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HEALING THERAPY

A healing tour in Pokhara offers a rejuvenating experience amidst the city's tranquil natural beauty and serene environment. Such a tour typically includes activities like yoga and meditation sessions overlooking the serene Phewa Lake or with views of the majestic Himalayas, allowing for deep relaxation and spiritual growth. Visitors can also enjoy Ayurvedic treatments and massages at local wellness centers, partake in mindfulness workshops, and explore the peaceful surroundings, such as visiting the World Peace Pagoda or walking through lush forests and around the lake. The combination of Pokhara's breathtaking landscapes and holistic health practices provides an ideal setting for physical and mental rejuvenation.

Includes

- Traditional welcome on arrival with Garland
- Transfers to Nagarkot and return as per itinerary by Private coach.
- 1 Full-day Kathmandu City Tours with the service of a licensed guide
- Monumental areas entrance fees while sightseeing Tour in Kathmandu as per Itinerary.
- 01night' accommodation in Kathmandu on room sharing on a BB Plan
- 04Nights' accommodation in Nagarkot on room sharing on a Full board basis
- All Meals (Breakfast, Lunch, Dinner) as per the itinerary
- 13% VAT

- Full-time assistance by escort

Excludes

- Nepal Entry Visa Fee
- Travel Insurance with coverage of Covid19
- Cost of Emergency Evacuation Insurance for helicopter charter flight
- Expenses of a Personal Nature i.e. beverages and other services except those mentioned in the itinerary
- TIPs and donations and gratuities.

Itinerary

Day 01: Arrival in Kathmandu and Transfer to the hotel (D)

Arrive at Tribhuvan International Airport in Kathmandu. Welcome, meet, and assist our Going Nepal representative & transfer to the hotel. Welcome, drink followed by tour briefing. Rest of the time you can relax inside the hotel. Dinner and Overnight at the hotel.

Elevation of Kathmandu: 1363m

Transportation: Private Vehicle

Meal plan: Dinner

Accommodation: Hotel Holiday Inn Express

Day 02: Fly to Pokhara and Start your Singing Bowl healing Therapy (B, L, D)

Wake up early in the morning, breakfast and check out. Drive to Tribhuwan Domestic terminal for catching a flight to Pokhara. Enjoy 30 Minutes of scenic flight to Pokhara. After reaching Pokhara, check in to the hotel and rest.

Sound bowl healing therapy, also known as Tibetan singing bowl therapy, is a form of alternative healing that has been practiced for centuries in Nepal and other Himalayan

regions. Rooted in the ancient tradition of Tibetan Buddhism, this therapeutic practice is believed to promote physical, mental and spiritual well-being. It involves the use of metal singing bowls, each carefully crafted with a unique blend of metals, which produce soothing and resonant tones when struck or rubbed with a mallet.

Elevation of Pokhara: 800m

Transportation: Private Vehicle/ Airplane

Meal plan: Breakfast, Lunch and Dinner

Accommodation: Sarangkot Mountain Lodge

Day 03: Singing bowl healing therapy (B, L, D)

Early in the morning, as per the therapy instructor/ teachers, practice sound bowl healing Therapy

Day 04: Singing bowl healing therapy (B, L, D)

Practice singing bowl healing therapy as per the instructor

Day 05: Singing bowl healing therapy (B, L, D)

Practice singing bowl healing therapy as per the instructor

Day 06: Fly to Kathmandu and Kathmandu City tour (B, L, D)

Breakfast at the hotel and Check out. Transfer to Pokhara International Airport as per your flight timing. After reaching Pokhara, Kathmandu Tour where you will visit Swayambhunath, Kathmandu Durbar Square and after finishing the trip, little time for shopping around Thamel, drive back to the hotel, check-in and rest. Later in the evening farewell dinner in a typical Nepali restaurant or hotel.

Day 07: Departure (B)

Breakfast at the hotel and rest for the day. Evening timely transfer to the Tribhuwan International Airport as per your flight time for your onward destination.

