



A PERSONAL INVITATION TO KEYS OF LIGHT: A PILGRIMAGE THROUGH KEMET

OCTOBER 12–26, 2025 | EGYPT

A 14-day Sacred Journey
For those ready to walk the path of embodied remembrance

ENVISION...

A sacred journey through the living temples of Kemet~where stone holds memory and light speaks through silence.
A two-week pilgrimage across Nile waters, desert sands, and temple thresholds, designed to awaken your cellular memory, ignite your soul gifts, and reconnect you with the sacred technologies of your origin.

Held in the energetic spine of Ancient Egypt, this curated initiation activates the codes of remembrance within your body, your voice, your heart.

With trips to temples, sacred sites, immersive ceremony, deep rest, and community ~this is not a tour.

This is a return.

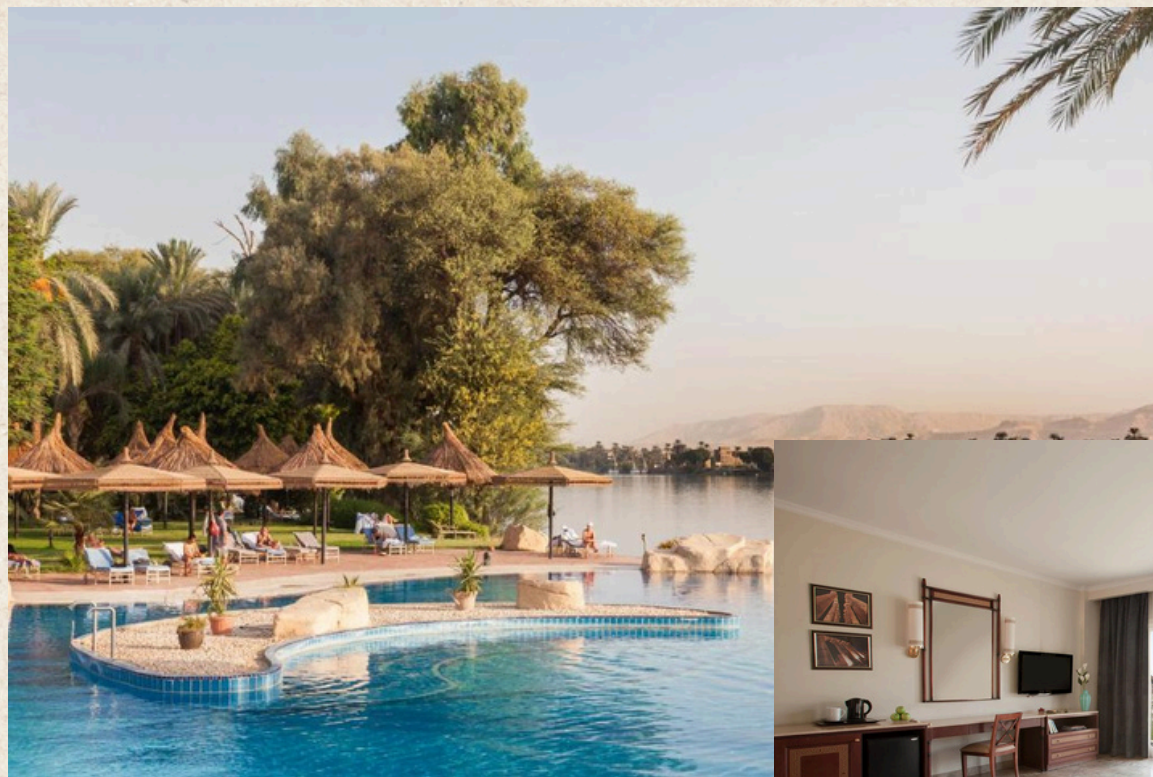
A reconnection to the divine rhythm you came here to embody.

And after the last light sets on the Nile, your integration continues with guided support~so the keys received become lived wisdom.

OPULENT STAYS: AN IMMERSIVE LUXURY EXPERIENCE

Four Seasons Nile Plaza, Cairo

We begin at the iconic Four Seasons Nile Plaza, where modern luxury meets ancient energy. Overlooking the timeless flow of the Nile, this space welcomes you to arrive, decompress, and receive the opening frequencies of the pilgrimage.



Jolie Ville Kings Island Resort, Luxor

In Luxor, we retreat to the serene gardens of Jolie Ville Kings Island Resort, nestled on a private island in the Nile. Here, surrounded by palm trees and bird song, you rest between temple visits and tune into the rich pulse of Thebes.

