

# Deep Healing Retreat (5 Nights / 6 Days)



## Trip Overview

This retreat offers a transformational wellness experience in the heart of the Kathmandu Valley. You will spend six days in a luxurious wellness environment (The Terraces or similar), incorporating daily yoga, guided meditation, sound healing, Ayurveda therapies, Reiki, and mindfulness practices.

Optional day visits to sacred sites like Boudhanath Stupa or Patan Durbar Square allow spiritual immersion, but all activities are spaced out with free time for reflection, journaling, spa, and walking meditation.

This program is perfect for individuals or small groups who want to disconnect from daily stress, explore inner balance, and return home with practical wellness tools.

**Total Trip Days:** 6 Days

## Trip Highlights

- 5 nights in a luxury wellness resort with Himalayan views
- Daily yoga & meditation (morning and evening)
- Personalized Ayurveda therapies (full Panchakarma-inspired options available)
- Reiki and energy healing sessions
- Tibetan sound healing journeys
- Mindful forest walks and terrace meditation
- Optional sacred site visits (Boudhanath, Patan)
- Wellness dining with organic, vegetarian meals

## Itinerary

### Day 1:

Upon arrival in Kathmandu, you are greeted with a warm welcome and herbal tea at The Terraces Resort, where the Himalayan foothills create a serene backdrop for the retreat. The afternoon is left free to settle in, explore the resort gardens, or enjoy the infinity pool. As evening approaches, participants gather for a gentle yoga session on the terrace, followed by a sound healing journey with Tibetan singing bowls and gongs. This first session helps release travel fatigue, harmonizes energy, and sets the tone for a restorative retreat. Dinner is served as an organic, mindful meal, allowing you to begin the journey inward with intention.

### Day 2:

The day begins at sunrise with gentle yoga and pranayama on the terrace overlooking the valley, awakening the body and focusing the mind. After a nourishing breakfast of herbal teas and locally sourced organic produce, you receive a personalized Ayurveda consultation followed by an Abhyanga massage and steam bath, tailored to individual needs. The afternoon is reserved for rest, journaling, or terrace meditation, allowing the body to absorb the healing benefits of the therapy. Later, participants join a guided meditation session and sound bath in the evening, which combines Tibetan singing bowls, chimes, and gentle drumming. Dinner concludes the day with quiet, mindful eating, integrating the day's healing work.

### **Day 3:**

This day offers an optional slow-paced visit to Boudhanath Stupa, where you can engage in walking meditation, observe chanting rituals, or simply soak in the sacred atmosphere. The morning begins with sunrise yoga and a meditation session, followed by breakfast back at the resort. In the afternoon, participants receive a Reiki or chakra-balancing session, helping align energy and release tension. The evening features a sound healing journey combined with guided visualization, allowing you to process insights from the day and deepen their connection to inner stillness.

### **Day 4:**

You begin with sunrise yoga and meditation before enjoying a wholesome breakfast. Mid-morning, a Shirodhara or herbal oil treatment is administered as part of the Ayurveda program, promoting deep relaxation and mental clarity. Lunch is a light, nutrient-rich meal designed to nourish and balance energy. The afternoon is free for silent reflection, terrace meditation, or spa treatments, encouraging integration of the healing work. In the evening, participants gather for a fire ritual (Havan) under the stars, symbolizing release and renewal, followed by a mindful, candlelit dinner.

### **Day 5:**

Morning begins with yoga and a walking meditation through the resort's natural surroundings. Breakfast is served with herbal tonics and fresh produce. Midday, you have the option to participate in a forest bathing session or an herbal workshop, connecting mindfully with nature. The afternoon includes a sound healing session and guided meditation to consolidate the retreat experience. In the evening, participants enjoy a farewell dinner and sharing circle, reflecting on personal growth and lessons learned during the retreat.

### **Day 6:**

The final day opens with a sunrise meditation and gratitude circle, giving you a chance to integrate the retreat experiences and set intentions for daily life beyond the retreat. Breakfast follows with herbal teas and wholesome organic fare. You complete final reflections and journaling before a private transfer returns them to Kathmandu or the airport, carrying with them a sense of balance, clarity, and deep renewal.