

## ✦ WORKSHOPS ✦

Workshops are pre-booked via [INFO@SOLASIFESTIVAL.COM](mailto:INFO@SOLASIFESTIVAL.COM)  
You can book on-site according to availability.

### **BREATH x WATER x FIRE w/Leo Oppenheim** **FREE 60 mins**

Breathwork in the sea. Utilizing the elements and breathwork to shed judgements and narratives that no longer serve and invite in/receive from the ocean. This practice will include an energy grounding practice, Wim Hof breathwork, Water immersion and energy cultivation techniques.

### **Personal Incense Making w/Palo Santo** **FREE ALL DAY**

Free, all-day workshop. Create incense that serves your needs. Set your intention, connect with yourself, burn it and manifest those intentions. You will be guided by their instructors to learn all about the process, the different types & the benefits of each ingredient and finally leave with the incense you created.

### **"Unlock Your Potential and Shine Your Inner Light"** **FREE 60 Mins** **w/Heba Shahein**

**A Kundalini Yoga Workshop** - Explore the ancient practice of Kundalini Yoga, a dynamic and potent form of yoga that combines movement, breathwork, meditation, and mantra chanting to awaken your dormant energy and inner strength.

#### **What to Expect:**

1. Kundalini Yoga Asanas: Learn and practice a series of unique yoga postures to stimulate and balance your energy centers, promoting physical vitality and mental clarity.
2. Breathwork (Pranayama): engage in specific breathing techniques to increase your life force energy, reduce stress, and enhance mental focus.
3. Meditation and Mindfulness: Cultivate a calm and centered mind.
4. Mantra Chanting: Experience the transformative effects of sacred sound through mantra chanting.
5. Self-Exploration: Dive deep into self-reflection and discovery exercises.
6. Group Support: Connect with a like-minded community of seekers, sharing your journey and supporting each other's growth.

By the end of this workshop, you will have the tools and insights to harness your inner potential, break free from limitations, and step into a life filled with purpose, passion, and authentic self-expression.

## + WORKSHOPS +

Workshops are pre-booked via [INFO@SOLASIFESTIVAL.COM](mailto:INFO@SOLASIFESTIVAL.COM)  
You can book on-site according to availability.

### **Sound Healing w/Noelle Nafache** **EGP500 90 mins**

Sound healing therapy helps to bring balance to the body and mind, and releases negative thoughts and emotions. The vibrations from the various instruments stimulate your Qi, which encourage your body's energy to flow freely, and naturally.

### **SHAMANIC BREATHWORK w/Leo Oppenheim** **EGP500 60 mins**

Includes techniques to ground and increase focus as well as a dive into circular breathing and its powerful energizing and trauma releasing benefits. This practice switches off the conscious mind and allows for powerful therapy and deep release.

### **The Practice of Self-Love & Forgiveness w/Tamer Sharaky** **EGP500 60 mins**

You will learn how to unlock your blocked emotions in each chakra. This journey will connect you easily with your inner child where you can practice self love and forgiveness.

### **ICE ATTACK w/Mohamed Dakkak**

#### **1-Hour Slots. Pre-booking Required. Capacity: 6 People** **EGP800**

You will be guided to use breathwork techniques that will prepare you for cold exposure, then experience a full body immersion into an Ice Bath, and reap all its scientifically proven benefits; increasing happiness hormones, immunity boost, reducing inflammation & reducing physical pain. You will finish this session feeling powerful, energized, happy and with such an afterglow!

### **Hang Session™ w/Tereza Dos Santos**

#### **Limited Availability: Max. 5 People** **EGP500 60 mins**

Learn to play the singing steel (Handpan/Hang Drum) in a fun and small group environment.

This workshop is designed as an introduction to the instrument. You will learn about the instrument's anatomy and scales, play beginner patterns, and begin to create your own rhythms. Absolute musical beginners are most welcome.

The group is limited to 5 players. (Make sure to sign up early in advance!) You can still join if you have your own handpan.

## ✦ WORKSHOPS ✦

Workshops are pre-booked via [INFO@SOLASIFESTIVAL.COM](mailto:INFO@SOLASIFESTIVAL.COM)  
You can book on-site according to availability.

### FALL LIKE A BOSS w/Mohamed Dakkak EGP500 60 mins

#### Handstand Workshop:

Learning to fall comfortably is an essential skill for handstand practice, as it allows you to explore your limits and find your center of gravity. It also helps you to prevent injuries and have fun with your practice.

