



Journey Of Spirituality And Well Being - 10 Days

Nepal is a one stop destination for spirituality, well being and pilgrim. The activities here revolves around finding yourself, your inner self and your roots when you are engaged in any activities from trekking, visiting temples and stupas, yoga and meditation or just exploring the small lanes of the cities or visiting the Durbar squares.

This special program is a combination of exploring the World Heritage sites, old temple and stupas, beautiful and calm Pokhara valley with yoga and meditation retreat to rejuvenate your body and mind and to understand the fascinating blend of Hinduism and Buddhism in Nepal. This trip will help individual to merge with the Himalayan nations and find inner peace and harmony to rediscover oneself.

Kathmandu is the capital city and largest city of Nepal and also the largest metropolitan in the Himalayan hill region. Kathmandu is and has been for many years the centre of Nepal's history, art, culture and economy. It has a multiethnic population within a Hindu and Buddhist majority. Kathmandu valley has many UNESCO World Heritage Sites which are rich in traditional arts & architectures, interesting history & cultures and unique lifestyle of the people.

Pokhara is a charming & scenic place with the presence of many beautiful lakes and amazing Fish tail and Annapurna mountain ranges in the background. Pokhara is known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas. Pokhara is the major tourism Hub in Nepal for leisure tourism, adventure activities, yoga and meditation retreats etc. Tourism plays vital role in Pokhara since thousands of tourist visit Pokhara every year.

Duration: 10 Days

Cost: USD 1180

Destination: Nepal

Day 01: Kathmandu.

Upon arrival In Kathmandu, you will be met with our representative and transfer to your hotel. Check in to hotel and free for rest of the day at your own.

Day 02: Visit Boudhnath Stupa, Pashupatinath Temple and Bhaktapur.

Today we will take a historical and cultural sightseeing in Kathmandu.

After breakfast we will visit the **Great Stupa of Boudhanath (UNESCO World Heritage Site)** a vast dome-shaped monument representing the Mind of the Buddha. It is the primary pilgrimage destination for Tantric Buddhists of the Himalayas and a major draw for Tibetan Buddhists from all over the planet. The history of the Stupa from its origins in the fifth century to the present day is also presented here for the first time.

We will then visit **Pashupatinath Temple. (UNESCO World Heritage Site)**. Pashupatinath is one of the holiest pilgrimage destinations for all the Hindus of the world. The temple is dedicated to Lord Shiva, one of the trinity and the guardian (patron) deity of Nepal. This is one of the oldest temples, situated on the banks of the Holy Bagmati River. It is a double – roofed golden temple with four triple silver doorways. Pashupatinath covers an area of 281 hectares, which is one of the biggest temple complexes in Nepal. Although Pashupatinath Temple was only built in the fifth century and later renovated by Malla kings, the holy site is said to have existed from the beginning of the millennium.

Lastly we will drive to **Bhaktapur, (UNESCO World Heritage Site)** which is one of the oldest towns in Kathmandu which was previously known as Bhad Gaon. Bhaktapur is filled with monuments, most terracotta with carved wood columns, palaces and temples with elaborate carvings, gilded roofs, and open courtyards. The city is dotted with pagodas and religious shrines. The Art Gallery has a fascinating collection of ancient manuscripts, Thangkas, centuries-old stone sculpture, antique paintings that belong to the Hindu and Buddhist traditions of various periods.

Breakfast Included

Day 03: Drive to Pokhara and check in to Yoga Retreat. 6 hours drive.

After breakfast, drive to Pokhara which is the second largest and the most beautiful city in Nepal. On arrival in Pokhara we will drive you to a Yoga retreat which is a dedicated yoga and meditation centre with a heart and soul. Whether you are looking to start your new yoga adventure, deepen your existing yoga practice or just rest, relax and enjoy the tranquil yogic environment, it is a right place for you. Yoga beginners will be encouraged to begin their asana and yoga fundamentals in a safe and nurturing environment with the help of experienced yoga teachers.

After check in, there will be Kirtan Chanting, briefing on the classes, dinner and silent meditation.

Breakfast & Dinner Included

Day 04: Yoga and Meditation Class.

Wake up at 6 am. The programs for the day are : - Morning meditation, Jala Neti cleansing, Morning Yoga class, breakfast, wellness activities, sound bath, Lunch, leisure time, snack, Kirtan chanting, evening yoga, dinner, silent meditation.

