



Stay at our beautiful little hotel and Spice up your holidays with Pilates classes & Oriental dance

Have fun with oriental dance
Increase your wellness with Pilates
and lift your spirit for while spending a unforgettable vacation

Christina Hotels Dahab in partnership with Cecilia Hamel

offers 3 workshops, taking place in March 2010 (21-28) and May (1-8)
A combination of workshops is also possible. Course language : English (French upon request)

Workshop A

Let your body dance - Oriental dance (Egyptian style inspired by the famous Cairo's Reda troupe) -

One hour every afternoon (ca 16h30-18h30) during 5 days, 125.- CHF

At choice : a class suitable for beginners (basic movements, technique) or a more advanced (choreography)

Workshop B

Perfect Wellness - Pilates - one hour every morning (ca 10h30-11h30) during 5 days, 125.- CHF
The week will start with basic movements and progress to more advanced postures

Workshop C

Body mind centering for a better life - one hour at midday, during 5 days, 125.- CHF
Workshop based on relaxation, visualisation and other techniques

Combination 1

Wellbeing package - includes workhop B+C, 250.- CHF

Combination 2

Dance package : 2 hours (technique, choreography) of dance per day, 250.- CHF

Combination 3

Discovery package : includes one hour of dance + workshops B + C, 375.- CHF

Combination 4

Total package : includes 2 hours of dance + workshops B + C, 500.- CHF

5% discount on all workshops for guests staying at Christina Hotels

Cecilia Hamel

Swiss born citizen, she lived only part of her childhood and teens in Switzerland, the rest in Thailand and Madagascar. She studied then in Paris and Geneva where she is now based. Cecilia Hamel has a Master of Arts (literature and philosophy orientated) a degree in Public Relations, diplomas as Fitness Training Instructor (Fisaf international) and Pilates Instructor (London Pilates Institute).

After passionate years for oriental dance she teaches it since 2005, Pilates since 2007.

With her group Al'Shimmy she was awarded a 1st price at the Trophée de Grenoble 2008 competition, 2nd in 2009, and was also awarded as a soloist in folklore category at the Nile Group competition in Cairo, April 2009.



Cecilia writes (short stories, theatre) and is working on a theatre project connected to dance.

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