Private Dahabiya Nile Cruise

For our sacred sailing southward, we board a brand~new luxury Dahabiya, an elegant wooden vessel built for slow, silent travel along the river. With only our group onboard, this becomes a floating temple~where rituals, meals, and rest unfold to the rhythm of the Nile.



Blue Lotus Eco Lodge, Aswan

Nestled in the serene waters of the Nile on HESSIA Island, the Blue Lotus Eco Lodge offers a tranquil retreat surrounded by pristine nature. The water here is crystal~clear and safe for swimming, providing an extraordinary opportunity to connect with the river's sacred flow. Aswan's natural beauty enhances the experience, allowing you to fully immerse in its healing energies. The eco-lodge offers luxurious yet sustainable accommodations, ensuring your stay is as comfortable as it is transformative. Relax by the river, rejuvenate in the fresh air, and feel the sacredness of this extraordinary space.

FOOD & NOURISHMENT: A SACRED JOURNEY FOR BODY & SOUL

The culinary experience during the retreat blends ancient Egyptian traditions with the comfort of modern resort dining, providing you with a range of meals that cater to both your spirit and your body's needs. Some meals will be plant-based, reflecting the cleansing and revitalising energy of the sacred spaces we visit, while others will reflect the luxury of the resorts and venues, offering a mix of traditional and international flavours to support the diverse needs of our group.

- **Locally Sourced Ingredients:** We prioritize fresh, organic produce from Egypt and its surrounding regions, grounding you in the local abundance of the land.
- **Holistic Approach to Food:** Each dish is thoughtfully crafted to nourish and support your transformation, offering balance and vitality to enhance your journey.
- **Cultural Integration:** Experience the flavors of Egypt with fresh herbs, grains, legumes, fruits, and spices. Each meal offers a connection to the ancient culinary practices of the land, while resort meals will incorporate a fusion of global influences for comfort and variety.
- **Mindful Eating:** In alignment with our practices, we invite you to savor each bite, seeing your food as a sacred gift that nourishes both body and soul, fostering a deep connection with the land and your journey.

SACRED JOURNEY ITINERARY

MAPPING YOUR PILGRIMAGE THROUGH KEMET

Each day of this pilgrimage is a step into the heart of Egypt's ancient wisdom, a chance to align your being with the energies of the land, and an opportunity for deep personal transformation. From the towering pyramids of Giza to the quiet flow of the Nile, every moment of this journey has been intentionally crafted to guide you through the sacred sites, activating your inner light and revealing your cosmic design.

As you move through this pilgrimage, you will be held in both the stillness and the vibrancy of the land, each sacred temple and ceremonial space enhancing your growth. With every sunrise, new insights will unfold~ honoring the rhythms of ancient Egypt while supporting your personal transformation.

This is not just a tour of historical landmarks, but a sacred voyage into the depths of your soul, guided by the energies of the land and the teachings of the ancients.

CAIRO

Day 1 – October 12 | Arrival in Cairo

- Individual arrivals throughout the day at Cairo International Airport
- Private airport transfer to Four Seasons Nile Plaza
- Hotel check-in from 15:00
- Rest, freshen up, unwind at your own pace
- 19:00 – Welcome dinner and soft opening circle
- Overnight in Cairo

Day 2 – October 13 | Keys of the Ancients: Full Cairo Immersion

- 07:30 – Breakfast at hotel
- 08:30 – Depart hotel for a full day
- 09:00–12:30 – The Great Pyramid and The Great Sphinx
- 13:00 – Scenic lunch at 9 Pyramids Lounge
- 14:30–17:00 – Ancient necropolis of Saqqara, Step Pyramid of Djoser and tombs of Teti and Mereruka
- 17:30 – Return to hotel for rest and integration
- 19:30 – Dinner at hotel
- Overnight in Cairo

Day 3 – October 14 | Integration, Beauty & Cairo Bazaar

- Morning – Sleep in, slow breakfast, enjoy hotel/pool/rest
- 12:00–14:00 – Optional journaling, integration circle
- 16:00 – Depart for a gentle visit to the Khan El-Khalili Bazaar – soak in textures, colors, scents
- 18:30 – Group dinner at a specially selected off-site restaurant in Old Cairo
- 20:30 – Return to hotel for evening rest
- Overnight in Cairo

