



*The Oberoi*

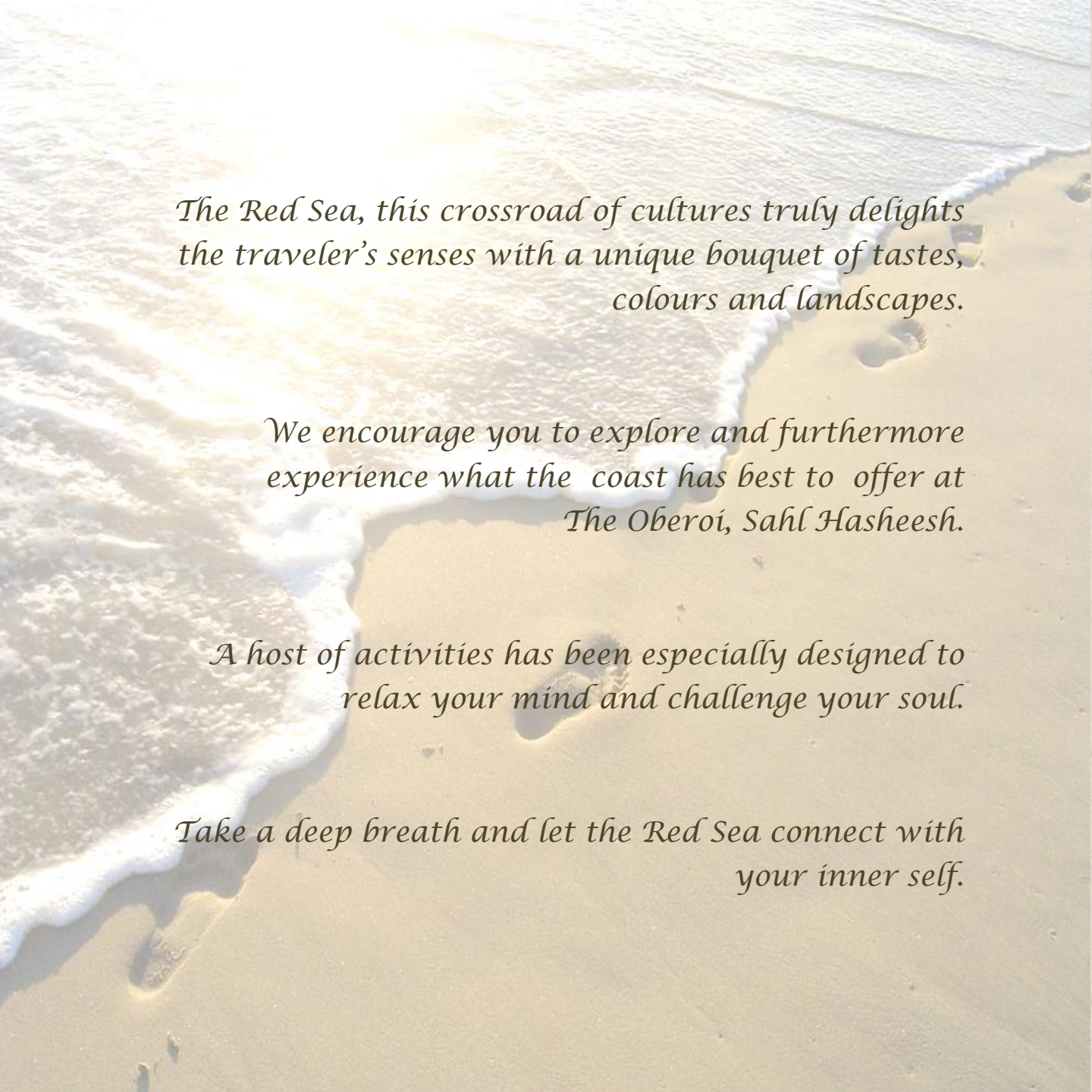
SAHIL HASHEESH

RED SEA, EGYPT

## *“Touching Senses”*

*“A journey of a thousand miles begins with a single step...”*

*Lao Tze*

An aerial photograph of a sandy beach with gentle waves washing onto the shore. The water is a light, milky blue, and the sand is a warm, golden-brown color. The waves are breaking in a series of soft, white foam. The overall scene is peaceful and serene.

*The Red Sea, this crossroad of cultures truly delights  
the traveler's senses with a unique bouquet of tastes,  
colours and landscapes.*

*We encourage you to explore and furthermore  
experience what the coast has best to offer at  
The Oberoi, Sahl Hasheesh.*

*A host of activities has been especially designed to  
relax your mind and challenge your soul.*

*Take a deep breath and let the Red Sea connect with  
your inner self.*



*“As a diver you are weightless and can move in all directions. You approach the freedom of a bird as you move in three dimensions in a fluid environment”*

*Dennis Graver*

*Have you ever wondered what it's like to breathe underwater?  
If you want to find out but aren't quite ready to take the plunge  
into a certification course, Discover Scuba Diving at  
The Oberoi, Sahl Hasheesh will let you  
try scuba to see if you like it.*

*During this one and a half hour session, you'll learn how to  
use scuba equipment in 4 feet shallow water of our swimming pool  
and get a quick and easy introduction to what it takes to explore  
the underwater world.*

*Wish you a wonderful experience into the exciting  
world of scuba diving!*



**DISCOVER SCUBA DIVING**  
*- Mondays at 12 noon*



*“The mind, when housed within a healthful body, possesses a glorious sense of power”*

*Joseph Pilates*

*Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates. He believed that the method uses the mind to control muscles.*

