

Eco House Yoga Retreat



Best Season: All Season

The Yoga Retreat is an opportunity for one to relax and rest in the natural presence/awareness that they just are. The natural beauty of the gardens, around views of hills, forest, and other scenery provide the perfect atmosphere for exploring one’s spiritual energy.

The schedule, teaching, and environment allow one to let go of the demands and details of daily life and to reconnect with and reveal their own deeper knowledge. Yoga postures, breath awareness, restorative postures, meditation, silence, and free time in the natural world generally assist in this letting go. As we let go of tension and the busy mind, a deeper knowing that is always present, reveals itself.

Yoga is a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing Truth. Literally, Yoga means a union of existence or Harmony. It is derived from Sanskrit word “Yuj” which means to join or bind. Yoga is the total combination of body, mind, and spirit or individual consciousness to universal consciousness (lower self to higher self) and its incorporation into our daily lives. When our bodily soul unites with the Supreme Soul or transcends to the enlightenment state, it is called yoga. Union of the lower self with the universal plane is also known as yoga.

It helps in all aspects (the physical, mental, social, vital, psychic, emotional and spiritual) of a person. It teaches us how to live, work, eat, drink, sleep, wakes up, speaks, thinks, plays and enjoy in the present life.

Different Forms of Yoga:

- Karma Yoga
- Bhakti Yoga
- Jnana Yoga
- Hatha Yoga
- Mantra Yoga
- Laya Yoga
- Raja Yoga
- Ashtanga Yoga

Itinerary

Day 01: Arrival day in Kathmandu

Arrive at Kathmandu airport & transfer to your hotel for two nights stay. Check in & refresh. Meet the guide in the afternoon at the hotel lobby. Proceed for the sightseeing of Swayambhunath Stupa & Kathmandu

Durbar Square. Overnight in the hotel. Elevation of Kathmandu: 1300m/4264ft

Accommodation: 3-star hotel

Transportation: Private car/Tourist bus as per group size

Driving duration: 30min

Meal: Welcome dinner

Day 02: Kathmandu City Tour

After breakfast, sightseeing of Boudhanath Stupa, Pashupatinath and Bhaktapur City. (Optional: Mountain Flight, Nagarkot or Dhulikhel Excursion) Welcome Dinner Cultural program is arranged for you this evening. Description of a yoga class by the yoga teacher at the hotel for tomorrow early in the morning. Overnight in the hotel.

Accommodation: 3-star hotel

Transportation: Private car/Tourist bus as per group size

Meal: Breakfast

Day 03: Explore yoga center

Procedure for yoga. Involve in different activities with yoga teacher like:

Spinal Asana/ Suryanamaskar; Yoga-Nidra, Mudra, Meditation Yoga, Dinner and Herbal Tea, Tratak Cleansing.

Leisure: Evening walk, Vajrayana. Overnight at a yoga center

Accommodation: Retreat Center

Transportation: Private car/Tourist bus as per group size

Meal: Full Meal Board

Day 04: Main Retreat Day

Full day at yoga center with yoga teacher and perform different yoga and meditation activities at yoga center Nasal Cleansing and Herbal Tea, Prayer, Warm up exercise, Suryanamaskar, Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra)

Breakfast and Herbal Tea, Therapy & Leisure: Cooking, Self Study, Helping others– Lunch, Leisure time for Nature/Village walk, Self-practice, Temple visit, Prayer, Spinal Asana/Suryanamaskar; Yoga-Nidra, Mudra, Meditation Yoga, Evening dinner with Herbal Tea, Tratak Cleansing. Discussion time for Leisure: Evening walk, Vajrayana, Self-study & Bed Time

Overnight at the yoga center.

Accommodation: Retreat Center

Meal: Full Meal Board

Day 05: Check out Day from yoga centre

Wake up early, Nasal Cleansing and Herbal Tea– Prayer, Warm up exercise, Suryanamaskar, Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra)–

Breakfast and Herbal Tea– Rest/Shower/Check Out

Half day sightseeing of Bhaktapur Durbar Square,

Overnight stay at the hotel.

Accommodation: 3-star hotel

Transportation: Private car/Tourist bus as per group size

Meal: Farewell dinner

Day 06: Departure

Use leisure for shopping.

Drive to Tribhuvan International Airport for departure and wishing for your safe journey.

Transportation: Private car/Tourist bus as per group size

Driving duration: 20-30min

Meal: Breakfast

Meals

Breakfast during a stay at a hotel

Full Meal Board during yoga class.

Accommodation

A retreat center for retreat period

Service Included

- Pickup and drop facilities
- 3-star hotel during at Kathmandu overnight
- Retreat house for yoga and meditation
- Kathmandu sightseeing a with a suitable vehicle as per group size
- A highly experienced guide for a tour
- Guide insurance and salary
- Government Tax

Service Excluded

- Visa fees, Intl. airfare & all departure taxes
- Lunch and dinner in city beside mentioned
- Heritage site visit charges
- Travel and rescue insurance
- Personal expenses e.g. phone calls, laundry, hot shower, battery recharge, heating charge, bar bills & extra porters' expenses
- Tips for driver, guides, and porters
- Any other expenses that are not included here.

Important Notes

Tour Head and Employees:

With an experience of a decade in the adventurous tourism, we do have our unbelievable teams of conductors and employees who are the backbone of this company inculcated with experiences and are highly professional with their technical expertise, proven safety measures records, solicitous judgment, and as well as support training styles and abundant personalities. Mostly we do have our field staff from the local area

that covers from eastern to western Himalayan ranges, which backs the local people directly. As being local they have good knowledge of that respective region and they have good health fitness, can cope with the worst case scenario, as well as well experienced with a good team leading capabilities in the Himalayan region.

