

Sphinx Festival Program Dec 1-5 2009 @ Le Meridien Pyramids, Cairo, Egypt

	Day 1, Tue 1 Dec 'Water' Element	Day 2, Wed 2 Dec 'Fire' Element	Day 3, Thu 3 Dec 'Earth' Element	Day 4, Fri 4 Dec 'Air' Element	Day 5, Sat 5 Dec 'Celestial Union'
8.30am		8.30am-9am Keti Sharif Power Yoga by Pyramid	8.30am-9am Keti Sharif Power Yoga by Pyramid	8.30am-9am Keti Sharif Power Yoga by Pyramid	8.30am-9am Keti Sharif Power Yoga by Pyramid
9am		9-10am Keti Sharif AstroBelly OR Art of Oud	9am-10am Moustafa Gadalla Sakkara Complex	9am-10am Loai Omran Islamic Arts/Architecture	9am-10am Moustafa Gadalla Solar/Lunar principles
10am		10am-11am Julie-ann Odell Rhythmic Fire drumming	10am-2pm Sakkara EXCURSION field trip by coach	10am-11am Julie-Ann Odell Spirit Rhythms drumming	10am-11am Diana Flame Sun/Moon in Astrology
11am		11am-1pm Mahmoud Reda Reda Saïidi Workshop	OR	11am-1pm Farida Fahmy Egyptian Dance Ethnology - social and artistic impact	11am-1pm Farida Fahmy Egyptian Dance - the Dynamics of Movement
12 noon		OR Nasser Tahtib & Tabla	10am-1pm Diana Flame Astrology Course		
1pm	<i>Festival starts</i>	<i>1pm-2pm Lunch break</i>	<i>1pm-2pm Lunch break</i>	<i>1pm-2pm Lunch break</i>	<i>1pm-2pm Lunch break</i>
2pm	2pm-3pm Moustafa Gadalla Festival Launch - Essence of Egyptian Cosmology	2pm-3.45pm Moustafa Gadalla The Sacred Geometry of the Giza Pyramids	2pm-4pm Mahmoud Reda Hagalla Workshop	2pm-3pm Jennifer Carmen Sacred Geometry - the Holographic Universe	2pm-3pm Moustafa Gadalla Animism - the spirited science of NeTeRu
3pm	3pm-4pm Moustafa Gadalla Ancient Egyptology: Isis, Osiris, Horus, Seth		OR 2-3.30pm Randa Baligh Egyptian Dynasties	3pm-4.30pm Moustafa Gadalla Source of Heavenly Music	3pm-4pm Leslie Zehr Alchemy of Dance
4pm	4pm-5pm Jennifer Carmen Sacred Geometry - the Geometric language Light	3.45-5pm Moustafa Gadalla Sphinx and the Stellar Constellation Leo	4pm-5pm Julie-Ann Odell Earth Rhythms Drumming	4.30pm-5pm The Art of Sufi Whirling	4pm-5.45pm Jennifer Carmen The Art of Transcendence
5pm	5pm-6pm Paola Blanton 'Water' Sensual Dance live music interactive	5pm-6pm Paola Blanton 'Fire' Dance of Passion live music interactive	5pm-6pm Paola Blanton 'Earth' Dance of Strength live music interactive	5pm-6pm Paola Blanton 'Air' Dance of Freedom live music interactive	5.45pm-6pm Festival close and thank speakers
Evening Event	Water - Evening Event 7.30pm-11pm "Water of Life" A night on the Nile, relaxing dinner cruise with dancing, music and views of Cairo	Fire - Evening Event 7.30pm-11pm "The Eternal Fire" Party night by Pyramids, dinner, Pharonic, folk show, zaar, full moon drumming	Earth - Evening Event 7.30pm-11pm "Nile Gypsy Rhythms" Gypsy Drums & Earth Songs Traditional Shamanic songs, drums, vegetarian supper	Air - Evening Event 7.00pm-11pm "The Whirling Dervishes" Sacred Sufi Rhythms and Music followed by mezze at Naguib Mafouz and Bazaar	Festival Closing Event 8pm-late "Sphinx Festival Gala" @ Barry's with Reda Troupe, Farida Fahmy and Mahmoud Reda's 50 year Jubilee

Optional Cairo Tours - Dec 6 Old Cairo, Dec 7 New Cairo, Dec 8 Islamic Arts. Get Festival Tickets by Nov 15 Book online www.sphinxfestival.com