

THE WESTIN

CAIRO  
GOLF RESORT & SPA  
KATAMEYA DUNES



# YOGAFEST EVERY WEEK

Maintain a peaceful state of mind

A well-balanced body

And a stress-free soul with our certified Hatha Yoga instructors, Birgit Solheim & Dina Farouk

60 minute session for 150EGP per person available from Sunday through Wednesday starting at 5:00PM to 6:00PM

## Hatha Yoga Schedule

Days	Instructor	Experience Level
Sunday	Dina	Advanced Yoga
Friday	Birgit	Beginner Yoga

Appointments are required before attending any session.

For more information and bookings

Telephone 0223228262

Mobile 01063519205

Email [Birgit.Solheim@westin.com](mailto:Birgit.Solheim@westin.com)

Namaste!

[www.westincairokatameyadunes.com](http://www.westincairokatameyadunes.com)

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