Highlights

- A healing tour in Pokhara offers various highlights designed to rejuvenate the mind, body, and spirit:
- Yoga and Meditation Retreats: Daily sessions with experienced instructors, often held in scenic spots overlooking Phewa Lake or with views of the Himalayas.
- Ayurvedic Treatments: Traditional massages, therapies, and consultations at renowned wellness centers, using ancient practices to promote balance and healing.
- Mindfulness Workshops: Guided sessions focusing on mindfulness techniques, stress reduction, and mental clarity.
- Nature Walks and Hikes: Gentle hikes around Pokhara's serene landscapes, including visits to the World Peace Pagoda, Begnas Lake, and lush forests.
- Sound Healing: Sessions using Tibetan singing bowls and other instruments to create soothing vibrations that promote deep relaxation and healing.
- Healthy Cuisine: Nutritious meals made from fresh, local ingredients, often incorporating Ayurvedic principles to support overall well-being.
- Spa and Relaxation: Access to spa facilities offering a range of treatments like hydrotherapy, steam baths, and aromatherapy.

Travel Information

- By Air: The quickest way to reach Pokhara is by a domestic flight from Kathmandu, which takes around 25-30 minutes. Pokhara's domestic airport

(Pokhara Airport, PKR) is well-connected with frequent flights operated by various airlines.

- **By Road:** You can also travel by tourist bus, private car, or taxi from Kathmandu. The journey by road takes about 6-8 hours, depending on traffic and road conditions.

Accommodation:

- **Resorts and Retreat Centers:** Numerous wellness resorts and retreat centers in and around Pokhara offer packages specifically designed for healing and relaxation. These typically include accommodations, meals, yoga, meditation sessions, and wellness treatments.
- **Hotels and Guesthouses:** Pokhara has a wide range of accommodations to suit different budgets, from luxury hotels to budget guesthouses. Many of these offer stunning views of Phewa Lake and the surrounding mountains.

Best Time to Visit:

- **Spring (March to May):** Mild temperatures, clear skies, and blooming rhododendrons make this a popular time to visit.
- **Autumn (September to November):** The weather is clear and stable, offering excellent visibility of the mountains and ideal conditions for outdoor activities.

What to Pack:

- **Comfortable Clothing:** Lightweight, breathable clothes for yoga and meditation; warm layers for cool mornings and evenings.
- **Footwear:** Comfortable walking shoes for nature walks and hikes.
- **Personal Items:** Sunscreen, hat, sunglasses, reusable water bottle, and any personal medications.
- **Travel Essentials:** Passport, travel insurance, copies of important documents, and local currency (Nepalese Rupee).

Health and Safety:

- **Hydration:** Drink plenty of water to stay hydrated, especially if you are engaging in physical activities.

- Altitude: Pokhara itself is at a relatively low altitude (around 800 meters), but if you plan to trek to higher elevations, be mindful of altitude sickness.
- Local Customs: Respect local customs and traditions. Dress modestly when visiting temples and cultural sites.

Local Attractions:

- Phewa Lake: Ideal for boating and lakeside relaxation.
- World Peace Pagoda: A tranquil spot offering panoramic views of the lake and mountains.
- Devi's Fall and Gupteshwor Cave: Natural wonders worth exploring.
- Sarangkot: A popular viewpoint for sunrise and sunset over the Himalayas.

Activities Included in a Healing Tour:

- Yoga and Meditation: Daily sessions in serene environments.
- Ayurvedic Treatments: Massages, therapies, and consultations with practitioners.
- Mindfulness and Relaxation: Workshops and guided sessions focusing on mental well-being.

Things to know

- Visa requirements: Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- Currency: Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- Weather: Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- Altitude sickness: Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- Food: Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mos (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).

- Language: Nepali is the official language of Nepal, but many people also speak English.
- Culture: Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- Conservation and sustainability: Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.