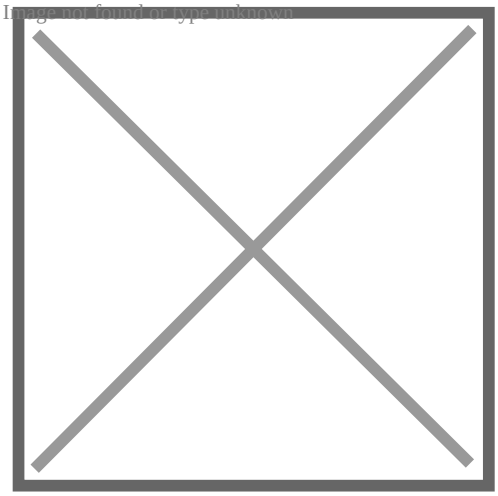


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Wellness Nepal Tour

The provided itinerary is only for your reference and is subjected to change as per your requirements.

Day 01 **Arrive Kathmandu**

Arrive in Kathmandu Tribhuwan Int'l Airport. Meet and assist by our office representative. Transfer to the hotel followed by tour briefing. Overnight in hotel.

Day 02 **Kathmandu Sightseeing**

Start your day with an early morning standing yoga asana class at your hotel. It helps in freshness , improving circulation, and muscle development. After breakfast, sightseeing begins to one of the World Hetitage Site inlisted - Swayambhunath Stupa , famously known as the Monkey Temple. Then head to Kathmandu Durbar Square, another UNESCO World Heritage site. Late afternoon you will be drive to join a session at Bouddha Inn-meditation Center. After the program, you'll have free time to wonder around Boudhanath Stupa, light candles and visit nearby Tibetan monastry . Back to hotel and overnight..

Day 03 **Fly to Pokhara**

Early morning, participate in a meditation and sitting yoga asana session. These positions help you tone your muscles, make your spine flexible, relieve stress and anxiety. After breakfast, drive to Kathmandu domestic airport to take a scenic flight about 25 mins. to oneof the natural and pleasant city so called city of 7 lakes - Pokhara. Meet and assit at airport and drive to Purna Yoga Retreat Center. Spend few hours relaxing around Retreat Centre and you will be

participating in 3 days Yoga Retreat Package session.

Instruction agn gather class begins afternoon at 3 pm . Evening joint by group dinner and overnight at retreat centre.

Day 04 - Day 06 **Yoga retreat Session**

Start your day with wake up call at 6am and meditation instructed . Then with herbal tea break will be followed by Yoga . Lunch break . Later retreat with wellness activites like(*Aromatherapy Steam Bath, Mud Bath, Himalayan Salt Fragrant Foot Bath, Aromatherapy Steam Inhalation, Self-massage with various massage tools provided)* . Afternoon you shall be instructed for Nada Yoga and Bhakti Yoga . Leisure time . You can discuss with participants, yoga gurus, wander in the garden, take swimming , rest etc. Evening session start from 4 and you will be guided and instructed for Nidra yoga with visualization followed by silence meditation . End of day by 7 pm with dinner and overnight.

Day 07 **Pokhara sightseeing**

Yoga Session package ends this morning . You shall be affiliated with thanks with group photos and memories. Breakfast . Later drive to Pokhara sightseeing covering World Peace stupa . Then visit to International Mountain Museum and boating at Fewa lake. Back to hotel . Rest and overnight .

Optional tour: Ultralight / Paragliding / Zip flyer/ Matepani Monastery

Day 08 **Fly back to Kathmandu**

After breakfast, take a scenic flight back to Kathmandu. Meet and assist at airport then drive to Pharping- Azom Monastery. This monastery aims to provide care and education to over 200 student monks who reside here. Upon arrival, the calmness and serenity of the area will overtake you. You will have the opportunity to interact with the monks and participate in their debate sessions in the evening. Dinner and overnight .

Day 09 **Leisure day**

Early morning, join the monks in their morning prayer. After breakfast, take your time to stroll around serene peacefulness before heading back to the hustle and bustle Kathmandu city. Upon arrival, the rest of the day is at your leisure for individual activities. Overnight at hotel .

Day 10 **Departure**

After breakfast,timely transfer to Kathmandu Tribhuwan Int'l airport for onward destination.