*Pilates is a body conditioning routine that helps to not only build flexibility, but also strength, endurance and co-ordination in the legs, abdominals, arms and back.*

*The Oberoi, Sahil Hasheesh gives you the opportunity to enjoy a session of Pilates with our instructor each Thursday evening from 3:30 pm for an hour and a half.*

*We hope you enjoy your foray into the world of mind over body!*



***PILATES - Monday evenings from 3:30pm***



*“A good cook is the peculiar gift of the gods. He must be a perfect creature from the brain to the palate, from the palate to the finger’s end.”*

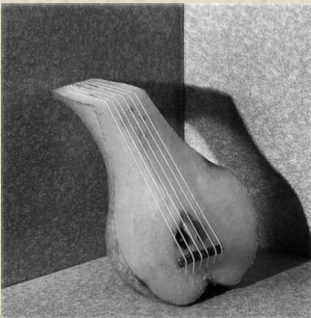
*Walter Savage Landor*

*Meet our master chef and learn the art of refined cuisine while he shares his passion, knowledge and skills with you and teaches you his favorite recipes.*

*Learn the art of gourmet cooking with local ingredients  
- The smell, taste and touch of freshness which will all be used during the cooking lesson.*

*Traditional Egyptian and Indian delicacies will be showcased for you to practice in your own home kitchen.*

*Enjoy your gourmet adventure...*



*CULINARY TUNES - Tuesday afternoons at 3:30pm*



*“There's lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it.”*

*Josh Billings*

*Aromatherapy, a relatively new term for a practice that has its roots in ancient times, is much more than the dictionary definition - 'aromatic oils extracted from herbs, flowers and fruit.'*

*Essential oils are like the blood running through our veins or the spirit of the plant; properly preserved, they have their own life-force, which can be so healing for the body, mind and spirit when correctly used.*

*Join us for a session of Aromatherapy where you will learn to make your very own massage oil using different essential oils.*

*Then... learn the art of massage with your therapist showing you various healing techniques for the head and shoulders. You and your partner will spend time practicing on one another under the guidance of your "well being" instructor.*

*A journey for the soul...*



***SPA INDULGENCE** - Wednesday mornings at 11:30 am*



*“Yoga teaches us to cure what need not be endured  
and endure what cannot be cured.”*

*B.K.S. Iyengar*

*Yoga is a harmonious series of gentle “asanas” to develop the body and its different systems.*

*Through physical exercise, the energy flow of the body improves, helping to maintain the health.*

*Through the practice of breathing, the lungs are cleared, circulation is improved, and the mind is calmed.*

*We give you the opportunity to enjoy a session of well being with our yoga instructor for an hour and a half once a week.*



***YOGA - Thursday evenings from 3:30pm***



*"I regard the cinema as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being."*

*Oscar Wilde*

*Movies are a complicated collision of literature, theatre, music  
and all the visual arts.*

*Enjoy this visual extravaganza on the beach at The Oberoi,  
where we invite you to experience classic and  
contemporary films .*

*Relax on a sun bed, sip on your favorite cocktail, and enjoy  
popcorn and an Egyptian shisha while you watch your favorite  
actors play out their parts in the dark of the night.*



*MOONLIGHT THEATRE - Thursday nights at 9pm*



*“A towel, is about the most massively useful thing a human being can have. Partly it has great practical value and more importantly, it has immense psychological value...”*

*Unknown*

*The humble towel takes on varying proportions as you learn the art of using towels for decoration.*

*Discover the lost art of towel origami with your instructor who guides you through this creative process of art with this absorbent fabric.*

*Swans, crocodiles, monkeys, alligators, human figures or elephants are all vividly created for sensory delight.*

*Discover newer ways of folding towels...*



***TOWELLING DELIGHTS - Friday evenings at 3pm***



*“Man must rise above the earth - to the top of the atmosphere and beyond - for only thus will he fully understand the world in which he lives”*

*Socrates*

*The sky as seen from Sahl Hasheesh, clear and free of atmospheric and light pollution allows for close observation of the various constellations, planets and the moon.*

*Once a week, we will have in our midst, an astronomer.*

*She will give us a brief on astronomy and celestial bodies.*

*This will be followed by an opportunity to observe the sky in all it's glory through a self-tracking telescope, which allows magnification between 40 to 100 times.*



***STAR GAZING - Saturday nights at 9pm***



*"To see a World in a Grain of Sand  
And a Heaven in a Wild Flower,  
Hold Infinity in the palm of your hand  
And Eternity in an hour."*

*William Blake*

*Sand art is an exciting practice of layering coloured sand into glass jars giving an ornate, detailed and distinctive appearance.*


*These sand art bottles are a great way to create that ever lasting memory of your holiday on the Red Sea.*

*Our “sand artist” will help you create a decorative piece with a glimmering touch for you to take back as a souvenir.*

*Enjoy creating your very own “message in a bottle”!*



***SAND ART – Sunday mornings from 11am***



## *Touching Senses - The Schedule*

*Monday - Discover Scuba Diving - 12noon*

*Monday - Pilates - 3:30pm to 5pm*

*Tuesday - Culinary Tunes - 3:30pm*

*Wednesday - Spa Indulgence - 11:30am*

*Thursday - Yoga - 3:30pm to 5pm*

*Thursday - Moonlight Theatre - 9pm to 10:30pm*

*Friday - Towelling Delights - 3pm*

*Saturday - Star Gazing - 9pm to 10pm*

*Sunday - Sand Art - 11am to 1pm*

*For further information, please contact us via email on  
[reservations.tosh@oberoihotels.com](mailto:reservations.tosh@oberoihotels.com)*