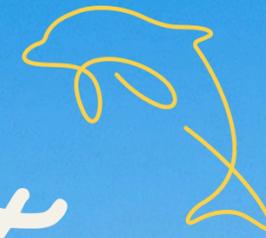


Book Now's

The key to your light



DOLPHINS RETREATS

May 30 to June 06 2026

October 24 to 31 2026

SATAYA, NATIONAL PARC, RED SEA, EGYPT



LIGHT UP AGAIN



“A week in Egypt under the stars. With (re)connection to yourself, to others, to love and gratitude. In the middle of the peaceful Red Sea with the magical dolphins. »



Our retreats concepts

Mother & Teens retreat:

For women who want to reconnect with themselves and/or strengthen their ties with their teenager*, mom, godchild, niece or nephew, and live 100% in love with themselves and each other. It's a journey open to women with or without their child(ren).

*For ages 10 and up

Family & solo parents retreat:

For solo mothers, solo fathers & families who want to reconnect with themselves and/or strengthen their ties within the family and live 100% in love with themselves and each other.

New Year, New YOU!

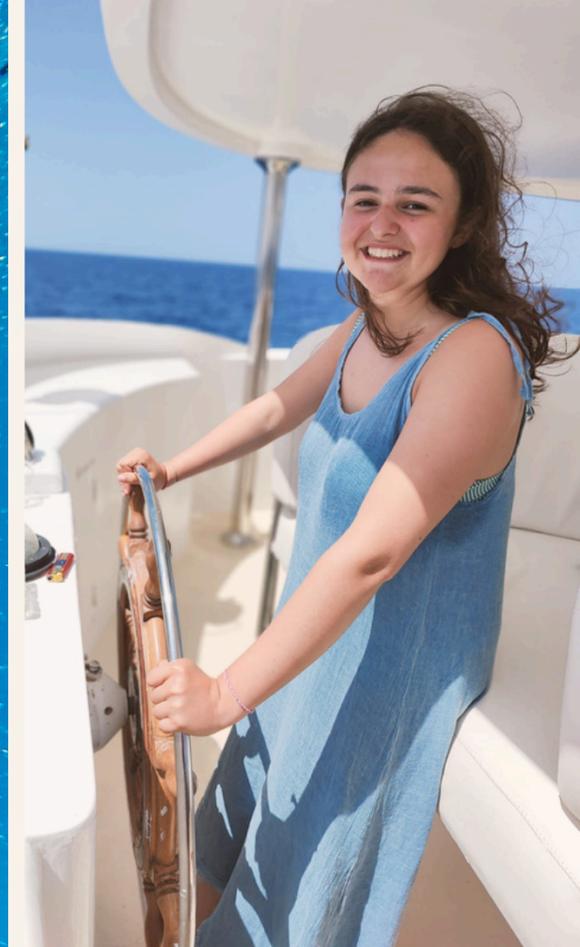
For all who want to reconnect with themselves and live 100% in love with themselves and each other. Specific workshop will be hold



LIGHT UP AGAIN

Why a teen mom retreat?

Because life is now. Because as a child, you would like to spend more precious moments with your mother and share them with her in a magical place. Because as a mother, you have so much love to give to your child and to yourself. Because you are grateful to have the chance to be a mom. Because your daily life as a mother does not always allow you to fully enjoy your children, because time flies, because they grow up so quickly, because the bond is not always easy to maintain with teenagers or because they are grown up and don't have much time to devote to you anymore. **It's time to cherish this love and fully experience magical and unforgettable moments together.**

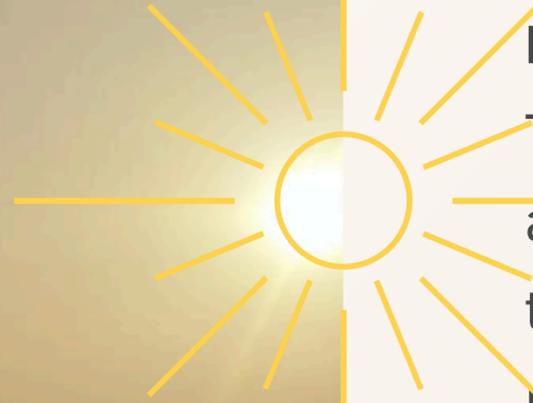


LIGHT UP AGAIN



..... Dolphin & Yoga retreat - Sataya Egypt

Rediscover your childlike spirit...