#### What you will learn:

- Science-based myofascial/connective tissue warm ups for entering & falling.
- The 5 techniques of falling.
- How to use your breath, core and legs to control your entry, fall soft and silent landing.
- Drills to practice at home.

\*Suitable for anyone who can do a low pushup or Chaturanga without placing their knees on the floor.

### 9D Emotional Healing Breathwork w/Mohamed Dakkak

Limited Availability: Max. 12 People EGP1000 60 mins

We combine the technology of sound and the power of breathwork to access and release trauma, emotions and limiting beliefs that are stored in your body and subconscious mind.

#### Sound Experience:

You will wear a headset that plays 9D multidimensional sound music that will allow you to fully immerse in your experience. The frequencies of different sound tracks are scientifically engineered to tackle trauma, emotions and their related chakra.

#### Breathwork Experience:

This will temporarily reduce the activity of your conscious mind, and activate your subconscious mind, where your traumas and trapped emotions are stored. During this subconscious state, we use careful and science-based coaching to replace these traumas with ideas that serve you.

Please check the Festival Schedule on our website for timings.

## ✦ 1:1 HOLISTIC SESSIONS ✦

1:1 Holistic Sessions are pre-booked via [INFO@SOLASIFESTIVAL.COM](mailto:INFO@SOLASIFESTIVAL.COM)  
You can book on-site according to availability.

### Massage Therapy w/Sony Swayze, Nadiya Tsebro & Nicha Phongmani

EGP900 50 mins

A combination of traditional thai techniques, trager, and some energy healing to help relieve muscle pain and aids in general relaxation and stress relief.

### Intuitive Healing Massage w/Nadiya Tsebro

EGP900 50 mins

It works for deep muscle relaxation, as well as balancing lymphatic flow and blood flow in the body. It also addresses problem zones, chronic pains, and spine alignment, as well as releasing toxins.

### Lymphatic Drainage Massage w/Sony Swayze

EGP900 50 mins

The lymphatic system is not able to easily drain itself and can often become stagnant resulting in swellings, blockages and eventually illness. This massage applies pressure to the lymphatic pathways and encourages stagnant fluid back to the heart.

### Chi Nei Tsang (Abdominal Massage) w/Seba Khanna

EGP900 50 mins

Non-invasive but strong massage of the abdominal organs. It manipulates the body's energy enabling healing on a physical, mental, emotional and spiritual level.

### Traditional Chinese Medicine w/Rayhangul Yunus

EGP1200 50 mins

Ancient system of healing that uses a range of methods to bring the body and mind into balance and promote healing and general well being.

### Osho Tarot Reading w/Agni Tzvet

EGP900 50 mins

The cards of the Osho Transcendental Zen Tarot are designed to connect you with your true self and unveil your original face. The intuitive channel of the reader and the cards simply help you remember who you are and what you are here for.

## ✦ 1:1 HOLISTIC SESSIONS ✦

1:1 Holistic Sessions are pre-booked via [INFO@SOLASIFESTIVAL.COM](mailto:INFO@SOLASIFESTIVAL.COM)  
You can book on-site according to availability.

### Alignment Healing (Energy Healing) w/Nadiya Tsebro

EGP900 50 mins

Combines techniques such as Reiki, Intuitive Scanning and Divine Spine Alignment. This unique healing will help release negativity, initiate the body's self healing strength, purify chakras and boost overall wellbeing.

### Theta Healing (Energy Healing) w/Masha Lazareva

EGP900 50 mins

Meditative practice that unlocks the origin & root of the issue and gently replaces beliefs that do not serve you anymore with higher and better beliefs, feelings and sensations.

### Somatic Muscle Release w/Suzy Kussner

EGP900 50 mins

Slow, focused and gentle movements known as neuromuscular retraining. Helps teach the brain and muscles to move and relax properly.

### Breathe Easy (Sinus Care) w/Dr. Aradhana Ghyas

EGP1500 60 mins

Helps in removing the mucus clogs, stimulating the brain cells and clearing the nasal passage and sinus cavity, alleviating neck problems, and migraines. It is also highly effective in treating sinusitis and chronic cold.

### Energy Balance Foot Therapy w/Dr. Aradhana Ghyas

EGP1500 60 mins

Energy Balance Foot Therapy w/Dr. Aradhana Ghyas  
Treatment improves blood circulation & assists lymphatic drainage. Used over Marma points, which are the points where tissues meet areas of life force. Wrapped with Energetic shamanic rituals.

