



SAILING
SPRING
2025



YOGA SAILING & DOLPHINS



EXPEDITION LEADER

Ingrid BOTT

Master SKI/YOGA Instructor

Experience the magic of the Red Sea on a unique retreat that blends yoga, sailing, and dolphin encounters. Join us for a journey that will rejuvenate your spirit and leave you with memories to last a lifetime.

APRIL 6TH TO 12TH, 2025

RESERVE YOUR SPOT TODAY:

WhatsApp: +33 (0)6 79 64 17 30

OUR WORLD, TOUCHED BY YOUR HANDS, SEEN BY YOUR EYES.



**LET'S JOIN TOGETHER
AND EXPLORE.**

Discover new skills, both physical and mental, while immersing yourself in nature's beauty. Find a deeper connection with yourself and the world around you through a perfect blend of adventure and mindfulness.



SAIL

Set sail through the stunning islands of the Red Sea, where each destination offers a unique blend of natural beauty and adventure. Discover hidden coves, untouched beaches, and vibrant marine life as you explore this unspoiled paradise.



YOGA

Experience the perfect blend of energy and relaxation as you practice Vinyasa and Yin yoga on the pristine islands of the Red Sea. Surrounded by the tranquility of untouched nature, you'll find the ideal setting to deepen your practice and rejuvenate your spirit.



OCEAN

Dive into the clear, turquoise waters of the Red Sea and experience the thrill of swimming alongside playful pods of dolphins in their natural habitat. This unforgettable encounter with these majestic creatures is a once-in-a-lifetime adventure that will leave you in awe.

INGRIDBOTT

FOR MORE INFO, VISIT ingridbott.com

