

Namo Buddha Monastery Immersion Retreat (4 Nights / 5 Days)



Trip Overview

This retreat offers a deeply immersive monastic experience at the sacred Namu Buddha Monastery. Over five days, guests participate in guided meditation, mindfulness practices, chanting, pujas, and teachings with resident monks, while enjoying restful accommodations and simple, nourishing vegetarian meals. The retreat provides a rare opportunity to disconnect from daily life, cultivate inner calm, and experience authentic Buddhist monastic rhythms. The program unfolds at a spacious pace, allowing participants to fully absorb the sacred atmosphere of the monastery and surrounding hills.

Total Trip Days: 5 Days

Trip Highlights

- Overnight stay in monastery guesthouse with serene surroundings
- Daily guided meditation and mindfulness practices with monks
- Participation in chanting, pujas, and fire rituals
- Insightful sessions on Buddhist philosophy and contemplative living
- Mindful vegetarian meals in the monastic dining hall
- Quiet reflection time in nature and monastery terraces

Itinerary

Day 1:

Guests arrive from Kathmandu and are transported to the serene Namu Buddha Monastery, a two-hour drive through terraced hills and pine forests. Upon arrival, participants are welcomed with a traditional herbal tea ceremony and guided to their monastery guesthouse rooms. The afternoon is left free for rest and reflection, allowing guests to absorb the tranquil environment. In the evening, they join the monks for chanting and puja, immersing in the sacred rhythm of monastic life. Dinner is served in the communal dining hall, following the monastery's vegetarian meal traditions.

Day 2:

The day begins before sunrise with meditation in the monastery courtyard, allowing guests to experience the stillness and spiritual energy of the sacred site. After breakfast with the monks, participants attend a guided session on Buddhist philosophy and mindfulness practices, learning techniques for inner calm and clarity. Lunch is shared in the monastic dining hall, followed by an afternoon of silent reflection or journaling on the monastery terrace. The evening includes yoga and breathing exercises adapted for meditative focus, concluding with another session of chanting and mantra meditation alongside the monks.

Day 3:

Guests wake to sunrise meditation and participate in a walking meditation around the monastery and surrounding forests, connecting with nature and the sacred energy of the hills. After breakfast, a session of guided mindfulness and visualization helps integrate spiritual insights. Midday includes a light monastic lunch, followed by an optional Ayurvedic or gentle massage therapy to support physical relaxation. The afternoon emphasizes quiet personal practice — reading, journaling, or terrace meditation. The

evening brings a candlelit meditation and gratitude circle, reinforcing reflection and intention setting.

Day 4:

The morning begins with yoga and meditation in the monastery courtyard, followed by breakfast. Participants attend a special puja or fire ceremony with the monks, symbolizing purification, letting go, and renewal of energy. Lunch is shared mindfully, emphasizing simplicity and presence. The afternoon offers additional meditation, walking in nearby sacred forest paths, or optional guidance from senior monks on personal spiritual practice. In the evening, participants gather for sharing circle and closing chant, reinforcing connection to community and self-awareness.

Day 5:

The final morning begins with sunrise meditation and silent reflection, providing time to consolidate insights from the retreat. Breakfast with the monks follows, after which a closing circle offers gratitude, intention setting, and guidance for integrating retreat experiences into daily life. Guests then depart with a sense of deep calm, clarity, and spiritual renewal.