Emergency Evacuation Rescue Service (EERS) and Travel Insurance:

As we know that the trip can be canceled, or in those worst case scenario we need to be aware, so we highly recommend to purchase trip cancellation and travel insurance. This broad travel insurance offers you huge benefits including the coverage of trip cancellation and interruption, travel delays, loss of baggage and travel documents, baggage delay, medical expenses, and emergency assistance.

Climate and Weather:

A country with a diversified culture does have a diversified topography as well beginning from 60 meters to top of the planet 8,848 meters i.e. the top of Mt. Everest. We have arid season start from October until May and the rainy season (monsoon) from June to September. All season are better for the sightseeing but during the end of winter (end of March) is best for the clear tour.

Passport and Visa Necessities:

The foremost thing to confirm before traveling to this trek is to check your passport and its valid date. Passports must have at least 6 months' validity just after ending date of your trip. We must need your copy of passport and its full details sent either by fax or scan. While staying in Nepal you will need a visa which can be gotten in advance from the Nepalese Embassy in your country or you can even get on arrival at the airport in Kathmandu (Conditions: Within a peak season you need to wait long in the airport to get your visa). The general list of Nepalese visa fee is mentioned below and you can even surf thoroughly this web link as (www.nepalimmigration.gov.np)

Fees charged while delivering a tourist visa by the Mission or entry point:

US Dollars 40 or another convertible foreign currency equivalent for 30days multiple entry visas.

US Dollars 100 or another convertible foreign currency equivalent for 90days multiple entry visas.

Notwithstanding anything written in clause (a) and (b), no visa fee shall be applicable to the passport holder of member states of the South Asian Association for Regional Cooperation (SAARC) for 30 days.

US Dollars 25 or another convertible foreign currency equivalent thereto for 15days multiple entry visas.

Required fees:

We need to have permission in many places in Nepal for a tour. Mostly the sightseeing tour of Nepal are listed in World Heritage list so, we need world heritages site entry permits. All these relevant entry fees are included/excluded in the given cost(according to a proposal) except the personal donations & contribution. Just in case of any such unassured conditions we will inform you if any additional fees are required or not before you make a booking with us.

Information on Health and Medical Evidence/Assistance:

We need to know about our health and the medical information during our Nepal Tour. As mentioned earlier our squads are well-experienced travelers and are achieving the traveler's ambition since long. We are expert in the adventurous tour and the best thing is we all are from the Himalayan region with plenty of local knowledge as we have been guiding for a decade, which stands as a key factor to enunciate the standard service that we have been delivering to our clients. The utmost thing we believe is the client's safety and satisfaction. We deliver the extraordinary series of quality services and we even take care personally of our clients during the pour trip. Each of our guides carries medical kit bag for any kind of worst-case scenario during our trip and all of them are trained medical assistance especially the "First Aid".

Environmental Anxieties:

Our motto is sustainable development thus we are extremely sensitive to protect our nature i.e. environment and contributing to many environmental cleanup and nature saving campaigns. We do believe in "Tourism within Nature," thus our responsible tourism conveys a good message to the locals and we vow and train them to do's and don'ts, how to keep the environment in perfect shape, how to eliminate environmental degradation etc. and how to conveys a message to save the environment and leads towards environment friendly society or country. The tourism industry has an obligation to protect and preserve the natural

environment for future generations as well. These days many NGOs are collaborating with many tourism agencies and are much keen to save environment from doom. For example, Kathmandu Environmental Education Project (KEEP) (<http://www.keepnepal.org>) is helping to co-work with many trekking companies and this organization is also providing much useful training to our staffs and awareness program in the mountain.

Our Experience and Familiarity:

Going Nepal Pvt. Ltd. is a Govt. registered company based in Nepal and we have been working in adventurous travel in the Himalayas of Nepal. The operator of this company has more than a decade of experience in the relevant field of adventure tourism working, in fact initiating as a guide, adventure travel consultant and thus stabilizing own company. We are more dedicated to fulfilling our clients' requirement and always sincere with client's gratification and the utmost thing we always carry within us is the client's satisfaction. We are also pleased to convey that many of our past clients who institute their trip in the Himalaya they wouldn't hesitate to apprise you about our organization and about our professional organizing skills.

How to Book a trip?

If you have chosen your trip with our company, contact our head office either by email or phone to check the available dates (you may visit the updated departure date page of our sites as well, groups or any queries you have. We feel very pleased to help and reply promptly and responsively. Before your final decision, we will hold your booking.

Both advance payment and full payment are possible through the bank transfer or as per your comfort we do have a procedure pay through your Credit Card (VISA/MASTER CARD) along the details within the booking form. After you choose the process of advance payment in an appropriate way still we want a signed and completed booking form for the confirmation. Once we received a completed and signed booking form with the mentioned amount of payment, bookings will only be confirmed and we start looking forward towards our trip together.

Trip Information

Q: What kind of food do I get there?

A: During treatment, you will serve the traditional Nepali meal Dal Bhat (rice and lentil soup) or western food.

Q: What kind of clothes is needed for a tour?

A: The normal clothes that you wear.

Q: What type of shoes should I have?

A: For a tour, comfortable tennis shoes or sneakers is enough which should be kind of strong, well-made but light boots.

Q: What happens in the case of an emergency?

A: We are prepared for any emergency situation and know how to handle it. Yoga guru are trained in first aid and can deal with most of the basic ailments that occur during treatment. Every client should have his own insurance before coming to Nepal for the case of an emergency.

Q: What about the phone? Does it work there?

A: Yes, the telephone service exists in the place you visit. The network will work properly.

Q: Do I have to carry a Passport, Money, Id with me during the tour?

A: Yes, you have to carry Password, Money, Id, and Travel permit along with you during the tour.