

Earthbound Expeditions

Nepal Well Being Tour

12 days, from US$1,397 per person

Duration	Group size	Country
12 days	**8 People**	**Nepal**

Nepal Well Being Tour Overview

nepal wellbeing tour, Yoga retreat in nepal, yoga trek in nepal

TAKE A WELL BEING TOUR TO THE LAND OF THE HIMALAYA NEPAL

Nepal well-being tour: Yoga, meditation, vegetarian meal, Spa, UNESCO heritage tour, great views and walk

Practice yoga and meditation to explore your inner self and find a holistic well being while you explore the outer beauty of the magical land of the Himalayas. Grow your spirituality higher and awareness deeper to learn more about yourself and the world while travelling to Nepal. Enjoy the panoramic view of the magnificent Himalayas and feel and take the energy flowing to you from those mighty mountains. Meditate in the serene atmosphere on the lap of the Himalayas where the ancient sages practiced their yoga and meditation to attain the enlightenment.

As you already may know the Himalayas, long revered as the birthplace of yoga and meditation, provide the perfect setting for deepening one's practice amidst breathtaking landscapes - jaw dropping views. Our Nepal wellbeing tour retreat includes guided yoga and meditation sessions in pristine nature, immersive short treks through sacred trails, and soulful cultural experiences with local Himalayan communities. This experience not only nurtures physical and mental well-being but also fosters a profound connection with nature and oneself.

About Yoga in Nepal :

The art of yoga has been practiced in Nepal and India for centuries. Unlike other forms of exercise, it is not rigorous but relaxing while being just as effective. Dhyan (concentration) is the key to perfecting the yogic postures called Asanas. Mastering of the Asanas is supposed to ensure mental, physical and spiritual harmony.

Situated in the Himalayan foothills, Nepal is the perfect destination for yoga and meditation lovers and for the well-being tour. Yoga and Meditation in the Himalayas add efficiency to its practice.

Earthbound Expeditions, a pioneer responsible adventure travel company in Nepal, brings yoga and tourism together. That means while travelling to the Himalayas, you can indulge yourselves in restoration, rejuvenation, health and well being of the whole person – body, mind, and spirit – Nepal well-being tour.

We will provide award-winning yoga-instructor as a tour/trek leader for the group size of (4) four and more. The entire function of yoga and well-being tourism is operating under the guidelines of, very well experienced yoga teachers who hold their degrees from the first deemed university in the world for yoga and specialists in tours and travels, who have the experience of around (10) ten years at their credit in a senior capacity. They have organized many seminars/conferences on yoga and the symposium on the basis of applications of yoga.

Join the well-being tour for a refreshing and rejuvenating experience.

THIS COUKD BE YOUR HIMALAYAN JOURNEY TOWARDS ENLIGHTENMENT...

Cost Includes/ Excludes

Includes

- All Ground Transport by Car / Bus
- All accommodations & food on bed and breakfast basis, and other meals as mentioned above
- Nepali dinner with cultural show
- Airport transfers on arrival / departure
- Domestic flight as per itinerary

- Yoga , meditation, Retreat facilities
- Organic meals, Guru guided Yoga class

Itinerary

Day 1

Arrival Day 1400 m

We arrive at the Tribhuvan International Airport, Kathmandu. We are met and picked up by an Earthbound representative and transferred to hotel. Later at some point, we meet for the orientation about the trip in details. Hotel: Thamel Eco Resort or similar

Day 2

Kathmandu Exploration Day

We wake up early in the morning for a refreshing Yoga session. After breakfast in the morning we go for the Kathmandu sightseeing tour. We are going to do the UNESCO CULTURAL HERITAGE TOUR today which includes: 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 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. We chase the tiredness away with a meditation session in the evening.

Day 3

Volunteering Activities

We have yet another early morning yoga session to freshen ourselves up. Today, we go for some humanitarian work after breakfast. We go visit helpless and homeless people, feed them and spend some time with them. We will have free time to explore around as well. Evening Meditation session.

