



Contact Info

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THE VALLEY OF WELLNESS: KATHMANDU RETREAT EXPERIENCE

Discover serenity in Kathmandu Valley's wooded hills on this 4-night, 5-day journey. Mornings start with therapeutic yoga and meditation, fostering inner harmony. Afternoons offer relaxation massages for balance.

What makes this retreat unique is half-day sightseeing, exploring cultural gems like Pashupatinath Temple, Patan Durbar Square, and Bouddhanath Stupa. As the sun sets, experience a fusion of yoga, meditation, and massage in nature's embrace. It's a blend of wellness, culture, and Nepal's enchanting beauty. Join us for renewal and rejuvenation.

Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

Itinerary

Day 1: Arrival and Welcome

Morning/Afternoon:

- Arrive at Kathmandu's airport and transfer to the Hotel.
- Check in and enjoy a warm welcome with a brief introduction to the retreat.
- Explore the hotel's amenities or take a leisurely stroll in the surroundings.

Evening:

- Gather for a welcome dinner at the restaurant.
- Get to know your fellow participants and learn more about the retreat's schedule.

Day 2: Begin Your Retreat

Morning:

- Enjoy a wholesome breakfast at the hotel.
- Prepare for your therapeutic sessions.

Therapeutic Sessions (4 hours):

- Attend your therapeutic yoga and energy-healing meditation sessions.
- Return to the hotel.

Afternoon City Sightseeing (Pashupatinath, Patan Durbar Square, and Bouddhanath):

- Savor a delicious lunch at the restaurant followed by Sightseeing in the following areas.

1. Pashupatinath Temple:

- Location: Pashupatinath Temple is located on the banks of the Bagmati River in Kathmandu.

- Significance: This temple is one of the most sacred Hindu temples in Nepal and is a UNESCO World Heritage Site.

- Iconic Aspects

- Hindu Rituals: Pashupatinath Temple is a hub of traditional Hindu rituals and ceremonies. Visitors can witness priests performing rituals like aarti (ceremonial worship with fire), bhajan (devotional songs), and puja (offerings) to Lord Shiva, the principal deity of the temple.

- Bagmati River: The temple sits on the banks of the holy Bagmati River. It's common to see devotees bathing in the river as it's believed to cleanse the soul and prepare it for spiritual activities.

- Cremation Ghats: Along the river, you'll find cremation ghats where the deceased are cremated in accordance with Hindu traditions. The atmosphere here is solemn and reflective.

2. Patan Durbar Square:

- Location: Patan Durbar Square is situated in the heart of Patan, a city neighboring Kathmandu.

- Significance: This Durbar Square is a UNESCO World Heritage Site and is known for its rich history and well-preserved architecture.

- Iconic Aspects:

- Intricate Architecture: Patan Durbar Square boasts stunning Newari architecture with intricately carved wooden windows, doors, and temples. The historical buildings showcase the craftsmanship of the Newar artisans.

- Patan Museum: The Square houses the Patan Museum, which displays an impressive collection of art, sculptures, and artifacts, offering insights into the region's cultural heritage.

- Patan Durbar: The ancient palace complex at the square serves as a reminder of the royal history of the Malla kings who once ruled the region.

3. Bouddhanath Stupa:

- Location: Bouddhanath is located in the northeastern outskirts of Kathmandu.

- Significance: It is one of the largest stupas in Nepal and is a UNESCO World Heritage Site. It holds great religious importance for Buddhists.

- Iconic Aspects:

- The Stupa: Bouddhanath Stupa is an architectural marvel. It features a massive white dome adorned with colorful prayer flags. The stupa is said to represent the enlightened mind of the Buddha.

- Prayer Wheels: Around the base of the stupa, you'll find rows of prayer wheels. Devotees and visitors can spin these wheels, which are inscribed with mantras, to send their prayers and wishes into the universe.