LUXOR

Day 4 – October 15 | Fly to Luxor | Karnak & Luxor Temples

- 05:30 – Early checkout and airport transfer
- 08:00 – Flight to Luxor
- 09:00 – Arrival in Luxor, private transfer to Jolie Ville Kings Island Resort
- 10:00 – Light refreshments at the hotel
- 14:00 – Check-in and room access
- 13:00 – Lunch at the resort (before official check-in)
- 15:30 – Visit Karnak Temple and Sekhmet Sanctuary
- 17:30 – Sunset walk along the Avenue of Sphinxes to Luxor Temple
- 19:30 – Dinner at a local restaurant in East Bank
- Overnight in Luxor

Day 5 – October 16 | West Bank: Valley of Kings & Hatshepsut

- 07:00 – Breakfast
- 08:00 – Depart for West Bank
- 08:30–12:30 – Visit Valley of the Kings (including 3 tombs), optional access to Seti I or Tutankhamun
- 13:00 – Local lunch in a garden café
- 14:30 – Visit Hatshepsut's Mortuary Temple
- 16:00 – Return to hotel for rest
- 19:00 – Dinner and personal time
- Overnight in Luxor

Day 6 – October 17 | Road Pilgrimage: Abydos & Dendera

- 06:00 – Depart hotel with light packed breakfast
- 10:00 – Arrive at Abydos: Temple of Seti I and the Osireion
- 12:30 – Lunch at House of Life
- 14:00 – Continue to Dendera (1.5-hour drive)
- 15:30 – Visit Dendera Temple of Hathor: star calendar, zodiac ceiling, crypts
- 17:30 – Return drive to Luxor (2.5–3 hours)
- 20:30 – Light dinner or room service
- Overnight in Luxor

NILE CRUISE

Day 7 – October 18 | Embark Nile Boat & Begin Southward Sail

- 08:00 – Breakfast and hotel checkout
- 10:00 – Board private Dahabiya or luxury cruiser
- 11:00 – Opening ceremony on the Nile
- 12:30 – Begin sailing south toward Edfu
- 13:30 – Lunch onboard
- Afternoon rest, circle, or silent deck time
- 19:00 – Dinner onboard
- Overnight on the Nile

Day 8 – October 19 | Edfu Temple

- 08:00 – Breakfast onboard
- 09:00 – Visit Temple of Horus in Edfu: ceremony of power and solar alignment
- 12:00 – Return to boat
- 13:00 – Lunch as we continue sailing
- 15:00 – Free time for rest, integration, or journaling
- 19:00 – Dinner onboard
- Overnight on the Nile

Day 9 – October 20 | Kom Ombo: Sobek & Horus the Elder

- 08:00 – Breakfast
- 09:00 – Visit dual temple of Kom Ombo: sacred balance of chaos and order
- Optional water ritual at the river's edge
- 12:30 – Lunch onboard as we sail onward
- Afternoon rest or group dialogue
- 19:00 – Dinner onboard
- Overnight on the Nile

