

# Transformational Wellness Retreat at The Terraces - Kathmandu Valley (3 Nights / 4 Days)



## Trip Overview

Nestled high above the Kathmandu Valley, The Terraces Resort & Spa offers a sanctuary where luxury meets wellness. This 4-day retreat is designed for those seeking a complete mind-body-spirit reset in a serene environment overlooking the Himalayas.

You will immerse in daily yoga and meditation, receive Ayurveda therapies tailored to their body type, experience the profound vibrations of Tibetan sound healing, and connect with subtle energies through Reiki. Between sessions, they relax in the resort's infinity pool, spa, and nature trails, savoring organic plant-based cuisine prepared with Himalayan ingredients.

This retreat is ideal for couples, busy professionals, or small groups looking for a transformative yet luxurious escape without leaving the valley.

**Total Trip Days:** 4 Days

## Trip Highlights

- Luxury stay at The Terraces Resort & Spa with panoramic Himalayan views
- Daily yoga & meditation sessions guided by expert instructors
- Ayurveda consultation + therapies (Abhyanga massage, steam detox, Shirodhara)
- Reiki energy healing session with certified practitioner
- Sound healing journeys with Tibetan singing bowls & gongs
- Fire ritual (Havan) for purification and renewal
- Forest mindfulness walks and free time for spa, journaling, and reflection
- Wellness dining with organic, locally sourced, Ayurvedic-inspired meals

## Itinerary

### Day 1:

- Private arrival transfer to The Terraces Resort.
- Warm welcome with herbal tea infusion and orientation by wellness host.
- Afternoon at leisure – enjoy infinity pool, gardens, or a light spa treatment.
- Evening Gentle Yoga Flow to release travel fatigue.
- Sound Healing Meditation with Tibetan singing bowls to harmonize energy.
- Dinner of Ayurvedic-inspired plant-based cuisine.

*Wellness Highlight:* Settling into the energy of the Himalayas with restorative practices.

### Day 2:

- Sunrise Hatha Yoga & Pranayama on the terrace overlooking the valley.
- Ayurveda consultation with personalized wellness guidance.
- Therapeutic Abhyanga massage + steam bath detox at spa.
- Leisure time for reflection, journaling, or enjoying the spa facilities.

- Afternoon Reiki session with certified practitioner for energy alignment.
- Evening Yoga Nidra (guided yogic sleep meditation) to promote deep rest.
- Gourmet dinner with herbal tonics and detox-friendly cuisine.

*Wellness Highlight:* Personalized healing through Ayurveda and Reiki.

### **Day 3:**

- Morning Sunrise Yoga & Meditation.
- Guided forest bathing and mindfulness walk in the hills surrounding the resort.
- Afternoon at leisure: enjoy an optional spa treatment, infinity pool, or rest in private terrace.
- Evening Sound Healing Journey with bowls, gongs, and bells to release blocked emotions.
- Farewell wellness dinner with Himalayan fusion cuisine.

*Wellness Highlight:* Transformation through sound therapy.

### **Day 4:**

- Gentle Pranayama & Gratitude Meditation at sunrise.
- Closing circle to integrate retreat learnings.
- Breakfast with fresh juices and herbal teas.
- Departure with private transfer back to Kathmandu city or airport.

*Wellness Highlight:* Carrying home balance and renewed clarity.