Because life is so beautiful through the eyes of a child. Throughout the week, we learn from the playful dolphins and the spontaneity of our children, and rediscover the joy that's been with us since childhood, but which we tend to put aside as adults. On the boat, life becomes a game again, and every opportunity is good to enjoy and laugh.

A week of self-care in total connection with nature and others. Connection also means disconnection from the net! There is little or no cell phone reception in Sataya Bay. In other words, it's a chance to really be on vacation, disconnected from our phones and back to what IS! It's impossible to get bored. The days fly by, and by nightfall, we're left wanting more!

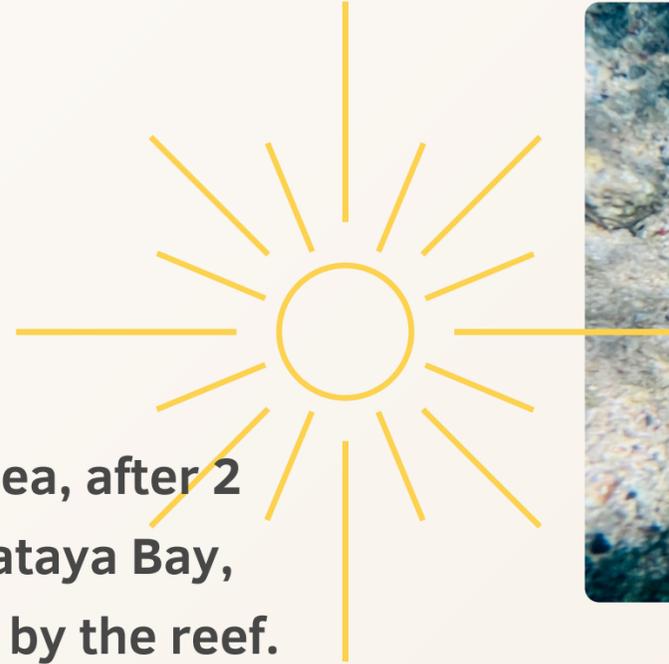


LIGHT UP AGAIN

The Red Sea and Sataya Bay.

In the middle of the Red Sea, after 2 hours' sailing, we enter Sataya Bay, protected from the waves by the reef.

A heart-shaped coral reef. A magical place where time stands still and love is amplified. The energy is powerful and joy fills our hearts instantly. The boat moors in this bay, where the coral is alive and colorful, and fish and dolphins swim and play around the boat. A few meters from the boat, accessible by swimming, the corals and fish of the Red Sea await you.



One day during the week, the captain will take you to an area of the bay called '**Sataya Beach**' where the water is transparent, crystal-clear, turquoise and shallow. You can walk on it in some places. We'll take advantage of the opportunity to play water games, swim and take some wonderful group and family photos.

'A magical place where time stands still and love grows stronger.'



*"The dolphins.
"They show us that
everything is
possible if you have
love and joy".*



Play, joy and enjoyment. 3 words that define the energy that dolphins bring us. As well as unconditional love for ourselves and humanity. The dolphins come to Sataya in the morning after their nightly hunt to rest and play, where the sea is calm, transparent, warm and peaceful.

When the dolphins aren't around the boat, we join them in the zodiac to get the most out of them when they're in playful mode! Sometimes we see them sleeping and resting. We respect this and simply observe them in gratitude for this calm and peaceful moment.

It's a privilege to be invited to observe and take part in their joy, their games and their dance. **They are free, intelligent, wild and full of love.** Swimming with them and meeting them can be **a transforming experience.** They have an energy that takes away all stress and anxiety.





