

# Himalayan Yoga & Meditation Retreat (6 Nights / 7 Days)



## Trip Overview

Nepal has long been known as a land of mysticism, spirituality, and natural healing. This 7-day retreat program is designed for individuals seeking to pause from their busy lives and reconnect with themselves. Based in the Himalayan foothills and lakeside Pokhara, the retreat blends daily yoga and meditation, Ayurveda therapies, mindful hikes, sound healing, and cultural wellness rituals. You not only rejuvenate physically but also gain a deep sense of balance and spiritual clarity.

This retreat is ideal for solo travelers, couples, or small groups seeking a transformative yet accessible wellness journey. With expert yoga teachers, Ayurveda therapists, and serene retreat settings, participants will immerse in Nepal's age-old wellness traditions while enjoying breathtaking mountain views.

**Total Trip Days:** 7 Days

## **Trip Highlights**

- Daily Yoga & Meditation with certified Himalayan yoga instructors
- Personalized Ayurveda Consultation with natural therapies
- Mindful Hikes to Peace Pagoda & Begnas Lake
- Healing Therapies including sound healing, yoga nidra, and steam detox
- Cultural Connection through closing fire ceremony and organic farm experience
- Accommodation in lakeside eco-retreats and boutique wellness hotels

## **Itinerary**

### **Day 1:**

- Warm welcome at Tribhuvan International Airport with traditional garland.
- Private transfer to boutique wellness hotel in Kathmandu.
- Evening group orientation with light yoga stretching.
- Guided meditation to settle into Nepal's spiritual energy.
- Dinner featuring herbal teas and light vegetarian dishes.

*Wellness Highlight:* Introduction to retreat theme – grounding and letting go.

### **Day 2:**

- Morning transfer to domestic airport, 25-min flight to Pokhara.
- Transfer to retreat center by Phewa Lake, surrounded by lush forests.
- Afternoon restorative yoga session in open-air shala.
- Guided meditation to settle into Nepal's spiritual energy.
- Evening lakeside meditation focusing on breath awareness.

*Wellness Highlight:* Energy cleansing with lakeside serenity.

### **Day 3:**

- Early morning mindful hike to World Peace Pagoda for sunrise yoga overlooking Annapurna peaks.
- Silent meditation circle at the stupa.
- Return to retreat for Ayurveda consultation with expert practitioner.
- Personalized therapy session (Abhyanga oil massage + Shirodhara).
- Evening group reflection with herbal teas.

*Wellness Highlight:* Deep relaxation through Ayurveda detox therapy.

#### **Day 4:**

- Morning Pranayama (breathwork) & Hatha Yoga practice.
- Midday guided meditation on self-healing.
- Afternoon Sound Healing Therapy using Tibetan singing bowls.
- Evening Yoga Nidra (guided yogic sleep meditation).

*Wellness Highlight:* A day devoted entirely to inner stillness and healing vibrations.

#### **Day 5:**

- Gentle hike to Begnas Lake through forest and terraced fields.
- Guided mindfulness practice by the water.
- Visit to an organic farm – hands-on Ayurvedic cooking workshop.
- Evening return, closing meditation by candlelight.

*Wellness Highlight:* Mindful eating and connection with nature's abundance.

#### **Day 6:**

- Morning yoga for balance and release.
- Ayurveda therapies: herbal steam bath, detox massage.
- Afternoon free time for journaling, spa, or rest.
- Evening Havan (fire ritual) to symbolize transformation and renewal.

*Wellness Highlight:* Sacred closure through fire ceremony and gratitude practice.

## **Day 7:**

- Sunrise meditation circle.
- Breakfast and transfer to airport for Pokhara-Kathmandu flight.
- Final departure with wellness guidance to continue practice at home.