



Nepal Yoga and Meditation Tour

Url: <https://www.glorioushimalaya.com/trip/nepal-yoga-and-meditation-tour/>

Duration

12

Max. Altitude

1400m.

Difficulty

Easy

Group Size

Min: 2 Pax

Transport

Car, Bus, Jeep

Meals

Breakfast, Lunch, Dinner

Starts At

Kathmandu

Ends At

Kathmandu

Accommodation

Hotel, Lodge

Overview

With the advancement in life and technology, people these days are too busy with their hectic schedules and busy lifestyle. No wonder, mental disorders like anxiety, depression, etc. are evolving as the major health issues amongst the people in the present society worldwide. Yoga and meditation have been regarded as one of the best solutions to keep away from these kinds of mental health hazards. Yoga and meditation are believed to bring mental stillness by balancing the heart, mind, body, soul, and senses, which in turn relax the entire nervous system. Keeping the fact in mind, Glorious Himalaya Trekking has come forward with the Yoga and Meditation Tour in Nepal to improve the holistic health of mankind.

Yoga and Meditation Tour in Nepal is an opportunity to get some meaningful insights on a way of living. It helps us refrain from the materialistic world and help us focus on major essences of life like love, life, and happiness. Various forms of yoga and meditation are practiced around the world for heart, mind, and body rejuvenation. It makes an individual physically fit, mentally alert, emotionally more calm, stable, and confident.

You must be wondering why Nepal for yoga and meditation tours? It's because of its natural glory, pristine air, and peaceful environment. Have you heard the old myths where saints and sages chose the Himalayas as an ideal site for meditation? The Himalayas were the first choice of the sages because it is believed that the Himalayas have the power of healing. The isolation, lushness, and wilderness of the

Himalayan nation Nepal make Nepal an ideal destination for yoga and meditation tours.

Yoga and Meditation Tour in Nepal takes you to different yoga and retreat centers around Kathmandu and Pokhara city. The tour basically concentrates on inner peace and relaxation amidst the natural glory of Nepal. It takes you away from the crowd and the noise of the main city area to the heart of Mother Nature so that you can meditate, perform yoga, massage, and stretch your body. It focuses on the mental and physical health of a person by strengthening the willpower and stamina of the body. The yoga and meditation practitioner will teach you some techniques that enhance your ability to control your senses by maintaining a fusion between your mind, body, and soul.

Here are some of the important benefits of yoga and meditation for humankind: -

Yoga

- Relief from back pain
- Helpful for a patient with rheumatic arthritis
- Helps to cure a hangover
- Improves the health of the heart
- Helps to combat with migraine problem
- Regulates digestion

Meditation

- Emotional upliftment due to deep relaxation
- Stress management
- Helps to manage mental disorders like anxiety and depression
- Enhances the level of concentration and helps to focus

So, if you are looking for a relaxing vacation to give yourself a break from your hectic schedule, Yoga and Meditation Tour in Nepal can be the best option to cater to your needs. With this tour, one can explore the heritage sites, fascinating nature, mountains and hike around the lush area with yoga and meditation practices. It helps you guide you in the way of satisfaction and self-realization.

Itinerary

Day 01: Arrival in Kathmandu

Welcome to the country of the Everest! A representative from our team will pick you up at the airport and drive you to a Park village hotel in Kathmandu. Check in to the hotel. The representative will brief you on the plans ahead. The rest of the time is on your own. You can enjoy your time exploring the garden area, swimming pool area and restaurant area in the hotel. Tonight at the hotel in Kathmandu.

Day 02: (Day 02 to 07) Yoga and Meditation practice in Himalayan peace

and wellness center

In these six days, you stay in the wellness center practicing yoga and meditation from a professional yoga and meditation instructor. There are some rules inside the wellness center that are to be followed. During your stay at the center, you will have to follow those rules strictly. Some of the activities that will be conducted in these six days are as follows:

Orientation class - On the first day, an orientation class will be conducted where you will be given a brief introduction to yoga, meditation, its types, techniques, benefits and effects. It is a general theoretical and interactive session where you can get an expert opinion or advice on the holistic health of mankind.

Yogic Kriyas - Yogic Kriyas are the techniques of body and mind cleansing where we perform various asana and pranayama. It is important to be regular with these yogic kriyas to get the maximum benefit from these techniques. It is a very reliable method for healing internal body disorders. Yogic cleaners are also referred to as Shatkarmas. There are mainly six types of Shatkarmas - Neti, Dhauti, Nauli, Basti, Kapalbhati and Trataka. Neti refers to nasal cleansing; Dhauti refers to the cleansing of the digestive tract, Nauli means an abdominal massage, Basti is colon cleansing, Kapalbhati refers to purification and vitalization of frontal lobes and Trataka refers to blink less gazing.

Eye Exercise - Eye exercise helps to keep your eye healthy and to improve your eyesight. It includes activities like eye movement, eye blink, blink less gazing, eye cleansing and many other techniques. If you are having any kind of eye-related problem, you can benefit from the eye exercise.

