

Shamanic Healing Retreat (4 Nights / 5 Days)



Trip Overview

This retreat offers an immersive shamanic healing journey in the hills surrounding Kathmandu. You engage in energy work, ritual cleansing, guided journeying, drumming, and nature connection under the guidance of experienced Nepali shamans. The retreat emphasizes slow-paced, restorative experiences, helping participants release energetic and emotional blockages, reconnect with nature, and explore ancient Himalayan healing practices in a supportive environment.

Total Trip Days: 5 Days

Trip Highlights

- Daily shamanic energy work, journeying, and rituals
- Sound Healing Journeys with Tibetan singing bowls and gongs

- Connection with natural spirits through forest meditation and mindful walks
- Personalized healing sessions tailored to emotional, physical, or spiritual needs
- Fire rituals and sacred chanting for purification and empowerment
- Nourishing, organic vegetarian meals
- Spacious schedule allowing integration and personal reflection

Itinerary

Day 1:

You arrive at a mountain lodge or retreat center in the hills near Kathmandu, where the shamanic retreat takes place. They are welcomed with herbal cleansing rituals and guided into the natural environment, opening the senses to the surrounding forests and hills. The afternoon is free for orientation, settling in, and gentle walking meditation. In the evening, participants experience a shamanic introduction circle, learning about local healing traditions and intentions for the retreat. Dinner is served as a simple, organic vegetarian meal, grounding the body for deep healing.

Day 2:

The day begins with sunrise yoga and mindful breathing, preparing the body for energy work. After breakfast, participants join the shaman for a full-day initiation into shamanic healing practices, including guided journeying, drumming, chanting, and techniques for connecting with natural spirits and energies. Lunch is taken in silence or with mindful awareness. The afternoon is dedicated to individual healing sessions, where participants experience energy clearing, body-mind alignment, and ritual cleansing. The evening closes with group drumming and meditation, allowing participants to integrate the day's experiences.

Day 3:

Participants wake to gentle meditation and a light yoga session. Morning is spent in guided shamanic journeying, often in forested areas, connecting with nature spirits and inner guidance. Lunch is served at the lodge, followed by a series of personalized shamanic healing rituals, tailored to emotional, physical, or spiritual needs. The afternoon is reserved for rest, journaling, or reflection in nature. In the evening, participants engage in fire ceremony and

sacred chanting, integrating the energy work and releasing blockages.

Day 4:

The morning begins with yoga and meditation, followed by advanced shamanic techniques for self-healing and energy management. You are guided in forest walking meditation, connecting deeply with nature as part of the shamanic process. Lunch is mindful and restorative. The afternoon offers optional one-on-one healing with the shaman, focusing on personal transformation. Evening meditation and drum circle reinforce integration, personal empowerment, and grounding.

Day 5:

The final day starts with sunrise meditation and energy alignment, providing time for reflection and gratitude. You gather for a closing ceremony, sharing insights and personal experiences from the retreat. Breakfast follows, and participants prepare for departure, carrying with them a sense of energetic clarity, emotional release, and spiritual empowerment.