

Yoga Adventure to Nepal

6th to 21st April 2016

Day 1 7th:

Welcome to Nepal! Arrival at Kathmandu Airport. Transfer to hotel. Time to relax from the journey and to meet the group over evening meal.

Day 2 8th:

A tour to include Bouddhanath, Pashupatinath and Patan or Durbar Square. Lunch in local restaurant and dinner in Thamel.

Day 3 9th: We will leave Kathmandu and drive to Nuwacot for three nights, staying at The Famous Farm.

Day 4 10th: Yoga in morning and evening. Time during the day to wander as you please.

Day 5 11th: Yoga in morning and evening. Time during the day to wander as you please.

Day 6 12th: After daily yoga and breakfast we will drive to Pokhara...lunch on the way. Transfer to hotel. Meet Devika and her team.

Day 7 13th: After daily yoga and breakfast we will visit World Peace Pagoda. There you have a wonderful view over lakeside and the Himalayas. After lunch we can visit a Tibetan refugee camp, the Mountain Museum or Devi's fall before going back for dinner.

Day 8 14th: A relaxing day in and around Pokhara. Morning and late afternoon yoga. May be the chance of chanting in the evening

Day 9 15th: After daily yoga session and breakfast we will visit Sarangkot. From Sarangkot, you'll have superb views over the entire Annapurna range of the Himalayas. To enjoy the sunset (and sunrise) on this unique location, we may spend the night here in a local guesthouse in Sarangkot.

Day 10 16th: An early rise to watch the sunrise (weather permitting!) We will do our morning yoga practice outside and after breakfast we will walk back down to Lakeside. The afternoon will be free time to wander around Pokhara, visit a Women's weaving project. Evening yoga session.

Day 11 17th: After your daily yoga session and breakfast you have free time. We can arrange a visit to secluded waterfall for swimming and mud bath, paragliding, boat trip, Nepali cooking session, massage. Evening yoga session and dinner together locally.

Day 12 18th: After morning yoga and breakfast we will fly back to Kathmandu and transfer to hotel. Afternoon is free time. We will come back for dinner. You can visit Tibetan carpet making factory or Monkey Temple, Bhaktapur.

Day 13 19th: After daily yoga and breakfast we will visit the famous Tibetan monastery of *Kopan*. We will eat together in the evening in Thamel.

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Day 14 20th: After yoga and breakfast you have a free day to visit anything you have missed! In the evening we will eat together locally and traditionally and complete our stay with a moon yoga and meditation session.

Day 15 21st: Early morning transfer to airport for flight home.

Included:

- 5 nights hotel in Kathmandu
- 3 nights hotel in Nuwacot
- 6 nights in Pokhara
- All yoga sessions
- All meals (and water with meals)
- All entrance fees
- All travel within Nepal and transfers to/from airport

Not included:

- International flights
- Travel insurance
- Tips
- Soft drinks and alcohol
- Extra excursions, outside what the whole group is doing.
- Vaccination costs
- Visa