

Sacred Healing Journey in Kathmandu Valley (6 Nights / 7 Days)



Trip Overview

Kathmandu Valley has been a crossroads of spirituality for centuries, where Hinduism, Buddhism, Ayurveda, and shamanic traditions flourish side by side. This 7-day wellness retreat offers a complete healing immersion within the valley; blending sound therapy, yoga, Ayurveda treatments, reiki, meditation with monks, and traditional rituals. You experience the ancient practices of Nepal in boutique wellness resorts and sacred sites, without the need for long travel.

Perfect for travelers who wish to slow down, restore balance, and connect deeply with mind, body, and spirit, while also enjoying the valley's sacred temples, monasteries, and healing culture.

Total Trip Days: 7 Days

Trip Highlights

- Daily Yoga & Meditation in heritage-inspired wellness centers
- Sound Healing Journeys with Tibetan singing bowls and gongs
- Ayurveda Panchakarma Therapies for cleansing and rejuvenation
- Insightful sessions on Buddhist philosophy and contemplative living
- Reiki & Energy Healing with certified Nepali practitioners
- Shamanic Healing Session with traditional healer (Jhankri)
- Meditation with Monks at ancient monasteries
- Fire Ritual (Havan) for renewal and inner purification
- Herbal & Spiritual Walks through sacred forests and temple complexes

Itinerary

Day 1:

- Airport welcome and transfer to boutique wellness hotel in Patan or Boudhanath area.
- Evening gentle yoga and breathing session to release jetlag.
- Herbal welcome dinner with locally sourced organic ingredients.

Wellness Highlight: First sound bath with Tibetan bowls to attune energy.

Day 2:

- Morning Hatha Yoga followed by guided meditation.
- Ayurveda doctor's consultation; first Panchakarma therapy (Abhyanga oil massage + steam bath).
- Afternoon free for rest.
- Evening Sound Healing Journey with Tibetan singing bowls, gongs, and chimes.

Wellness Highlight: Deep vibrational healing session to restore balance.

Day 3:

- Sunrise meditation at Swayambhunath (Monkey Temple).
- Temple blessing ritual with Hindu priest.
- Afternoon Reiki healing session with certified master.
- Evening mindfulness circle, journaling, and group reflection.

Wellness Highlight: Energy alignment through Reiki and mantra chanting.

Day 4:

- Morning visit to Namu Buddha Monastery (or local monastery in Pharping/Boudhanath).
- Participate in monks' chanting and guided meditation session.
- Afternoon Ayurveda detox treatment (Shirodhara or herbal oil therapy).
- Evening meditation on compassion and gratitude.

Wellness Highlight: Buddhist mindfulness practice in a sacred monastery setting.

Day 5:

- Gentle yoga session to open the day.
- Private shamanic healing session with a Jhankri healer (includes drumming and chanting).
- Afternoon nature walk through Champadevi or Shivapuri forest with mindful pauses.
- Evening herbal tea ceremony & sharing circle.

Wellness Highlight: Ancient Himalayan healing tradition connecting body, spirit, and nature.

Day 6:

- Morning yoga flow to activate prana (life force).
- Ayurveda follow-up therapy based on body constitution.
- Afternoon free for spa, journaling, or silence.

- Evening closing fire ceremony (Havan) with offerings for transformation and renewal.

Wellness Highlight: Spiritual closure through sacred ritual.

Day 7:

- Sunrise meditation and closing reflection circle.
- Breakfast with organic herbal teas.
- Private transfer to airport.