

PRIVATE | LUXURY | JOURNEY

Earthbound
HOLIDAYS

A Sister Concern of
**An Award
Winning
Responsible
Trek
Company**

Yoga & Wellness Tour

**9
Days**

\$ 1897

Have you ever dreamed of practicing yoga in the mystical Himalayas where yoga originated?

Practicing yoga and meditating in the Himalayas while experiencing the idyllic landscape and culture of these magical mountains is more than rewarding. This tour suits all kinds of travelers who want to incorporate yoga into their trip. It doesn't matter if you are a beginner, advanced or first time practitioner, the only thing you need is an interest in experiencing yoga in a different way. This tour is truly an exploration of the physical, mental and spiritual realms and provides the genuine feeling of holistic well-being.

Early morning yoga sessions, afternoons of exciting touring activities, evenings of calming meditation and conversations of great times with a caring group of travelers – this is what you can expect on this tour. During this trip you will experience the magical mountain atmosphere, visit the sacred birth place of Lord Buddha, view wildlife, and enjoy plenty of free time to relax and explore on your own. This tour will be beneficial for spiritual uplifting, physical and mental health, and at times it will be an enlightening experience of the culture, history, religion, spirituality of the country and over all humanity.

You definitely want to be a part of this tour to enlighten and enliven your life from a completely different perspective

www.earthboundholidays.com

Detail Itinerary

Day 1 : Arrival Day

You are met and welcomed by an Earthbound representative upon your arrival. You will be led to your hotel; check in and freshen up. Later on, we meet for the tour briefing at your hotel.

Day 2 : Kathmandu Exploration - Nagarkot

Early morning Yoga practice. After breakfast, we are taking you for the Heritage tour in Kathmandu valley today. The sites include:

Swoyambhunath - The oldest Buddhist Stupa in Kathmandu Valley, a beautiful abode for lots of monkeys thus also known as Monkey Temple, is also a perfect vantage point to see Kathmandu valley.

Pashupatinath - A holy pilgrimage for Hindus and Hindu Crematorium, watch as the Hindu dead bodies are being cremated in the most unique way in the world; we come across men with ash rubbed body, matted locks and dreaded look which is typical look of a Hindu Holy Men known as Sadhus.

Boudhanath- the biggest Buddhist temple in the world; a site for Tibetan Buddhism where we can visit monasteries, watch the Holy Monks busy in their chanting ritual going around the temple.



Patan Durbar Square- A Medieval Royal Palace area which is also known as the city of fine arts, we can see the finest example of metal and stone carving back to 14th century and also the amazing Nepali Architecture.

Drive to Nagarkot, beautiful hill station 32 km east of Kathmandu.

Stay overnight there. Evening meditation practice. B/L/D

Day 3 : Nagarkot - Yoga Retreat

Enjoy the early morning sun rise yoga and charming beauty of the Himalayan range. Feel all refreshed. Later after breakfast, hike down to Yoga Retreat. A beautiful hike through local village and terraced fields gives you a good experience of culture and nature. Enjoy the organic meal prepared at the yoga retreat, take a stroll in the surrounding visiting local village, temples etc. Enjoy evening meditation session to find the peace and relaxation. B/L/D



Day 4 : Yoga Retreat - Pokhara

Early morning yoga practice. Fly to Pokhara, 200 KM west of Kathmandu, in the morning. Pokhara is stunningly beautiful well equipped with all charming factors like mountains, green hills, lake and many more. The giant Annapurna range bestows all happiness upon us, beautiful and serene lake gives us calming effect and green hills around send us cool and soothing breeze.

Sightseeing tour to Davis falls, Gupteshwor cave and world peace stupa. Back to Lakeside for a free and relaxing time
Evening Meditation practice. B/L/D

Day 5 : Pokhara Exploration

Early morning drive to Sarangkot for the sunrise with a breath taking view of Annapurna range and other mountains. Outdoor yoga practice as the sun comes up showering its energy to us and the mysterious power of the Himalayas to boost our practice. Return back to hotel, have breakfast and go for a meditative boat ride on Lake Fewa. Free and relaxing afternoon. Can choose to do some adventure activities like Paragliding, ultra light

flight, zip line etc. at extra cost if you like.

Evening Meditation Practice. B/L/D

Day 6 : Pokhara - Lumbini



Early morning yoga practice. Today, we are driving for 7 hours to go to Lumbini, the Birth place of Lord Buddha. So as soon as we are done with the breakfast, we start another long but beautiful drive on the serpentine road of the mid hills which finally takes us to the sacred land of Buddha's birth place.

Free time in Lumbini to relax.
Evening Meditation practice. B/L/D

Day 7 : Lumbini Exploration

After breakfast, go for sightseeing in Lumbini visiting monasteries, Mayadevi temple, sacred garden, peace stupa, peace flame and the vicinity.
Meditation session in the sacred garden. B/L/D

Day 8 : Lumbini - Kathmandu

Fly to Kathmandu in the morning.
Free and relaxing afternoon. B/L/D



Day 9 : Departure Day

Today is the day we are bidding farewell to each other as this trip comes to the end. But we look forward to see you again for another trip. Airport transfer. B

Cost Includes

- ▶ Hassle free airport pick up and drop off service upon arrival and departure
- ▶ Accommodation in five star hotels through out the tour
- ▶ All major meals
- ▶ Sight seeing tour of historical city of Kathmandu
- ▶ Boating on Lake Fewa
- ▶ Wild life safari activities in Chitwan National Park
- ▶ Monument and national park entry fees
- ▶ All overland transportation in luxurious air conditioned bus/van/car
- ▶ Whole trip guided by an English speaking expert guide
- ▶ Guided yoga and meditation classes and spiritual sessions

Cost Excludes

- ▶ International Airfare
- ▶ Travel Insurance Beverage expenses
- ▶ Gratuities
- ▶ Cost raised by any unforeseeable circumstances beyond our control
- ▶ Any other expenses of personal nature such as purchase of souvenirs and other shopping.



Our Associate Partners



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