Yoga & Meditation in the Lap of the Himalayas
Nepal - 16 days

Itinerary

Day 1 (Kathmandu):
Arrival in Nepal

Day 2/3 (Kathmandu):
Arrival / rest and first introductory / briefing in Kathmandu.
In the evening: sunset in Swayambunath, a cult and power center for centuries, for both Hindus and Buddhists (UNESCO World Cultural Heritage).
A typical Nepalese dinner.
The next day we visit the most important religious sites in the country:
Pashupatinath (one of the seven holiest places of the Hindus and UNESCO World Cultural Heritage).

Late afternoon
We dive into the Tibetan atmosphere of Boudhanath (UNESCO World Cultural Heritage).

In both places different forms of meditation and mindfulness are practiced.

Day 4 (Kathmandu to Pokhara):

We drive in our van across central Nepal and get immediate impressions of life in this country.
We reaching our wonderful located Eco Village Resort. Get familiar with the new environment and splendid views towards the Annapurna Range.
From tomorrow on we will start with a regular and balanced program with units of meditation (Mainly breathing and walking) and yoga, before our healthy breakfast.
Day 5-12 (Yoga Retreat in the Eco Village Resort):
Enjoy sustainable living, cooking and mindful practicing at our eco-lodge.

For the next 7 days we will follow a daily routine:
6:00 - 6:30: Morning herbal tea and Meditation
6:30 - 7:45: Yoga
8:00: Breakfast
9:30 - 11:30: We explain theory and practice of Yoga and Meditation, as well as other health aspects (Ayurveda, body, Pranayama, Chakras, Meditation, Yoga Sutras etc.)
12:00 -1:00: Lunch
1:00 - 2:00: Break and free time
2:00 - 5:00: Excursions in in the surrounding nature, walks and hikes through the foothills and to small traditional Gurung villages, cooking class, etc.
5:30 - 7:00: Yoga with Meditation
7:30: Light dinner
21:00: Night rest

Day 6 we will practice the whole day in noble silence.
Day 9 we are going on a little trekking tour in the lower Annapurna region. Or overnight in a typical from house homestay will give us a deep insight into the rural life of Nepal and life in the mountains.

Day 12-14 (Chitwan National Park - Chtiwan Village Resort):
Enjoy jungle trips in canoe and walks (both included in the program) and engagements with various animals. The will be certainly a chance to see the rare rhino or simply enjoy our pleasant jungle lodge. On top: Nepal is an ornithological paradise We continue our daily yoga routine.

Day 15 (Kathmandu):
Drive to bustling Kathmandu, last visits and shopping.

Day 16:
Travel home. Relaxed and filled with wholesome experiences.

About Your Guide:

Khushi Malhotra, MPH MSW CYT-200

Khushi has been teaching yoga & meditation for 10 years, and helps conduct teacher’s trainings in the West. She has a Master’s in Clinical Social Work and a Master’s in Public Health, which she combines with her training as a yoga and meditation teacher to serve those in need. In the U.S., she provided yoga and meditation to incarcerated individuals, children suffering from trauma, those recovering from drug and alcohol abuse, and in various homeless shelters. Khushi serves at a holistic and progressive school in the Garhwal Himalayas (www.apvschool.org), and has been running retreats for people from all over the world for the last 3 years via simplyhimalaya.com. Originally from India, she loves to walk deep into the mountains to meditate in the vast nature and listen to the subtle call of the Himalayas.