

# NEPAL, YOGA & MEDITATION

7 nights.....



Anglo Indiago Travels (P) Limited

## **DAY 01 ARRIVE KTM / TRANSFER TO HOTEL. (DINNER)**

Meet and Greet on arrival and transfer to the Hotel. welcome ceremony traditional way and meditation. 9 PM dinner

## **DAY 02 DRIVE TO POKHARA.**

After breakfast drive to Pokhara which will take about 6 hours drive and is about 200 Km. Pokhara is a place of remarkable natural beauty. The serenity of Phewa Lake and the magnificence of the fish tail summit rising behind it create an ambiance of peace and magic. At an elevation lower than Kathmandu, it has much more tropical feel to it, a fact well appreciated by the beautiful diversity of flowers which prosper in its environs. Indeed, the valley surrounding Pokhara is home to thick forest, gushing rivers, emerald lakes and of course, the world-famous views of the Himalayas. Check-in at Purna Yoga Retreat. Dinner at the Retreat.

## **DAY 03 YOGA PROGRAMME AT PURNA YOGA RETREAT. (Full Board)**

Yoga Programme at Purna Yoga Retreat.  
Breakfast, Lunch & Dinner at the retreat.

## **DAY 04 YOGA PROGRAMME AT PURNA YOGA RETREAT (Full Board)**

Yoga Programme at Purna Yoga Retreat.  
Breakfast, Lunch & Dinner at the retreat.

## **DAY 05 YOGA PROGRAMME AT PURNA YOGA RETREAT (Full Board)**

Yoga Programme at Purna Yoga Retreat.  
Breakfast, Lunch & Dinner at the retreat.

**Note: during yoga stay you will have time free to explore Pokhara**

## **DAY 06 DRIVE FROM POKHARA TO KATHMANDU. (Breakfast & Dinner)**

After breakfast drive back/fly to Kathmandu. Check in hotel and rest of the day free. In the afternoon visit Durbar Square. It is protected by UNESCO world heritage site. Kathmandu Durbar square (old Royal palace) which built in 12th century. The Durbar square provides you numerous temples, Kumari Bahal (House of Living Goddess), Kasthamandap (house of wood) and the old museum. If you wish you can visit Thamel for shopping. Dinner and night stay.

**Note. If you wish you can fly to Kathmandu from Pokhara. (Optional)**

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### **Day 07 VISIT KATHMANDU (Breakfast & Dinner)**

After breakfast visit Swayambhunath, Boudhnath both and Patan city. Dinner and night stay.

**Swayambhunath stupa** is the most ancient and enigmatic of all the holy shrines in Kathmandu. Its lofty white dome and glittering golden spire are visible for many miles and from all sides of the valley. Historical records found on a stone inscription give evidence that the stupa was already an important Buddhist pilgrimage destination of the 5<sup>th</sup> century AD. Its origins however, date to a much earlier time, long before the arrival of Buddhism into the valley. A collection of legends about the site, the 15<sup>th</sup> century Swayambhunath Purana, tells of the miraculous lotus, planted by a past Buddha, which blossomed from the lake that once covered Kathmandu valley.

**Boudhnath:** Boudhnath is protected by UNISCO world heritage site. Boudhnath is among the largest Stupas in the south Asia and it has become focal point of Tibetan Buddhism in Nepal. The white looms 36 meters overhead. The stupa is located at the ancient trade route to Tibet and Tibetan merchants rested and offered prayers here for many centuries.

**Patan city:** Patan is protected by UNISCO world heritage site. Patan is the second largest city in the valley. It is some time referred to as Lalitpur, which means city of beauty. Patan has long Buddhist history and the four corners of the city are marked by stupas. Patan's central Durbar square is absolutely packed with temples. It is an architectural feast with a far greater concentration of temples per sq meter than in Kathmandu or Bhaktapur.

### **Day 08 Departure**

Breakfast and day free till your final departure. Depending on your flight, transfer to the airport for onward destination.

**End of our services....**

### **Note:**

1. This tour can be modified as per your requirement
2. You can enjoy a flight over the Himalayas to see Mount Everest (optional)
3. You can stay any number of nights at Purna Yoga Retreat. We have Yoga programmes for 2 nights, 3 nights, 4 nights, 5 nights and more.
4. You can also organise yoga detox, yoga weight loss, sound healing, mandala making and bhakti yoga retreats at Purna Yoga Retreat.