### Shamanic Cleanse Ritual w/Dr. Aradhana Ghyas

EGP1500 60 mins

Customized treatment uses eastern and western techniques combining shamanic rituals. A combination of mindful touch therapy and traditional balance massage. Effective for relieving pain spasm, stiffness and muscular tension.

## ✦ 1:1 HOLISTIC SESSIONS ✦

1:1 Holistic Sessions are pre-booked via [INFO@SOLASIFESTIVAL.COM](mailto:INFO@SOLASIFESTIVAL.COM)  
You can book on-site according to availability.

### Wet Pack Therapy with Crystal Therapy (Women Only)

w/Dr. Aradhana Ghyas

EGP1500 60 mins

A powerful way to detox the body, increasing blood circulation and removing the toxins accumulated in the depth of our organs and colon. Helps in weight loss, energy level & immunity level.

### Sound Journey Reiki w/Dr. Aradhana Ghyas

EGP1500 60 mins

With the accumulated emotion and tensions in our lives emerges a strong need to find a place of relaxation, to let go and release. Includes Tibetan sound work, reiki with aura cleansing and strengthening.

### Face Sculptural Lifting Massage w/Dr. Aradhana Ghyas

EGP1500 60 mins

You will experience a remarkable lifting without any surgeries or injections. It's a profound combination of East Asian concept and traditional therapy massage techniques. Helps release the energy blocked in the facial, head and neck muscles. Repairs facial tissues and reduces the impact of aging.

### Kobido Massage - Facial Detox Therapy w/Dr. Aradhana Ghyas

EGP1500 60 mins

Japanese facial technique. It is in the face that emotion resides. With the fluid, deep alternating touch of this facial treatment, those pent up emotions are released. It's a therapeutic facial. Repair tissues and reduce the impact of aging. The impact increases with the energy radiated by the crystal.

### Unearth The Transformative Power of True Self-Love w/Tamer El Sharaky

EGP900 50 mins

This session is designed for anyone who desires to cultivate a deeper connection with themselves and ultimately learn to "Treat Yourself" in a more meaningful and fulfilling way.

#### Key Learnings:

- Explore the essence of authentic self-love
- Embrace your true self without judgment
- Discover holistic practices for nurturing your mind, body, and soul
- Cultivate a foundation for lasting self-care habits
- Achieve a state of inner balance and fulfillment

## ✦ 1:1 HOLISTIC SESSIONS ✦

1:1 Holistic Sessions are pre-booked via [INFO@SOLASIFESTIVAL.COM](mailto:INFO@SOLASIFESTIVAL.COM)

You can book on-site according to availability.

### Eating For Energy w/Tamer El Sharaky

EGP900 50 mins

This session is designed for anyone seeking to break free from the vicious cycle of fatigue and tap into a wellspring of boundless energy. If you're tired of feeling drained and long for a life filled with strength, this session is for you.

#### Key Learnings:

- Explore the connection between your diet and energy levels.
- Discover simple and effective dietary tweaks for sustained energy.
- Learn strategies to combat fatigue and boost overall vitality.
- Gain insights into the profound impact of nutrition on your daily life.

### Happiness 101 w/Tamer El Sharaky

EGP900 50 mins

We'll unravel the secrets to well-being and shed light on how stress impacts our daily choices, from what we eat to our overall life satisfaction. Through transformative mindset shifts and practical adjustments to your lifestyle and diet, you'll effortlessly elevate your health and happiness. Gain insight into essential tools for achieving balance and experience greater fulfillment, improved health, success, and a deeper sense of meaning in life.

#### Key Learnings:

- Explore the art of biohacking your happiness hormones for a happier and more fulfilling life.
- Uncover the impact of stress on daily life and well-being.
- Implement mindset shifts and lifestyle adjustments for enhanced happiness.
- Discover practical dietary changes that promote overall health.

### One on One Sound Therapy w/Tereza Dos Santos

EGP900 50 mins

Personally tailored to your needs, this session is traditionally practiced on Crystal & Tibetan singing bowls, the Gong, and other sound healing instruments. Their 'immersive frequencies are designed to stimulate your alpha and theta brain waves and balance the hemispheres of your brain, which promotes deep rest and relaxation and regulates your nervous system, allowing what wants to be healed to surface and shifts to take place.

Depending on your needs, this session may also incorporate Reiki and/or Breathwork.