Pranayama - It is a breathing exercise that helps to control "Prana" i.e. life force. It is beneficial for stress related disorders and respiratory problems like asthma and many more.

Asanas - Asana refers to the yogic postures that help in lubricating joints, muscles, ligaments and other parts of the body. It increases blood circulation around the body and makes the body fit and flexible.

Meditation - Meditation is an approach to train our minds to work in a certain way. The normal mind of people swings rapidly for one thought to another. Meditation helps to get control over these swinging thoughts to bring mental peace. It helps to develop a positive attitude and rejuvenate mind, body and soul. As you develop meditation skills, you will find your life filled with peace, satisfaction and inner happiness.

Yogic relaxation technique - it is a relaxation technique to bring your mind and body to rest. It can be physical, mental, or spiritual relaxation.

Panchakarma treatments - Panchakarma treatment helps to detoxify the body and helps in body rejuvenation. It strengthens the immune system and well being of an individual.

Day 03: (Day 08) Drive to Pokhara

Take a long drive along a scenic route to the picturesque city of Pokhara. You will be picked up from your hotel and transferred to a vehicle for a joyful drive along the Prithvi highway to Pokhara. The route follows a highway path full of mind-blowing views. The hills, rivers and countryside landscapes, everything about the drive is so heart-welcoming. Upon arrival, you will be transferred to a hotel in Pokhara. In the evening, we walk down to lakeside Pokhara to enjoy the liveliness of that place. The mountains, lakes, boats, people and surrounding area; everything is so fascinating. Tonight at the hotel in Pokhara.

Day 04: (Day 09) Hike to Sarangkot/ Pokhara sightseeing and transfer to Sadhana Yoga Retreat Center

Even today, we wake up early for a short drive to Sarangkot. Sarangkot is a beautiful viewpoint that lies just above the Pokhara city. From Sarangkot, we can enjoy some amazing sights of mountains in Annapurna range like Mt. Annapurna, Mt. Macchapucchre, Mt. Dhaulagiri, Mt. Hiunchuli, Mt. Nilgiri and many other mountains. More amazing is the sight of sunrise from amongst those towering peaks in the Annapurna range. We spend some quality time in Sarangkot and return back to Pokhara. In the afternoon, we visit some interesting places around Pokhara. We visit Phewa lake, Guptsehwor temple, David's falls and international mountaineering museum. After a sightseeing tour around Pokhara, you will be escorted to Sadhana Yoga and Retreat Center in Pokhara

Day 05: (Day 10) Yoga, meditation, Ayurvedic massage and steam bath

Today, you can enjoy some yoga and meditation techniques along with soothing Ayurvedic massage and mud or steam bath. We start our day with refreshing yoga and meditation techniques. After breakfast, one can enjoy Ayurvedic massage using various ayurvedic oils/ cream. It is truly a divine experience to soothe your nerves and senses. It acts as an ailment for various body aches and pains. Later, you can enjoy a steam bath or mud bath. It acts as a body cleanser and a reviving experience to relax your body after a daylong yoga and meditation. Tonight at Sadhana Yoga and Retreat Center in Pokhara.

Day 06: (Day 11) Drive back to Kathmandu

After a relaxing trip to Pokhara, it's now time to return back to Kathmandu. In the early morning, we enjoy a healthy breakfast, perform a few stretches, yoga and catch our bus that will drive us back to Kathmandu. You can also fly to Pokhara if you want to avoid six hours drive along the highway. Upon arrival, you will be transferred to a hotel in Kathmandu. The rest of the time is on your own! Sit, relax, or explore the capital city as per your preference. Tonight at a hotel in Kathmandu.

Day 07: (Day 12) Departure from Nepal

Finally, it's time for you to depart to your homeland. We hope you had a good time in Nepal with us. You will be escorted to the Kathmandu airport three hours before your scheduled flight. Goodbye, and we hope to serve you again!

Trip Includes

- All the airport transfers by private vehicles.
- Deluxe hotel accommodations with breakfast in Kathmandu and Pokhara city.
- English speaking yoga expert cum tourist guide throughout the tour.
- Accommodation at Ashrams (yoga and meditation center).

- Breakfast, Lunch and Dinner at Ashrams during your yoga and meditation session.
- Yoga Mats (to be returned after the tour)
- Meditation Blanket (can be purchased or returned after the trek)
- Farewell dinner with culture program.
- Meditation and yoga classes as per itinerary.
- Private transportation during your tour as per itinerary.
- Tourist bus transport for Kathmandu to Pokhara and Pokhara to Kathmandu.
- Entrance fees during the sightseeing in the Pokhara city.
- All tax, vat & company service charge

Trip Exclude

- International flights and Nepal travel visa fees.
- Lunch and dinner during your stay in Kathmandu and Pokhara hotel.
- Service other than mentioned above
- Items of personal nature expenses such as alcoholic drinks, cold drinks, laundry, mineral water etc.
- Tips to the tour guide and yoga teacher.

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