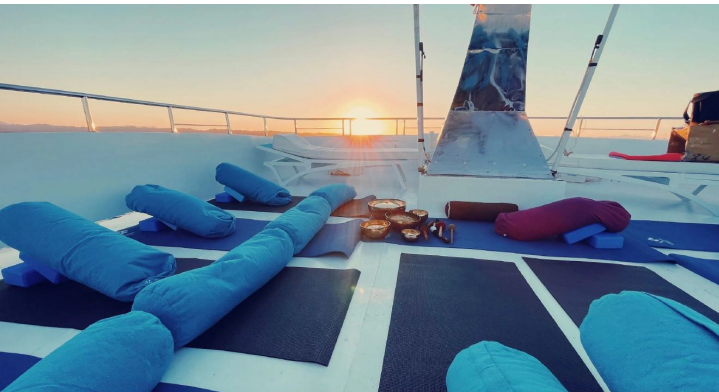
Reiki

A traditional Japanese technique for stress reduction, relaxation and to promote healing.



Healthy nutritious meals

Fuel your body and mind with our healthy buffet meals 3x per day.

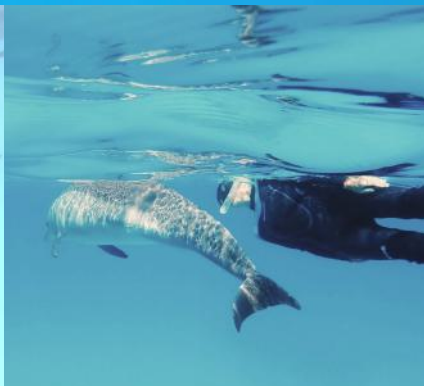


Wild Dolphins

Embark on a once-in-a-lifetime adventure and forge an extraordinary connection with dolphins,

Discover one of the most remarkable aspects of dolphins: their incredible empathy. Experience first-hand how they can sense and respond to human emotions.

Don't miss out on this unparalleled opportunity to engage with these magnificent creatures and create unforgettable memories.



Our Accomodation



We will spend the week on a 30+m long beautiful luxury yacht with all the conveniences for making our retreat enjoyable and relaxing.

With a large air-conditioned restaurant and two further recreation decks there is an abundance of space to enjoy while cruising at sea.

There are 4 twin cabins on the higher deck and 6 on the lower deck. All rooms have individual air-conditioning and private bathrooms with hot water, shower and toilkets.



Itinerary of a typical day

Sunrise - between 5-6am depending on the season

We usually start the morning with yoga / meditation / chanting at sunrise. If the dolphins enter the lagoon, we shorten the activity and if they arrive early we recommend starting the day with dolphin encounters as they are usually very playful and keen to interact at this time.

9:00 am - Breakfast is served
We can then return to the dolphins

11:30 am - Retreat activities and/or free time

01:00 pm - Lunch is served

After lunch - Retreat activity or private time and/or resting

03:00 pm - Last dolphin encounter of the day

After sunset - Retreat activity under the starry sky

08:00 pm - Dinner is served

Sometimes we might feel you want to end the day with a beautiful ceremony or relaxing yoga Nidra before sleep and have an earlier dinner. We will adjust to your flow.

The itinerary is for guidance only and is subject to change but typical as to what to expect.