

Vision Quest in the Desert



Experience a unique and transformative journey in the Egyptian desert. During this desert journey, you'll be professionally guided through the adventures of your soul. The vast landscape and magical silence provide the foundation for your personal process. This brings you into deeper contact with yourself, clarifies what energizes you, and reveals what you

can let go of.

A Vision Quest can deepen your inner peace, be confronting, and inspire you.

It marks a significant milestone in your life—an experience that will stay with you for a long time.

The Egyptian Sahara, with its vast emptiness and overwhelming silence, has a magical effect on everyone who leaves their footprints in the sand. During this journey, you'll be invited to live in tune with your own natural rhythm and the rhythm of the desert. For millennia, the desert has been known as a place of reflection and connection with what truly matters.

Now, you have the opportunity to experience your own Vision Quest in the Egyptian desert with professional personal guidance and the loving support of the local Bedouins.

During this 10-day journey, including 6 full days and nights in the desert, we will guide your process. You'll spend 4 days and 4 nights alone (with support nearby) on your Vision Quest. Afterwards, there's time to integrate your experience and carry it into your life.

You'll connect deeply with the nature around you, the elements, and yourself.

You'll sleep beneath the magnificent starry sky.

In the days surrounding your individual Quest, you'll be offered in-depth practices such as meditation, visualization, and rituals.

You'll also receive detailed guidance and background on your Vision Quest—all with the aim of connecting you more deeply to yourself, your essence, and this unique landscape.

Return to Your Core

Focusing on your essence—that's what the desert effortlessly reveals. You will meet no one but nature, the Bedouins, and the group. Did you know that connecting to the purity of nature is the shortest path back to yourself?

This journey emphasizes your individual process, your inner leadership, and what unfolds

during your Vision Quest.

You'll also get to know desert life, guided by the local Bedouins.

Connecting with Nature



During this trip, you'll truly experience how the purity of nature and the silence of the desert naturally bring you back to yourself.

In the oasis, you'll stay in an eco-resort; in the desert, you'll sleep under the stars.

You'll enjoy freshly cooked meals over the campfire (on the non-fasting days), experience the vastness of the breathtaking landscape, and the warm hospitality of the local people.

There's no space for stress or obligations.

Professional support is always available. We'll also engage in group rituals, and if you wish, you can request additional personal coaching.

Above all, allow yourself to be surprised by whatever the desert reveals to you—it is our greatest teacher and mirror.

Follow Your Own Rhythm

During your Vision Quest, you'll follow your own rhythm in deep connection with nature.

We believe it's important that you can fully be yourself on this journey.

It's *your* journey! We invite you to follow your intuition and inner leadership.

This special Quest allows for deep immersion in the desert, Egypt, its people, and its natural world.

Experience days full of wonder and cool nights beneath the star-filled sky.

Guidance

An experienced and professional team of local Bedouins (desert guides, drivers, and cooks) will take care of logistics on site.

They are deeply connected to the desert and intuitively understand what's needed to live in harmony with nature.

They adjust the rhythm of the journey based on natural elements and the needs of the group.

Thanks to their support, we can fully focus on the moment and experience the Vision Quest in a safe and serene setting.



Usha and her husband **Ahmad** will lead the guidance, coaching, and organization of this trip.

Usha is trained in naturopathic therapy, shamanic healing, and nature coaching. She runs a practice in Belgium offering personal and team coaching in nature.

During a world trip in 2008, she fell in love with Egypt, the desert, and Ahmad, choosing to stay there for several years.

Now living with her family in Belgium, she frequently returns to their second home: Egypt. She feels most alive in the Bahariya Oasis or meditating on a crystal-filled rock in the desert. She has personally experienced the depth of Vision Quests—both in Europe and the Egyptian desert—and speaks conversational Arabic.

She is well-acquainted with local customs and traditions.



Ahmad grew up in the Bahariya Oasis in a Bedouin family.

He is intimately familiar with the simplicity of desert life.

Over the years, he has worked as a guide and hotel manager in the tourism sector.

He earned a degree in social work in Cairo and currently works as a residential coach in Belgium.

Ahmad has lived in Belgium for over 12 years and speaks fluent Arabic, English, and Dutch.

He is proud of his culture and loves to share it.

He is calm, humorous, and finds great joy in seeing people unwind and enjoy the beauty and simplicity of the desert.

About the Sahara

The Sahara is the largest desert in the world, stretching across all of North Africa.

Egypt's Western Desert is unique in its variety of landscapes within a relatively small area:

- The **Black Desert** with dark volcanic hills
- The **White Desert** with surreal white rock formations
- Moving sand dunes shaped by the wind
- **Crystal Mountain**, where shimmering crystals surface due to geological shifts
- And of course, green oases offering refreshing water and palm trees

Together with our Bedouin friends, we choose a secluded, peaceful location for your Quest.

Temperatures

Desert temperatures fluctuate widely between day and night.

In winter, daytime averages around 25°C, with nighttime dropping to about 5°C—ideal for desert living.

Campfires will keep us warm in the evenings, but bring warm clothing and socks!

We also provide sleeping bags and camel blankets.



Program

Day 1

Arrival in Cairo (by 2:00 PM). Direct transfer to the Bahariya Oasis (4.5-hour drive).
Overnight at a beautiful Eco Resort.

Day 2

Relaxed start, explore the oasis and meet the locals.
Shared meals and Vision Quest preparation (including fasting prep and packing).
Overnight at the Eco Resort.

Day 3

Journey into the desert, arrival at the Quest site, individual site visit, final shared meal, group ritual.
Overnight under the stars.

Day 4–7

Start of your **4-day solo Vision Quest**, supported at a distance.
You'll be in your own spot, with daily water check-ins by the team.

Day 8

Return from solo Quest. Shared reflection, gentle reintroduction, journaling, and stargazing.
Overnight under the stars.

Day 9

Return to the Bahariya Oasis. Afternoon at leisure.
Final group ritual around the campfire.
Overnight at the Eco Resort.

Day 10

Group breakfast and transfer to Cairo airport. Shared transport departs at 10:00 AM (earlier/later travel possible with extra cost).

Investment

- €1,495 for travel, accommodation, and guidance by Ahmad and the Bedouins (direct contribution on-site)
- €795 for guidance, coaching, and organization by Usha Henning (incl. VAT for individuals)

Total:

€ 2290 p.p.

Min. 4, max. 8 participants

Included

- Comprehensive preparation and intake interview

Not Included

- Flights (from €350 return)
- Visa (€25 at Cairo airport)
- Optional excursions and souvenirs
- Single room surcharge (€120)
- Travel/cancellation insurance (we can advise)
- Tips for Bedouins (€50–€70 suggested)

Note on tipping:

In Egypt, it's customary to tip Bedouins after such a journey.

These tips are essential to their livelihood and shared among families throughout the year.

Flights & Booking

You are responsible for your own flight.

Please **do not book your flight until we confirm** the minimum group size has been reached.

We will notify you when the trip is confirmed.

Community & Preparation

Participants can join a private WhatsApp group to connect and prepare.

We look forward to welcoming you to the magical desert of Egypt!

Usha, Ahmad & the Bedouin Desert Travel Team