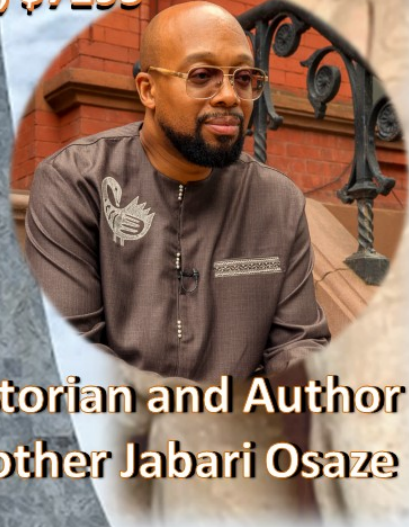


Travel with us to Egypt and/or Ghana

Egypt: July 31-August 11, 2023, \$4295*

Ghana: August 10-19, 2023, \$3695*

Egypt and Ghana: July 31-August 19, 2023, \$7295*



Historian and Author
Brother Jabari Osaze



Kemetic Yoga Master
Yirser Ra Hotep



Linguist and Educator
Dr. Anika Osaze



*All inclusive with airfare from JFK
Based on double occupancy
Visa and gratuities extra



Reserve your space at www.centerformaat.com



TOUR LEADERS

Jabari Osaze (also known as Heru DjedenMa'at Aten-Ra) has studied ancient Africa for 30 years, focusing primarily on Ancient Kemetic (Egyptian) history and spirituality. Brother Osaze has led annual study tours to Egypt since 2002 in partnership with the African Genesis Institute. He has also led tours of the world-renowned Egyptian collections of the Metropolitan Museum of Art, the Brooklyn Museum, the University of Pennsylvania Museum of Archaeology and Anthropology, the Oriental Institute of the University of Chicago, and the Museum of Fine Arts in Boston.

In 2006, he co-founded the Center for the Restoration of Ma'at; an institution devoted to the application of the Ancient African ethical paradigm in our daily lives. He was the executive producer and co-host of the weekly television show, *Kemetic Legacy Today*—the journal of Ancient Kemetic and Ancient African history and spirituality. The consummate historian/priest, Brother Osaze teaches a variety of courses on ancient African history, and lectures on a wide variety of historical and motivational topics. He is also the author of [7 Little White Lies: The Conspiracy to Destroy the Black Self-Image](#). Brother Osaze is featured in several documentaries including *Hidden Colors 5* and *HAPI*.

Brother Osaze obtained his Bachelor of Science degree in Human Services and Africana Studies from Cornell University, his Master of Science degree from the Metropolitan College of New York and a Master's degree in Divinity from the University of Metaphysics. He is currently completing his doctoral studies at the University of Metaphysics. In 1998, he was initiated into a Kemetic order, the Shrine of Ptah, by Elder Chief Priest Heru Ankh Ra Semahj Se Ptah and elevated to the level of priest in 2010. He currently serves as the Co-Chief Priest of the Shrine of Ma'at, a rapidly growing Kemetic spiritual institution in Harlem, New York. He is a proud resident of the village of Harlem, NY.

Dr. Anika Daniels-Osaze, also known as Nfr-Ka Ma'at has studied Ancient Egypt for over 25 years, focusing primarily on the areas of language (Medu Neter), spirituality, ancient medicine, and the concept of balance and feminine energy. Sister Anika has served as an instructor, facilitator and tour guide for the African Genesis Institute since 2004 after participating as a group leader from 2000-2002.

In 1998, she was initiated into a Kemetic order, Smai Tawi through the Shrine of Ptah, by Elder Chief Priest Heru Ankh Ra Semahj Se Ptah and is now the Co-Chief Priest of the Shrine of Ma'at. Sister Anika and her husband, Jabari Osaze are the co-founders of the Center for the Restoration of Ma'at, an institution devoted to the application of the Ancient African ethical paradigm (known as Ma'at) in our daily lives.

