

SPIRITUAL JOURNEY TO NEPAL

10 nights.....



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. (Full Board)

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. Lunch on the way in a local restaurant. 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 FULL DAY SIGHTSEEING AT POKHARA. (Full Board)

After breakfast from 8 to 9 am drive from Purna Yoga Retreat to Pokhara Hotel. 10 am Visit to little island temple (Taal Barahi Temple) by boat, continue with the boat to Stupa, hike up to Peace Pagoda... lunch at Stupa (360° restaurant view, traditional Nepali food)... Drive back to Pokhara and sightseeing to water fall (Davis Fall) and Shiva Temple (Gupteshwor Mahadev Temple)... Drive back to hotel at 5 to 6pm... 7pm meditation... 9pm dinner at Pokhara town (OR2K restaurant) ... back to hotel and overnight.

WORLD PEACE PAGODA: Balanced on a narrow ridge high above Phewa Tal, the brilliant-white World Peace Pagoda was constructed by Buddhist monks from the Japanese Nipponzan Myohoji organization. There are three paths up to the pagoda and several small cafes once you arrive. It is a perfect holiday place providing a clear view of the Himalayan range, Fewa Lake and Pokhara city. The hilltop provides a splendid view of sunrise and sunset.
Later visit Devis Fall and Gupteshwor Mahadev Temple.

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Continue day ...5/-

DEVI'S FALL On 31st July 1961 A.D. in the afternoon a sudden flood from Fewa Lake swept away a Swiss citizen Mrs. Devis who was having a bath with her husband beside it. She was flowed and dead. She was recovered after a long attempt since then. It has been taken its name "Devi's fall"

Length: 500 meters underground water flow.

Depth: 100 Feet.

Most people pronounce Devi's fall as Davi's Fall. Locally known as Patale Chhango.

GUPTESWOR Gupteswar is a famous cave in Pokhara. Inside the cave we can find the temple of the Lord Shiva. Lord Shiva is great god of Hindu. People worship to Lord Shiva and pray for their happiness and wealth. You can also see the beautiful temple in this cave. Gupteshwor Mahadev Cave a huge stalagmite worshiped as a Shiva lingam. The ticket only covers the temple, there you can pay another a low tunnel behind the cave, the behind a spring waters of Devi's Falls. At the ceiling of the cave, you can see cracks and beautiful mark by the force of the waters. There are two caves inside it. You must pay entry fee to see the natural cave of Gupteswar, electricity is managed for convenience of visitors. Second part of the cave closes during the Jun, July, Aug and September due to heavy rain and flood from Devi's fall. It is an interesting experience to visit Gupteswar. Drive back to hotel. Evening meditation programme.

DAY 06 VISIT TO BEGNAS LAKE. (Full Board)

6am wake up ... 7 to 8am Yoga ... 8:30am Breakfast...10am by we are going to see Begnas Lake (boat to cross the lake) ... 1 to 2pm having lunch on the way (sea view restaurant or similar). Hike down same place. Back to Pokhara. Dinner in the hotel. Night

Begnas Lake is the second largest lake in Pokhara after the Phewa tal. Located in the Kaski district, about 13 kms drive from Pokhara town, Begnas is freshwater lake is rarely overcrowded with tourist which makes it so much better and cleaner than other lakes in Pokhara. Towards the north side of the lake are swamps and villages which in the recent years have seen a major increase in the number of terraced fields around the lake. Portions of the lake are used as caged fisheries, a reason why Begnas has a renowned market of freshwater fishes. Back to Pokhara for night stay.

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DAY 07 DRIVE FROM POKHARA TO KATHMANDU. (Full Board)

After breakfast drive back to Kathmandu. Lunch on the way at local restaurant. Check in hotel and rest of the day free. If you wish you can visit Thamel for shopping. Dinner and night.

DAY 08 MORNING MEDITATION PROGRAMME. (Full Board) AFTERNOON TOUR OF PASHUPATINATH AND BOUDHANATH.

6 am wake up... 7 to 8 am yoga meditation and pranayama... 9 am breakfast... 11am proceed for sightseeing of Pashupatinath Temple and Boudhnath Stupa. Lunch at local restaurant. After the sightseeing drive back to hotel and check in. 7 to 8pm relaxing meditation...9pm dinner...

Pashupatinath temple: One of the most sacred Hindu shrines in the world, Pashupatinath lies 5 Km east of the city center. The richly ornamented pagoda houses the sacred linga, or phallic symbol, of Lord Shiva. Chronicle indicates the temple's existence prior to 400 AD. Devotees can be seen taking ritual dips in the holy Bagmati River flowing beside the temple, also a World heritage site.

Boudhnath Stupa: Lies about 6 km to the east of downtown Kathmandu and is the largest stupa in the valley. It looms 36 meters high and present one of the most fascinating specimens of stupa design. Boudhnath a world heritage is also known as Khasti. There are more than 45 Buddhist monasteries in the area.

DAY 09 VISIT PATAN CITY AND BHAKTAPUR DURBAR SQUARE. OVERNIGHT AT BHAKTAPUR. (Full Board)

After breakfast, drive to Patan for sightseeing. After sightseeing Lunch at local restaurant and drive to Bhaktapur and check in to Bhaktapur hotel. Later proceed for sightseeing in Bhaktapur with temple journeys. 7 to 8pm yoga Nidra... 9pm dinner...

Patan City: Like its counterpart in Kathmandu, is an enchanting mélange of palace buildings, artistic courtyard and former Royal palace complex is the center of Patan's religious and social life, and houses a museum containing an array of bronze statues and religious objects. One remarkable monument here is a 16th century temple dedicated to the Hindu goes Krishna, built entirely of stone.

Bhaktapur City: As you walk in you cannot but be overcome by a feeling of inner harmony. Such is the art and architecture and the special layout in Bhaktapur, city which is 15kms from Kathmandu city Centre. The 15th century palace of 55 windows, situated to the left as you enter through the city gate, inspire admiration. The National Art gallery is also housed inside. The Palace entrance, the golden gate is a masterpiece in repousse art. In front of the palace building is a medley of temples of various designs.

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DAY 10 MORNING / EVENING MEDITATION PROGRAMME.

FREE DAY IN BHAKTAPUR. (Full Board)

6am wake up...7 to 8 am yoga meditation and pranayama...9 am breakfast...

10am going for shopping/free time.

Lunch at local restaurant.

Back in hotel at 5 to 6pm

7 pm meditation, summarizing and exchanging travel program experience... 9pm dinner.

DAY 11 TRANSFER TO AIRPORT FOR DEPARTURE. (Breakfast)

wake up 6am. 7 to 8 yoga & meditation last class. Goodbye closing ceremony. breakfast... back to Kathmandu airport...

Note. "Join the Group"

This tour will be conducted in a group between 10-15 pax. Please consult the dates