

# YOGA RETREAT NEPAL 2- 9 MARCH 2019

## KATHMANDU VALLEY

Imagine living in a stunning Tibetan Buddhist monastery or eco farm, set in the magical foothills of Himalayan Nepal. Imagine waking up in the medieval city of Patan, or the lively Tibetan section of Kathmandu, Boudhanath. All the while, enjoying daily yoga classes, meditation sessions and philosophical talks with Ellen Johannesen, KPJAYI level 2 authorized Yoga teacher with a Masters in Buddhist studies. This transformative journey is your opportunity to deepen your understanding of Yoga at its root, and to enhance your yoga practice in Nepal top of the world!

## Programme

### From Saturday to Saturday

#### Day 1. Saturday

##### **Arrival - Transfer to hotel in Kathmandu, tour of Boudha stupa, welcome dinner**

Arrival in Kathmandu. We'll pick you up from the airport and take you to your hotel in Boudhanath, the "Tibetan" part of Kathmandu. Here you'll have time to acclimatize and relax, take a stroll around the largest stupa in Nepal and soak up the lively atmosphere of the neighbourhood. In the late afternoon, we'll have our first yoga class on the rooftop of the hotel and have a traditional dhal bhat dinner overlooking the lively Boudhanath Stupa..

Overnight Hotel: Shambaling, Boudha, Meals included: welcome dinner.

#### Day 2. Sunday

##### **Exploring the spiritual hubs Boudhanath and Pashupatinath**

After our morning Yoga class and breakfast, we will have a guided walk to the back streets of Boudha, visiting the Stupa and walk together to the sacred cremation Ghats and Hindu temples of Pashupatinath. This powerful place is also home of the local sadhus and Nath-yogis.

Overnight Hotel: Shambaling, Boudha. Meals included: breakfast.

#### Day 3. Monday

##### **Transfer from Boudha to Neydo Monastery**

Morning Meditation, breakfast and departure to the beautiful Neydo Monastery, a Tibetan Buddhist monastery perched on a hillside near the village Pharping. We'll have lunch and meet up in the temple for an introduction to Buddhist thought and a tour of the

spectacular shrine room. At 4.30 PM we meet for the yoga class.

Overnight: Neydo Monastery. Meals included: breakfast/lunch/dinner.

#### **Day 4. Tuesday**

##### **Neydo Monastery - Transfer to Patan**

After Yoga and breakfast, we'll take a walk through the rice fields to one of the most sacred Buddhist sites in the valley. The meditation cave of Guru Rinpoche, the Asura cave. We'll climb further up to hang colourful prayer flags to ensure the success of our journey! We will lunch at Neydo and will transfer after lunch to the medieval city of Patan. Patan was one of three royal cities in the Kathmandu valley, each one with their own city square, temples and palaces. Here you have your time to explore the beauty of the narrow streets and enjoy your own dinner. Patan has lots of great restaurants and there's much to explore!

Overnight: Patan Newa Chen. Meals included: breakfast/lunch.

#### **Day 5. Wednesday**

##### **Exploring Old Patan – Transfer to Namobuddha**

After a lovely breakfast at Newa Chen, your time is at your own disposal this morning: you may choose to see an astrologer, have a massage, take a singing bowl workshop, or just chill in the colourful Patan Square. After lunch, we'll depart for the Eco Resort Namobuddha, a beautiful tour up in the mountains. We will have a yoga class in the afternoon in the shala of the resort.

Overnight Namobuddha. Dinner included

#### **Day 6. Thursday**

##### **Namobuddha**

After morning Yoga and breakfast, we will have a guided walk in the villages around with hopefully a spectacular Himalayan view! After lunch at Namobuddha, we will walk to the nearby sacred site where the Buddha in his previous life offered his body to a hungry tigress and her cubs!

Meals included: breakfast/lunch/dinner.

#### **Day 7. Friday**

##### **Transfer to Thamel – Kathmandu (last day for shopping and sightseeing)**

You will have your last yoga class and breakfast at this beautiful place. After breakfast we transfer to Kathmandu to Thamel. Settle-in at Kathmandu Guesthouse, a quiet spot in the touristic part of Kathmandu. Free time to relax or visit the busy hub of tourist shops and restaurants nearby. Meals included: breakfast

## Day 8. Saturday

### Kathmandu Transfer back home - departure.

After Breakfast, you'll have some free time for sightseeing, shopping etc. You may take a bicycle rickshaw around the center of Thamel or go visit the "Monkey Temple" at Swayambunath. We'll drop you at the airport for your departure.

Meals included: breakfast.

### Yoga

Morning or late afternoon yoga assisted by Ellen.

Beginners will be individually assisted and lovingly introduced to Ashtanga Yoga.

The sessions include meditation, a restorative practice, talks on various philosophical and technical aspects of Yoga, as well as pranayama (breathing). The philosophy lectures will introduce Buddhist teachings. [www.ashtanganepal.com](http://www.ashtanganepal.com)





## Included

- Transfer from Kathmandu airport to Shambaling hotel on Saturday
- Transfer to Kathmandu airport after the journey on Saturday
- Transfers to the monastery and other sites and hotels during the retreat
- Accommodation
- All vegetarian meals as described in the program
- Daily yoga / meditation programme

## Not Included

- Meals not mentioned in the programme
- Speciality drinks and coffees at monastery and resort/hotel
- Flight to Nepal, Visa and Travel insurance (required)

## Cost

Twin room: EUR 1195 - Single room EUR 1365

- Check-in: 2 March meeting with the group at 3pm
- Check-out: 9 March by 10am
- Food is Nepali and vegetarian
- Yoga mats are available, but of course you can bring your own.
- Travel insurance is obligatory and your own responsibility

[www.asthagnepal.com](http://www.asthagnepal.com) Ellen Johannesen & [www.marionwerger.nl](http://www.marionwerger.nl) Marion Werger

Thanks, namaste!