Breakfast, Lunch & Dinner Included

Day 05: Yoga and Meditation Class.

Wake up at 6 am. The programs for the day are : - Morning meditation, Jala Neti cleansing, Morning Yoga class, breakfast, wellness activities, sound bath, Lunch, leisure time, snack, Kirtan chanting, evening yoga, dinner, silent meditation.

Breakfast, Lunch & Dinner Included

Day 06: Check in to Pokhara Hotel and Hiking and walking tour.

Wake up at 6 am. The programs for the day are: - Morning meditation, Jala Neti cleansing, Morning Yoga class, breakfast.

After breakfast check out from the retreat and check in to Pokhara hotel. After a short refreshment, we will take a local boat ride in Fewa Lake and cross the lake. We will then start our 2 hours hike to **World Peace Stupa** which is located at the top of a hill. You will have a good hike experience along the beautiful green nature and sights of Fewa Lake and Pokhara valley. Explore the Stupa area and we will drive back to Pokhara and walk and explore the lake side area in the evening.

Breakfast Included

Day 07: Experience Himalayan Sunrise in Sarangkot and drive back to Kathmandu.

Wake up early morning to take a short 30 minutes' drive to **Sarangkot** which is located at a height of 1600m. Sarangkot is renowned for its beautiful sunrise view and panoramic mountain views. You can enjoy the beautiful scenery for a while and drive back to hotel and have your breakfast. After breakfast, we will drive back to Kathmandu enjoying the beautiful scenery along the way. Reach hotel and check in and free on leisure

Day 08: Visit Swoyambhunath Stupa, Singing bowl Therapy and Ayurvedic Massage.

After breakfast visit the 2000 years old **Swoyambhunath Stupa, (UNESCO World Heritage Site)** also known as "Monkey temple" The temple charms with its great dazzling Stupa, while at the same time, offering a view of Kathmandu city. The two-thousand years-old Stupa is the most profound expression of Buddhist symbolism in Nepal. There's evidence to believe the hill was used for animist rites even before Buddhism arrived in the valley two thousand years ago.

After the sightseeing we will visit a **Singing bowl therapy** centre where we will perform a short 45 minutes therapy. It is the ancient brain entrainment methodology for healing and meditation. Tibetan singing bowls have been used for centuries for healing and meditation purposes. Enjoy and experience the unique therapy and then time for lunch.

After your lunch, we will drive to a massage centre for some **Ayurvedic massage**. You will try the famous Shirodhara an ayurvedic treatment in which a warm bowl of essential oils is poured in the forehead from certain height with constant speed, flow and temperature for a certain time in your forehead (third eye). It is effective to soothe, energize, nourish and relax the nervous system.

Later we will get engaged in Kati Basti with back massage (lower back therapy). It is a special technique aimed at relieving back pain using warm medicated oils or herbal decoctions.

After the soothing ayurvedic massage, it is now time for us to drive back to hotel and check in.

Day 09: Sightseeing of Namo Buddha & Panauti.

Today we will drive to **Namo Buddha** which is a small village around 2 hours drive from Kathmandu valley. We will explore the area and visit the famous Monastery of Namu Buddha.

We will visit the site where Buddha, previously as a Prince during his meditation life gave flesh of his body to feed the hungry tigress and her cubs. We will also visit the cave in Namu Buddha and the Stupa and the place where the relics are kept. Namu Buddha is considered as one of the most religious Buddhist pilgrimage sites in Nepal.

We will then take a mild hike or walk for about 1.5 hours to reach Village of **Panauti**.

Panauti is small village development committee on the outskirts of Kathmandu valley. Panauti is one of the oldest towns in Nepal, consisting of many temples that are still present till this day dating back to 15th century or earlier. Panauti is a quaint and interesting destination in Nepal which has a feel that it has been left exactly the way the founders have built the town. A nostalgic atmosphere covers the narrow town streets and ancient structures.

We will walk and explore the village areas connecting to Panauti and the surrounding areas. Later we will drive back to Kathmandu and visit **Thamel** area. Thamel is the major tourist hub in Kathmandu and is famous for buying local souvenirs. You may wish to buy some souvenir for your friends and relative.

In the evening, we will visit a traditional Nepalese restaurant for **farewell dinner** with some cultural show.

Day 10: Departure.

After breakfast you have free time until your flight time. We will drive you to the Airport and bid you farewell and thank you for your visit.

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