Dr. Daniels-Osaze completed her Bachelor of Arts degree at Cornell University in Linguistics and Cognitive Studies with a concentration in African Languages. She earned her Master of Arts degree at New York University in Higher Education Administration, her Master's in Public Health at SUNY Downstate Health Sciences University and her Doctorate in Education from Northeastern University.

Sister Anika is the Associate Dean for Education in the School of Public Health and a Clinical Assistant Professor in the Department of Health Policy and Management at SUNY Downstate Health Sciences University, where she creates and evaluates new and existing programs for the School of Public Health.

Sister Anika is an active member of Delta Sigma Theta Sorority, Inc and volunteers with several youth groups. She lives in Harlem, New York.



SPECIAL GUEST: YIRSER RA HOTEPE, KEMETIC YOGA MASTER

Yirser Ra Hotep is a master instructor of Yoga and the creator of the YogaSkills Method. He is the most senior instructor of Kemetic Yoga in the United States, with over 42 years of experience practicing and teaching. Yirser was involved with the original research and documentation of Kemetic Yoga (Ancient Egyptian or African Yoga), along with master instructor Dr. Asar Ha-pi in the 1970's. He has trained and certified over 1000+ Kemetic Yoga instructors across the globe through his school, YogaSkills School of Kemetic Yoga, and conducts historical/cultural/spiritual tours of Egypt, Ethiopia, Ghana, South Africa and other parts of the African Diaspora.

Yirser holds Masters in Social Service Administration from the University of Chicago and Inner-City Studies from Northeastern Illinois University, a BA in Political Science from the University of Illinois at Chicago and has studied Anthropology on the graduate level. He has operated Group Homes for abused and neglected youth, operated mentoring programs and worked as an Administrator for the Illinois Department of Children and Family Services.

Yirser is also a practitioner of Tai Chi and Chi Qong. He has studied these arts with Jabulani Makalini, Wayne B. Chandler, Ike Olu and others. As a graduate student, he studied with, and was mentored by, Dr. Jacob Carruthers, John G. Jackson, Anderson Thompson, Conrad Worrill and Dr. Robert Starks. As a student leader at the University of Illinois at Chicago in the 1970s, he organized students to protest the Apartheid system in South Africa and was successful at defeating policies that would have drastically reduced Black and Latino enrollment and programs designed to support students to stay in college. He was also effective in staging lectures series for Black student enlightenment that featured panel discussions on South Africa and lectures by Yosef Ben Jochannon, Alex Haley and Dick Gregory.

Yirser has been involved in a variety of research projects measuring the effects of Yoga and Meditation on youth and adults. He is currently the principle instructor on a research project conducted at Cook County Jail in Chicago measuring the affect of Mindful Meditation on relapse and recidivism rates among inmates upon their release. Yirser is also a professor at DePaul University School for New Learning in Chicago where he has created cutting edge courses such as the "Science of Yoga", "Stress Management for Health and Wellness", "Ancient Wisdom vs. Modern Science", "Research Methods", "Cultural Diversity" and the "African American Family and Genealogy".

He has continued to research, document and expand on the foundations of Kemetic Yoga. He has written extensively, lectured and led workshops throughout the United States, Africa, London, Paris and the Caribbean, including Cuba. Yirser has been featured in publications such as Yoga Journal, Black Enterprise, Ebony Magazine, Yoga Chicago, Yoga Journal France, Yoga Magazine, the Chicago Tribune, Chicago Parent and African Business and Culture. He has also been interviewed and featured on WGN TV, ABC TV, NBC TV, CBS TV and has appeared on the Oprah Winfrey Show during the "In the Spirit" segment.

Ra Hotep was a pioneer in training children, their teachers, and social workers in the science of becoming calm and maintaining focus through his system called Internal Self Regulation or ISR. Yirser first began to use ISR in 1979 working with children at the Better Boys Foundation and in Chicago Public Schools. ISR incorporates deep breathing, focusing exercises and movements in order to stimulate the nervous system to become calm. In 2004, Yirser was given an award by the Easter Seals organization for his work with helping children with physical, cognitive and emotional disabilities through his YogaSkills for Kids program. This program has been replicated at the Centers for New Horizons, Southwest Youth Collaborative, Chicago Urban League, One Hope United and numerous public and private schools throughout Chicago and other cities nationally and in Ghana.