The boat

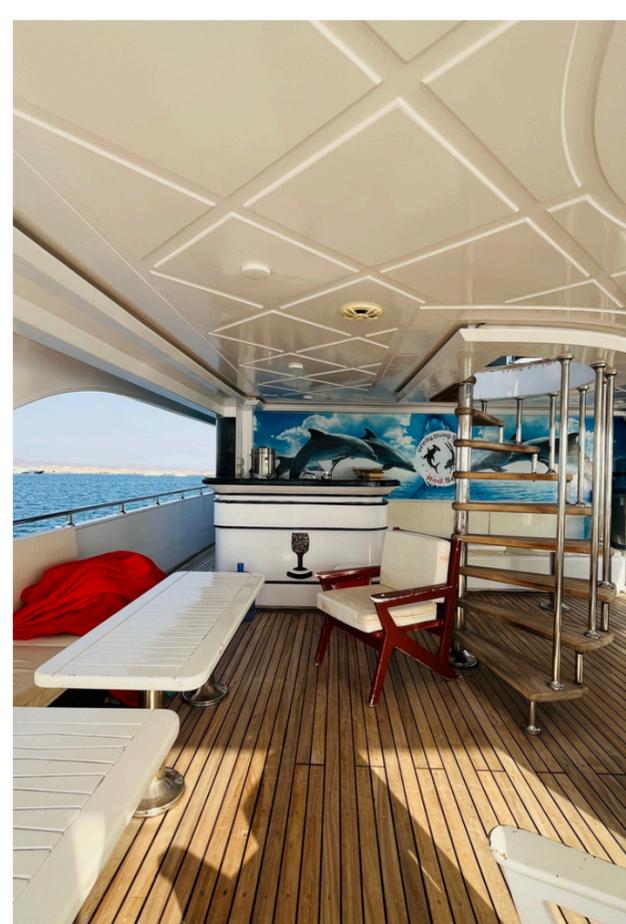
A week on a magnificent 32-metre private yacht, built in 2021, with all the amenities to make your stay fun, comfortable and relaxing. Group of Max 20 persons.

It has 10 cabins for 2 people (twin beds) with wardrobe, shower, washbasin, private toilet and air-co. Bed linen and towels included. 220v electricity (European plug)

6 lower cabins with portholes
4 upper deck cabins* with large windows
(*supplement of 100 euros/pers. Places limited.)



LIGHT UP AGAIN



A large saloon/restaurant with air-co, 1 covered lower deck with a bar, tables and benches, 1 open upper deck where you can enjoy the sun and admire the moon and starry sky in the evening and at night.

The crew is attentive throughout the week and at our service at all times. **The kitchen team prepares delicious, healthy meals. Smoothies and tasty snacks.** The seafaring staff are on hand to answer any questions and help us get fitted out and have the best possible experience at sea.



The activities

- *Swimming with free dolphins
- *Gentle stretching session
- *Sun salutation with music and dance
- *Workshop on connecting with yourself and others
- *Creative workshop
- *Yoga for women and teenagers
- *Dolphin connection seminar
- *Relaxation and rest
- *Meditation session
- *Yin yoga on the sun deck
- *Unforgettable encounters
- *Night under the stars



LIGHT UP AGAIN

A typical day



6 AM

Wake up gently and in complete freedom. For those who opt for a night under the stars, you can enjoy a meditative wake-up or yoga session with the sublime sunrise.



8 AM

Buffet breakfast, morning in the water to meet the dolphins, approach by swimming or with the zodiacs, visits to the reefs and their beautiful inhabitants.

Afterwards, relax, read on the shaded deck or sunbathe on the sun deck.



12 AM

Hearty buffet lunch. Afterwards, there's a nap time, board games, free activities, swimming, visits to the various sites, dolphin watching, etc. It all depends on your own pace, and it's very important to respect each other.

A typical day



4 PM

You'll enjoy a delicious snack!

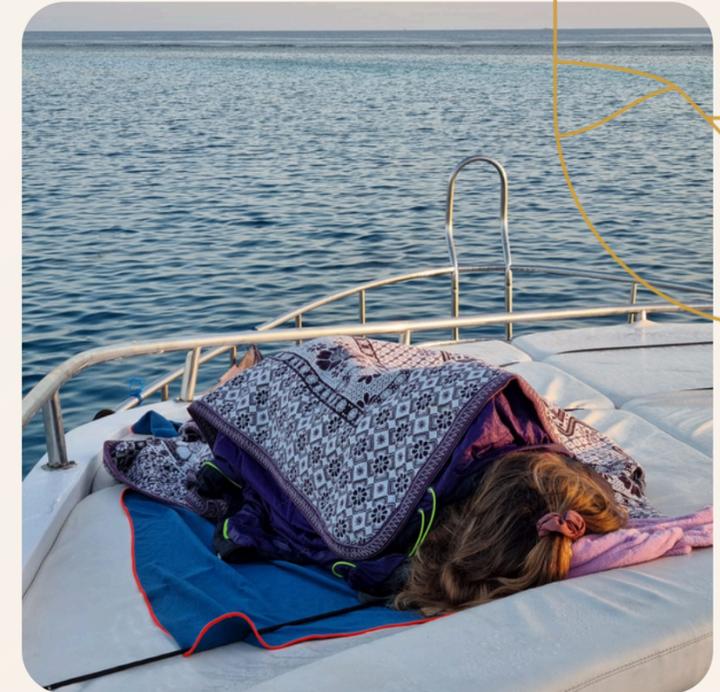
Then, as the sun slowly prepares to set, it's a good time to get together and take part in the activity on offer. Everyone can feel free to take part. There is no obligation other than to feel totally free to Be!



