

Join Us On This Trip Of A Lifetime!



Highlights

Visits to:

Museum in Cairo,
The Sphinx,
The Temples of:
Karnak,
Dendera,
Edfu,
Kom Ombu,
Isis Temple at Aswan,
Valley of the Kings and Queens,
The Colossi of Memnon,
Luxor.

Luxurious Nile Cruise,
5 Star Accommodation,
Meditations,
Healing,
Body Harmony,
Psychic Development,
Private visit to The Great Pyramid for
Full Moon Meditation.

All accommodation and transport within
Egypt included, plus most meals.

Five-Star Mena House Hotel, next to the Pyramids,
provides the opportunity to ground and embody
the previous days' spiritual experiences for
practical use in our every day lives.

There will be time to relax, and take time for
yourself, to enjoy the beauty of the Nile and to
experience the culture of present-day Egypt.
A truly magical, nurturing journey!



The journey will
be led by Anne
Hassett, Julie Cook
and Susy Joy,
each with unique
yet complementary
skills. The combined
energy of these

three wise women, along with the powerful,
ancient and sacred pulse of Egypt, will create
an environment in which the most profound
transformation and healing can occur.

Our tour manager is Medhat Ahmed, director of
Abba Travel, with 22 years worth of experience
of organising spiritual tours in Egypt. His deep
love of the country, his extensive knowledge and
his attention to every last detail will assure your
complete comfort and
luxurious enjoyment of this
magical, mystical trip.

We will also be
accompanied by
Dr. Mourad Nasr, a
renowned Egyptologist,
who will be on hand to give
us historical, esoteric and
spiritual information about
the temples and sites.



Registration Information

Dates: 14th-29th April 2010

Tour Includes:

- 7 nights of 5 Star accommodation in the sumptuous Mena House Hotel. www.oberoimenahouse.com
 - 7 night luxury cruise down the Nile aboard the luxurious Sonesta Sun Goddess. www.sonesta.com/Nilecruises
 - Private entrance to the Great Pyramid at the Full Moon.
 - Facilitation by Three Wise Women.
 - All transport within Egypt, International flights not included.
- For the full itinerary please see:
www.abbatravel.co.uk

Investment £3,250

Non-refundable deposit of £500

Balance payable by 15th January 2010

All monies payable to ABBA Travel by PayPal, Visa, Mastercard or Cheque.

EARLY BOOKING IS ESSENTIAL
TO GUARANTEE YOUR PLACE.

www.abbatravel.co.uk

Office 01736 796298 Mobile 07732999369

Body Wisdom Spirit Sense

A Visionary Power Quest
In The Ancient Magical Land Of

Egypt

April 14th-29th 2010

with

Anne Hassett, Julie Cook and Susy Joy

www.abbatravel.co.uk



Our trip commences on the New Moon in Aries, inspiring creativity, vital energy and new beginnings – an ideal time to set the intentions of abundance, connection and manifestation.

It completes, with private entrance to the Great Pyramid, on the Full Moon in Libra, which facilitates loving harmony, balance and freedom, empowering the physical manifestation of our dreams.

When you clear your limiting beliefs your vibration shifts radically and you are freed from the lower frequency energies and constrictive states those beliefs and their corresponding thoughts and feelings generate. The whole purpose of our journey is to do just that, thereby clearing the way for a life lived with intention, joy, and fulfillment.

After two days exploring the wonders of Cairo, we will spend a week luxuriously cruising down the Nile, visiting the many powerful, ancient and beautiful temples on its banks. During the two weeks there will be group meditations, opportunities to share and Body Harmony sessions to access the wisdom of our bodies, and to release physically-anchored conditioning that is in the way of us creating a life that we love. We will also have sessions of psychic development, spiritual guidance and dreamwork, all of which will be designed to help each participant in realising their full potential. Our final four days at the sumptuous



Susy Joy has 33 years experience of working spiritually in the Human Potential Movement. She has a background that includes Siddha Yoga, Rebirthing, Counselling, Energy Medicine and Parenting. Working with Body Harmony, she helps people access their essential nature, their unique gifts and their joie-de-vivre. Her energy is clear, bright and loving, and creates a space of total safety in which her clients empower and transform their experience of life. Susy is an International Body Harmony teacher and practitioner, based in Glastonbury, U.K.



www.susyjoy.co.uk

Julie Cook is an internationally acclaimed Psychic, Medium, Rebirther, Reiki Master, Poet and Broadcaster. With over 20 years experience, using her unique abilities and gifts, Julie has guided and empowered her many clients towards achieving their innate potential and realising their true path in life. Julie inspires, uplifts and encourages through her clarity, insight and presence.



www.ravenstarreadings.com

Anne Hassett, also known as Acushla, is a renowned International Psychic. She is also a Reiki Master, Teacher, Healer, Angel Advocate, Author and Broadcaster. She has 29 years of professional experience as a Psychic and has helped people from all over the world and from all walks of life. Anne's warmth, love and humour has a way of healing the human heart.



www.acushlasangels.com