Highlights of Kemet (Egypt) Tour

Welcome to the Center for the Restoration of Ma'at. You are about to embark on a journey of a lifetime! Egypt, known as Kemet by the ancestors is full of history and amazing sites. During this educational tour you will:

- Relax in 5-star world renowned hotels
- Cruise down the Nile (Hapi) river
- Attend incredible lectures presented by historian, Brother Jabari Osaze and linguist and educator, Dr. Anika Daniels-Osaze and Yoga Master, Yirser Ra Hotep who have amassed over 50 years of knowledge
- Hear about the amazing history and architectural skills of our ancient African ancestors
- Study the basics of the Ancient language known as Medu Neter (misnomered hieroglyphics)
- Learn about the true origins of medicine, science, literature, and art
- Witness the magnificence of the Great Pyramid and the Sphinx
- Visit amazing spiritual temples
- Take a camel ride on the desert
- Travel by boat along the Nile (Hapi) river
- Mingle with the Nubians and experience their rich culture
- Eat delicious food at all you can eat buffets
- Shop until you drop
- Get married or renew your vows on the Motherland
- And so much more...



Presented by Anika Daniels-Osaze
Nfr-Ka Ma'at
Co-founder, Center for the Restoration of Ma'at



Kemet (Egypt) Trip Itinerary

Jul 31 *Depart from Kennedy Airport (Egypt Air # MS 986)*

Aug 1 *Arrive in Cairo, Egypt
Transfer to hotel
Rest and Relaxation
Orientation meeting
Shopping
Dinner cruise*

Aug 2 *Breakfast
Pyramids, Sphinx, Saqqara, Imhotep Museum, camel rides
Visit carpet school and essential oil shop
Visit papyrus shop
Dinner/ no lunch*

Aug 3 *Breakfast
Cairo Museum
Take flight to Luxor
Temple of Luxor and Karnak
Transfer to hotel
Dinner / no lunch*

Aug 4 *Breakfast
Dendera and Abydos
Lunch and dinner provided*

Aug 5 *Breakfast
Valley of the Kings
Check in to cruise
Rest and Relaxation
Dinner*

Aug 6 *Breakfast
Visit to Edfu
Dinner
Overnight on cruise*

Aug 7 *Breakfast
Visit Kom Ombo
Dinner
Overnight on cruise*

Aug 8 *Breakfast
Bus to Abu Simbel
Dinner
Overnight on cruise*

Aug 9 *Check out of cruise
Visit a Nubian Village
Dinner at a Nubian Restaurant
Overnight at Nubian Hotel*

Aug 10 *Breakfast
Visit the Nubian Museum
Dinner at a Nubian Restaurant
Overnight at Nubian Hotel*

Aug 11 *Breakfast
Depart from Cairo Airport
Arrive JFK 3pm (Egypt Air # MS 985)*



Steigenberger Hotel-Luxor



Queen Hatshepsut's Mortuary Temple

Highlights of Ghana Tour

- Round trip airfare from Cairo to Accra
- Ground transportation
- Hotel (double occupancy)
- Breakfast daily
- Lunch and Dinner as specified on itinerary
- Visits in Accra and Cape Coast regions
- African Marketplace/ Arts and Crafts Center
- W.E.B. DuBois Memorial Center for Pan African Culture
- Visit Kwame Nkrumah Memorial Park
- Naming Ceremony
- Educational lectures
- Pre-dawn libation ceremony on the Atlantic Ocean
- Elmina and Cape Coast Slave Dungeons and much more

Workshops on:

1. Dual citizenship
2. Real estate development
3. Business opportunities



Ghana Itinerary

August 9

- **Flight leaves JFK (5:30pm EST)**

August 10

- **Arrive in Egypt (11am)**
- **Tour of Giza plateau**
- **Overnight hotel in Egypt**