7:30 PM

The evening buffet will be served.

Then there will be time for sharing, games, music, and a well-deserved rest!

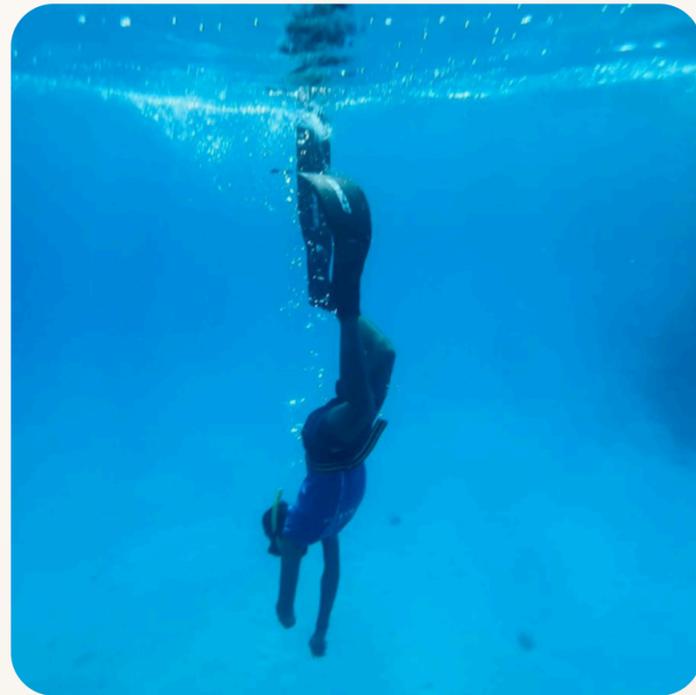


10 PM

We adapt spontaneously and very easily to the rhythm of the sun, moon and stars. **Some of us will want to sneak onto the upper deck after dark and try a night under the stars**, listening to the waves, the wind and the natural world around us.



Additional 'à la carte' activities*



Learn apnea (Free diving)

Learn to freedive*.

(*€110/person/level 1 introduction)

Learn to hold your breath and equalise underwater. Learn the basic techniques to swim at depth and make the most of Sataya's dolphins and underwater life.



Discover Scuba Diving

Take your first dive

(€40 per person)

Discover the joy of breathing underwater and discover the beauty and magic of the Sataya seabed. A few hours that will give you a scuba diving experience down to 12 metres. No certification is required.



PADI (Padi Scuba Diver)

Pass your PADI certification (Padi Scuba Diver) (*from 450€/person)

You'll be qualified to dive to 12 metres under the supervision of a professional. You will learn the theory by watching a video on the boat (on average 5 hours).

And what about safety?

The boat is equipped with all the necessary safety measures. The boat's captain and mechanic ensure that the week runs smoothly.

When we go out to sea, we have a 'dolphin guide' and a 'snorkelling guide' in the water with a buoy to assist us at all times.



LIGHT UP AGAIN



*"The magic of life is
within us."*

Who am I?

If you've discovered me, my name is Laurence.



I have a mission on this earth 🌍 to show that anything is possible by reinventing the codes of our societies and rekindling the inner flame that lies within each and every one of us. ❤️🔥

I'm an explorer, traveller, lover, coach, Ikigai coach, marketing expert, teacher and mum.

Why do I do this? So that you too can live the reason you're here on earth and live your dreams every day. Even the wildest ones ✨

How can I do this? Through my own experiences, my journeys that I share with you here. By joining me on my retreats and journeys in Egypt and elsewhere. In an Ikigai session with me to find YOUR life mission. 🌸✨

Come celebrate this life with me. For it is offered to us like a gift from heaven and is so beautiful when we learn to cherish every second that passes.

Prices



As soon as you set down your suitcases on the airport carpet, you're off for a week where you think of nothing but enjoying yourself. Reception at the airport, transport to the boat, zodiacs, meals, non-alcoholic drinks, snacks, lifeguards, smiling crews, supervision and entertainment, music and silence.... We've got it all covered!