Day 4

Kathmandu - Nagarkot 2100 m

After an early morning refreshing yoga session we come down for the breakfast. Later today, we drive to Nagarkot for about 1.5 hrs and stay overnight there. Nagarkot is a beautiful hill station 32 Kilometers east of Kathmandu and famous for sunrise and Mountain View. We can enjoy the breathtaking view of Langtang range in the Himalaya and other magnificent mountains including Sisa Pangma, Dorje Lakpa, Gaurishankar and also a tiny glimpse of Mt. Everest on a very clear day. Sunrise from here is as fascinating as it can be. The cool weather there makes us wish for more days there but so sad, we are checking out tomorrow. Meditation session on the beautiful hill station.

Day 5

Nagarkot - Yoga Retreat 1500 m

We enjoy sunrise in the morning and come for the breakfast. After having breakfast we hike to today's destination. A 2.5 hours walk will take us to the local village area allowing us to experience the local life style. As we walk, we will be welcomed by a friendly hello of local people. Enjoying the Green hills and the local life, we will then drive to simple yet rewarding Yoga Retreat where we are staying for two nights

practicing Yoga and Meditation, helping ourselves to grow spiritual and healthier. Evening Meditation Stay in the retreat

Day 6

Yoga Retreat Exploration

We freshen up with the early morning yoga practice in the beautiful surrounding of the retreat. After breakfast, we can go visit Moanstries, temple and explore the surrounding. Also can enjoy the spa and massage facility with extra cost at the retreat. In the evening, another meditation session will make us feel more peaceful and energetic. Enjoy the retreat stay for 3 days practicing yoga, meditation; enjoy massage and spa; spend quiet time to explore.

Day 7

Yoga Retreat - Pokhara 900 m

Early morning yoga practice to make us ready for the whole day. After the blissful experience of yoga, we come down for the breakfast. We start driving to Pokhara today after the breakfast. It takes us about 7 hours scenic drive to reach Pokhara, a very famous and standing amid nature tourist destination in Nepal. As soon as we reach Pokhara, the atmosphere starts telling us about the beauty of the place. One of the most beautiful lake cities in the world, Pokhara, is also the city for the adventure sports in Nepal. It is also a famous sightseeing place with beautiful lakes and view of Himalayan range. The close-up view of the Annapurna range and Mt. Fishtail from here is more than fascinating. Evening Meditation Session

Day 8

Pokhara Exploration Day

Early morning wake up to go to Sarangkot for a stunning view of Himalaya and an incredible sunrise. After breakfast we go visit World Peace Stupa and Boating on the lake. We have free afternoon and a whole bunch of choice for the adventure activities like paragliding, ultralight flight, zip flyer etc. at an extra cost. Also we can enjoy the spa and massages, taking a stroll around the serene lake etc. Meditation in the evening. Hotel: Pokhara Eco Resort or similar

Day 9

Pokhara - Kathmandu

After breakfast we drive back to Kathmandu. Have an option to fly back at an extra cost. Later in the evening, we go for farewell Nepali dinner with cultural show in Kathmandu and can have discussion about the trip experience. Hotel: Thamel Eco Resort or similar

Day 10

Departure Day

Today is our last day of the trip so we will transfer you to airport for the final departure.

What's included

- All Ground Transport by Car / Bus
- All accommodations & food on bed and breakfast basis, and other meals as mentioned above
- Nepali dinner with cultural show
- Airport transfers on arrival / departure
- Domestic flight as per itinerary
- Yoga , meditation, Retreat facilities
- Organic meals, Guru guided Yoga class

Not included

- Airfare from & to Kathmandu
- Sightseeing monument entrance fees
- Visa fees, Travel insurance
- Tips to guides
- lunch and dinner not mentioned above
- All personal expenses, an expense raised by those events which is not under our control

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/nepal-well-being-tour