August 11

- **Flight leaves Egypt (8:30am)**
- **Arrive in Accra (12:40pm)**
- **Check into La Palm Royale**
- **Afternoon Welcome and Orientation meeting**
- **Lunch at hotel**
- **Exchange money at hotel**
- **Local tailors and designers will take clothing orders**
- **Dinner on your own**

August 12

- **Breakfast**
- **9am: Tour W.E.B. DuBois Memorial Center**
- **12pm: Visit Kwame Nkrumah Memorial Park**
- **3:30: Visit Accra Art Center for hand made crafts**
- **6pm: Return to hotel**
- **Dinner on your own**

August 13

- **Breakfast**
- **9am: Check out of hotel**
- **Depart for Cape Coast**
- **Stop at Abouri village**
- **Check into Coconut Grove Hotel**
- **Evening lecture**
- **Dinner at hotel**

August 14

- **4am: Sunrise ceremony at Atlantic Ocean**
- **Visit to Kakum Forest**
- **Lunch at One Africa**
- **Visit to Cape Coast Dungeon**
- **Dinner at hotel**

August 15

- **6am: Visit to Assin Manso**
- **Chieftaincy ceremony and reception**
- **Naming Ceremony**
- **Dinner on your own**

August 16

- **4am: Travel to Accra**
- **Check in to La Palm Royale Hotel**
- **Lunch on your own**
- **Collect clothes from local tailors**
- **Dinner**

August 17

- **Free day in Accra**

August 18

- **Breakfast**
- **12pm: Check out of La Palm Hotel**
- **Depart Accra 1:20pm (flight to Cairo arrives 9:35pm)**
- **Check into airport hotel**

August 19

- **5 am: Breakfast**
- **Check out of hotel 6:30 am**
- **Depart Cairo 9:35 am (arrives to JFK at 3:30pm)**



Trip Payment Plans

EGYPT TRIP

- Total cost of the trip is \$4295 if paid in full.
- There is a non-refundable deposit of \$995.
- For those opting for the payment plan, the schedule is as follows:

• December 15, 2022	\$995 (initial deposit)
• January 15, 2023	\$660
• February 15, 2023	\$660
• March 15, 2023	\$660
• April 15, 2023	\$660
• May 15, 2023	\$660 (final payment)

GHANA TRIP

- Total cost of the trip is \$3695 if paid in full.
- There is a non-refundable deposit of \$695.
- For those opting for the payment plan, the schedule is as follows:

• December 15, 2022	\$695 (initial deposit)
• January 15, 2023	\$600
• February 15, 2023	\$600
• March 15, 2023	\$600
• April 15, 2023	\$600
• May 15, 2023	\$600 (final payment)

EGYPT AND GHANA TRIP

- Total cost of the trip is \$7295 if paid in full.
- There is a non-refundable deposit of \$995.
- For those opting for the payment plan, the schedule is as follows:

• December 15, 2022	\$995 (initial deposit)
• January 15, 2023	\$1260
• February 15, 2023	\$1260
• March 15, 2023	\$1260
• April 15, 2023	\$1260
• May 15, 2023	\$1260 (final payment)

There will be a late fee incurred of \$100 for payments made after May 15

Items not included in the price: beverages, meals not specified in the itinerary, tips, visa, passport, Covid tests, personal expenses, camel rides, camera or video charges, photos taken by site vendors, optional site

***Cost of tips and visa:** Egypt \$225/Ghana \$150/ Egypt and Ghana \$375 . These funds will be collected prior to travel. Visa will be issued in the Cairo airport upon arrival

Cancellation policy: The trip deposit is *non-refundable*. A 25% charge will be assessed for cancellations received within 60 days of departure. Cancellations made 59 days or less prior to the trip are not eligible for refunds. All cancellations are subject to an administrative fee of \$100. There is no refund once the trip begins. No exceptions will be made to this policy. Travel insurance is not included in the price. Travel insurance is up to the discretion of the traveler. There are no refunds for services or sightseeing rendered and not used by the traveler.



We look forward to guiding you through this
once in a lifetime
experience.



Yours in power,
*Anika and
Jabari Osaze*