

Himalayan Healing Escape at The Terraces (2 Nights / 3 Days)



Trip Overview

This short retreat offers a powerful reset in just three days. You immerse in yoga, meditation, Ayurveda therapies, and sound healing, while enjoying the luxury and serenity of The Terraces Resort. It is designed for busy professionals, couples, and travelers with limited time who want to return home feeling refreshed, balanced, and deeply rejuvenated.

Total Trip Days: 3 Days

Trip Highlights

- Daily yoga & meditation with Himalayan views
- Sound healing sessions with Tibetan singing bowls & gongs
- Ayurveda therapy (Abhyanga massage + herbal steam)
- Mindful forest walk and guided meditation

- Gourmet wellness meals with organic, local ingredients
- Luxury spa, infinity pool & private terrace relaxation

Itinerary

Day 1:

- Private transfer to The Terraces Resort & Spa.
- Welcome with herbal tea and orientation by retreat host.
- Afternoon free to enjoy the infinity pool, spa, or private terrace.
- Evening Gentle Yoga Flow for grounding after travel.
- Sound Healing Meditation with Tibetan singing bowls to harmonize energy.
- Wellness dinner featuring organic, plant-based cuisine.

Wellness Highlight: Releasing travel stress with yoga and sound vibrations.

Day 2:

- Sunrise Hatha Yoga & Pranayama overlooking the valley.
- Nutritious breakfast with fresh juices and Himalayan herbs.
- Ayurveda consultation & personalized treatment (Abhyanga oil massage + herbal steam bath).
- Leisure time for journaling, spa treatments, or swimming.
- Guided forest mindfulness walk in resort surroundings.
- Evening Tibetan Sound Healing Journey with gongs and bowls.
- Dinner with wellness dining focus: detox-friendly and seasonal flavors.

Wellness Highlight: Personalized healing through Ayurveda and vibrational therapy.

Day 3:

- Sunrise **Meditation & Gratitude Circle** on the terrace.
- Closing reflections with herbal tea.
- Healthy breakfast with organic farm produce.

- Departure transfer to Kathmandu or airport.

Wellness Highlight: Leaving with lightness and renewed energy.