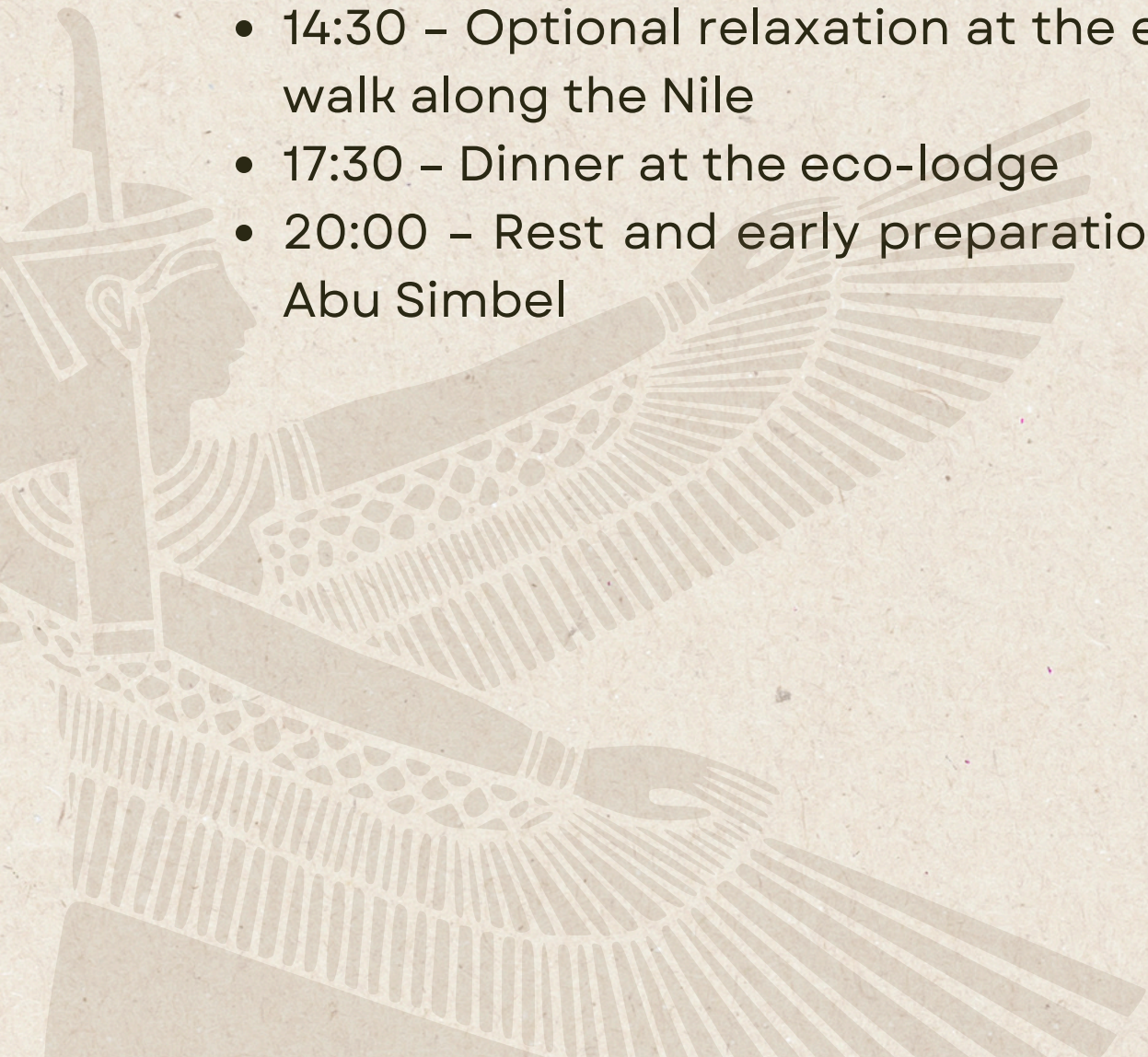
ASWAN

Day 10 – October 21 | Arrive in Aswan | Journey to Abu Simbel

- 12:00 – Arrival in Aswan, check-in at the eco-lodge
- 13:00 – Light lunch and time to settle in
- 14:30 – Optional relaxation at the eco-lodge or a short walk along the Nile
- 17:30 – Dinner at the eco-lodge
- 20:00 – Rest and early preparation for the journey to Abu Simbel

Day 11 – October 22 | Abu Simbel Solar Alignment

- 01:00 – Departure from the eco-lodge to Abu Simbel (private transport, overnight drive)
- 04:30 – Arrival at Abu Simbel Temple
- 05:30 – Sunrise Solar Activation at Abu Simbel – alignment of light into the inner sanctuary
- 06:30 – Ceremony and reflection with Ra-Horakhty, Ramses II, and Amun
- 08:00 – Explore the temples and surroundings
- 10:00 – Lunch in Abu Simbel
- 12:00 – Return journey to Aswan
- 15:00 – Arrival back in Aswan, check-in and rest at the eco-lodge
- 16:00 – Relaxation time at the eco-lodge
- 17:30 – Optional group reflection or personal integration time
- 19:00 – Dinner at the eco-lodge
- Overnight in Aswan



Day 12 – October 23 | Integration & Sunset Ceremony

- Morning free for sleep, journaling, or healing sessions
- 13:00 – Group sharing or guided integration circle
- 16:30 – Sunset Nile Ceremony: closing of the solar journey
- 19:00 – Dinner on the Nile or quiet evening
- Overnight in Aswan

Day 13 – October 24 | Philae Temple of Isis

- 07:30 – Light breakfast
- 08:30 – Boat to Philae Island
- 09:00–11:00 – Visit Temple of Isis: feminine temple gate, optional sound activation
- 12:30 – Return to Aswan and lunch
- Afternoon rest or one-on-one sessions
- 19:00 – Dinner and open night
- Overnight in Aswan

Day 14 – October 25 | Elephantine Island, Shallal Island & the Acacia Tree Blessing

- 08:00 – Breakfast at the eco-lodge
- 09:00 – Depart by boat to Elephantine Island
- 09:30 – Visit the ancient Nilometer, explore ruins of the Temple of Khnum
- 11:00 – Cross to Shallal Island for sacred encounter with the Acacia Tree, tied to resurrection and rebirth in Egyptian mythology
- 12:30 – Nubian cultural immersion and home-cooked lunch in a local Nubian home
- 14:30 – Optional river swim or sacred river clay blessing
- 16:00 – Return to the eco-lodge in Aswan
- 17:00 – Final evening integration circle by the Nile
- 19:00 – Farewell dinner and closing circle under the stars
- Overnight in Aswan