- Serene Atmosphere: Bouddhanath offers a tranquil and serene atmosphere. The area is a center for Tibetan Buddhism in Nepal, and you can often see monks and devotees circumambulating the stupa, offering prayers and meditating.

Visiting these places during the retreat allows participants to immerse themselves in the spiritual and cultural richness of Kathmandu Valley, witnessing ancient traditions and experiencing a sense of profound spirituality and history.

Day 3: Deepen Your Connection

Morning:

- Enjoy breakfast at the hotel.
- Prepare for your therapeutic sessions.

Therapeutic Sessions (4 hours):

- Engage in therapeutic yoga and guided nature walks in the woods.
- Return to the hotel.

Afternoon City Sightseeing (Kathmandu Durbar Square, and Swayambhunath):

- Relish a delightful lunch at the restaurant.
- Embark on a cultural exploration of Kathmandu Durbar Square, a historic palace complex featuring stunning architecture, and Kumari Ghar, the living goddess's residence.
- Visit Swayambhunath, also known as the Monkey Temple, a hilltop stupa with a panoramic view of the Kathmandu Valley. Explore its rich spiritual ambiance.

Day 4: Reflection and Relaxation

Morning:

- Enjoy a leisurely breakfast at the hotel.
- Prepare for your therapeutic sessions.

Therapeutic Sessions (4 hours):

- Participate in therapeutic yoga, meditation, and Chakra Awakening techniques.
- Return to the hotel.

Afternoon - City Sightseeing (Bhaktapur Durbar Square):

- Indulge in a satisfying lunch at the hotel's restaurant.
- Embark on a half-day sightseeing tour to Bhaktapur Durbar Square, an ancient royal palace with intricate woodwork, historical buildings, and the famous 55-Window Palace.
- Enjoy the Farewell Dinner at the Hotel.

Day 5: Departure with a Renewed Spirit:

- Enjoy your breakfast/Lunch/ Dinner at the hotel.
- Check out the hotel and transfer to the Tribhuvan International Airport carrying cherished memories and the transformative experiences of the retreat.

Highlights

- Daily sessions of therapeutic yoga and energy healing meditation in the serene morning ambiance.
- Afternoon relaxation massages to melt away stress and promote deep relaxation.
- Evenings filled with the fusion of yoga, meditation, and massage techniques, focusing on chakra awakening.
- The backdrop of the Kathmandu Valley's lush woods and hills, provides a natural sanctuary for rejuvenation

Travel Information

- **Transportation:** Kathmandu and Nagarkot are well-connected by road and air. Taxis, buses and private cars are available for transportation around the city and between the two places.
- **Weather:** Kathmandu and Nagarkot have a sub-tropical climate, with temperatures varying greatly depending on the season. The best time to visit is from September to November and from March to May, when the weather is mild and clear.
- **Accommodation:** There are a variety of accommodation options available in Kathmandu and Nagarkot, including hotels, guesthouses, and homestays.
- **Food:** Kathmandu and Nagarkot offer a wide variety of food, including traditional Nepali, Indian, Tibetan, and international cuisines.
- **Culture:** Kathmandu and Nagarkot are rich in culture, history and religion. There are several temples, shrines and historical sites to visit in Kathmandu such as Pashupatinath Temple, Swayambhunath Stupa, and Kathmandu Durbar Square. Nagarkot is a popular hill station known for its panoramic views of the Himalayas and sunrises.
- **Safety:** It is generally considered a safe destination but it's a good idea to take the usual safety precautions. Be aware of your surroundings and keep your valuables safe.
- **Activities:** In Kathmandu and Nagarkot, there are many activities to do, such as city sightseeing, hiking, yoga and meditation, shopping, and cultural tours.
- It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- Some of the famous viewpoints in Nagarkot are Nala, Dhulikhel and Chisapani, which offer a great panoramic view of the Himalayas and sunrises.
You can explore [General information](#) section for more detail.

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.
- you can explore our resource section to get more information such as [Visa](#), [insurance](#) and more.