**Details below.*

PRICE OF
STAY
7 NIGHTS/8
DAYS

(IN SHARED
DOUBLE
CABIN)



30 MAI
2026

24 OCTOBRE
2026

Adults	1699€*	1599€*
Youth from 10 to 14 ans	1499€	1399€
Supplement per person/week for upper deck cabin (6 places available - first come, first served)	100 €	100€

Prices

Includes:

- One week from Saturday to Saturday.
- Full board, soft drinks & snacks.
- Airport/boat/airport transfer.
- Port and marine fees.
- Board games.
- Entertainment.
- Reconnection workshops.
- Dolphin and snorkelling guide.

Not included: (per week and per person):

- Flight (to be arranged by you).
- Sataya access tax: €150 in cash.
- A tip for our wonderful min 80€, to be paid in cash.
- Entry visa for Egypt (valid for 1 month) to be paid on arrival at the airport (+-25 euros per person).

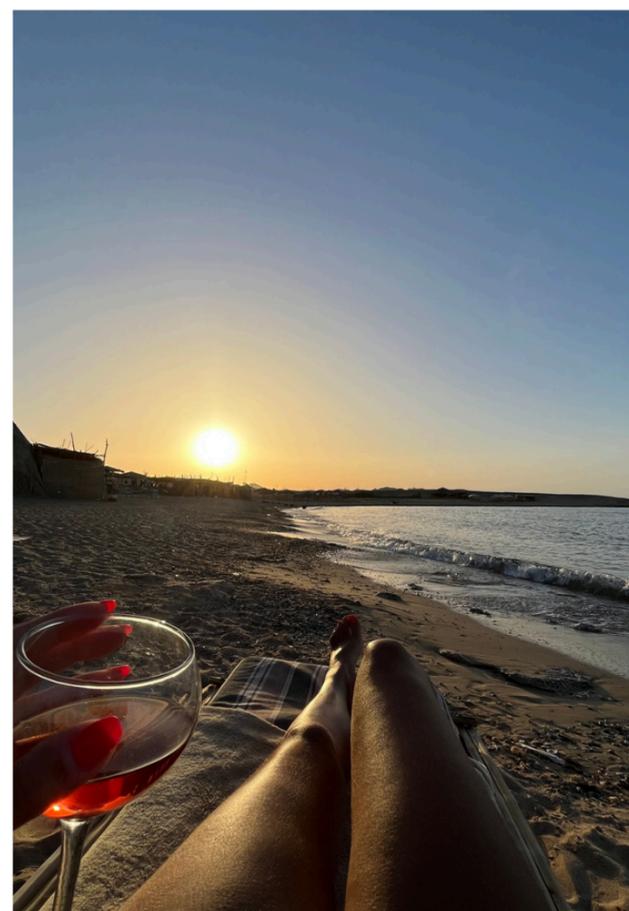
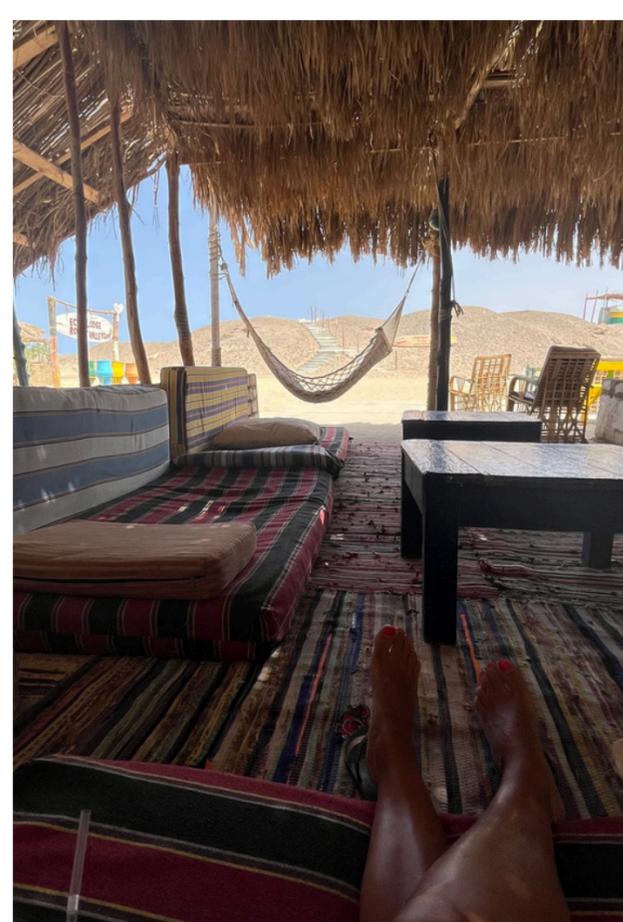
-
- Diving or snorkelling lessons (à la carte). Bring cash (Euros).
 - Alcohol (if desired, wine can be packed in your suitcase).
 - Snorkelling equipment (mask, snorkel and fins). Equipment can be hired for 42 euros/week/person).
 - Cash reserve: In addition to the above costs, you should also bring some money for drinks and snacks at airports and on land if necessary. Everything is paid for in Euros.