Day 15 – October 26 | Departure Day

- Early breakfast and airport transfers begin
- Flights depart from Aswan International Airport
- Depart nourished, transformed, and initiated

YOUR COMPASS AND COMPANIONS

Managing weaver, retreat creator and spiritual economics teacher

Blending ancient wisdom with modern mastery, Anahita creates soul-led journeys for those ready to evolve. Through sacred embodiment, ritual technologies, and transformational coaching, she invites deeper purpose, aligned prosperity, and embodied leadership.



ANAHITA WANTHI

KEITH MITCHELL



From paralysis to purpose, Keith's journey is a living testimony of embodied resilience.

A former NFL All-Pro turned mindfulness guide, he now leads global programs in yoga, breathwork, trauma healing, and self-mastery. With grounded presence and visionary leadership, Keith empowers others to rise, restore, and reclaim their inner authority.

YOUR INVESTMENT

Shared Journey

This pilgrimage is designed for shared accommodation. Whether you're coming with a close friend or partner – or arriving solo with an open heart – you'll be paired in a comfortable twin room with another participant.

We've found that shared spaces often foster the most beautiful connections, quiet support, and reflective companionship throughout the journey.

Investment Price: \$5250

Pay-in-Full Discount: \$5000 (Save \$250)

Or reserve your place with a 25%

Deposit: \$1312 (Deposits are non refundable)

What's Included

- 5-star & boutique accommodations (as per your package)
- All meals: breakfast, lunch, dinner + water and select drinks
- All transfers, domestic travel, entrance fees & permits
- Expert guided visits with an Egyptologist
- Sacred site access & immersive cultural experiences
- Integration support throughout the journey

Not Included

- International flights to/from Egypt
- Entry visa to Egypt
- Tips for guides, drivers, hotel staff
- Extra nights outside of the retreat window
- Personal spending



REGISTRATION & CONTACT

This is more than a retreat – it's a sacred pilgrimage.

If you feel the call to join us, trust that whisper. Every step of this journey is held with devotion, clarity, and care.

How to Register:

1. Complete Your Registration Form
2. Let us know your intentions, preferences, and accommodation choice.
3. Choose Your Payment Option
4. You may pay in full to receive a special discount, or reserve your place with a 50% deposit. Payment details will be provided upon registration.
5. Once registered, you'll receive a confirmation email with next steps, travel guidance, and preparation materials to support your journey.

Spaces are limited and this pilgrimage will be an intimate container – early registration is encouraged.

Questions or Special Requests?

We're here to guide you with clarity and heart.

For questions, private room options, travel assistance, or to schedule a discovery call, please reach out directly:

Email: samyawellnesslifestyle@gmail.com

Website: www.anahitawanthi.com



KEYS OF LIGHT: TERMS & CONDITIONS

By registering for Keys of Light: A Pilgrimage Through Kemet (October 12–26, 2025), you agree to the following terms:

1. Payment & Deposits

A 25% deposit is required to secure your space.

Remaining balance must be paid no later than 12th September 2025, unless you opt for the pay-in-full discount.

Payment plans are available upon request, but must be completed by the same date.

2. Refund Policy

50% of the deposit is refundable up until 1st August, 2025.

After 1st September 2025, no refunds will be issued, including in cases of personal schedule changes, illness, or travel complications.

If you cancel and we are able to fill your spot, a partial refund (minus administrative fees) may be considered at our discretion.

If we must cancel the retreat due to unforeseen circumstances (such as political unrest or travel restrictions in Egypt), you will receive a full refund or credit toward a future offering.

3. Travel & Insurance

Flights to/from Egypt are not included.

You are responsible for securing your own international and domestic flights.

Travel insurance is required for all participants, including coverage for medical care, trip cancellations, and lost baggage.

We recommend booking flexible or refundable airfare.

4. Health & Safety

You are responsible for consulting your doctor regarding vaccinations, medications, and your physical ability to travel and participate.

Any health conditions, injuries, or dietary needs must be disclosed in the registration form.

5. Participation

This is a sacred pilgrimage and immersive experience. By joining, you agree to participate in the group field with respect, presence, and care for others.

We reserve the right to remove anyone from the retreat who engages in disruptive or harmful behavior, without refund.

6. Photography & Media

We may capture moments through photography and video for future promotional purposes.

If you prefer not to be included in media, please let us know in writing prior to the retreat.