A smooth return?

Extend your stay with a night by the sea. Sleep in a hut, or a bungalow if you're less adventurous, in an "Eco Lodge" located in the oldest port town on the Red Sea, El Quseir. Shared showers.

80€/person in shared bungalow & bathrooms.

On the programme: sleep under the stars and listen to the sound of the waves, workshop on reconnecting with the earth and gratitude, campfire with meditation and soft music, aperitif on the beach, local meal with fresh fish like you've never tasted before, sharing and discussion with the locals, snorkelling, transfer to the airport the next day. Not to be missed!



..... Dolphin & Yoga retreat - Sataya Egypt

Plane tickets

Plane tickets are not included in the price, so you can extend your stay in Egypt if you wish. Once you have booked your place on the boat, reserve your tickets without delay. This will ensure that you have attractive timetables and prices!

If you'd like me to do this for you, just let me know and I'll send you a price quote.

If you can, **I suggest you arrive on Friday and enjoy a meal and a night in Hurghada before setting off for the port of Hamata the following day.** Then leave a day later, on Sunday, for a night by the sea and to stay on our little clouds for a while longer while putting your feet on the ground (programme on the previous page).



Check in

- TBC Saturday: Departure by shuttle from Hurghada to the port of Hamata where our boat is waiting. The shuttle will adapt to our flight times.
- Early evening Arrival on the boat. We get acquainted with the ship and our rooms. Welcome drink and briefing on life on board (typical times subject to change).



Check out

Check-out is on Saturday at around 10am. The shuttle will then take us to Marsa Alam or Hurghada (airports). Arrival in Marsa Alam around 1pm and arrival in Hurghada around 4pm.





..... Dolphin & Yoga retreat - Sataya Egypt

How to book?

All bookings must be made by email, stating the number of participants and their full names and ages, to **the following address:** authentictravelbylau@gmail.com

Once we've received the email, we'll send you all the information you need about the trip and payment of the deposit to reserve your spot!

If you've got the drive and you're interested in this week, don't delay. Places are limited! ✨





..... Dolphin & Yoga retreat - Sataya Egypt

*If you still have
questions?*

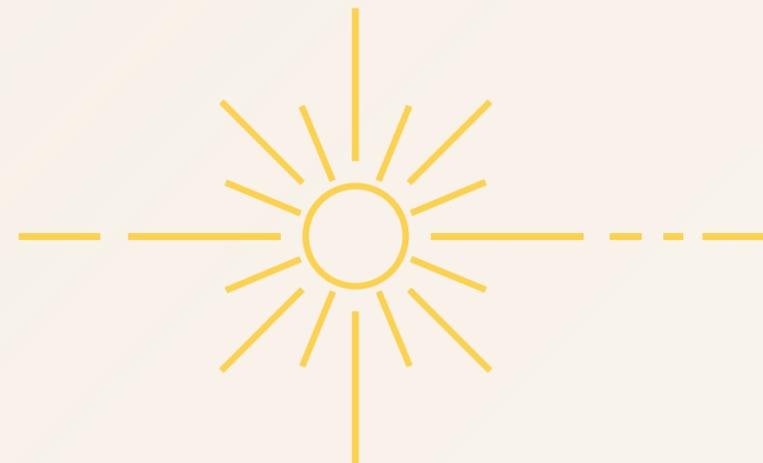
Contact us on



+32 479 48 25 49

or by e-mail:

@ authentictravelbylau@gmail.com



See you soon on board!

..... Dolphin & Yoga retreat - Sataya Egypt



Authentic travel by Law

LIGHT UP AGAIN