



YOGA ASHRAM
real yoga made easy



***SELF DISCOVERY – THROUGH PATHS OF YOGA
- WITH YOGAH KARMASU KAUSHALAM***

Dates of the Retreat : ***October 1st – 5th , 2022***
Duration : ***4 nights and 5 days***
Location : ***Nagarkot – Nepal***

Schedule:

Day 1: October 1st

8.30 am : Land in Kathmandu, Nepal
10.00am : Meet & greet and transfer to hotel in Nagarkot
11.30am : Check in, have lunch at the hotel and relax.
4. 30pm : Opening Circle
5.00 pm : Yoga
6.00pm : Sound healing meditation
7.00 PM : Dinner
8.00 PM : Satsang

Day 2 : October 2nd

5.30 am : Sunrise Meditation
6.00 am : Pranayama , Yoga & Relaxation
7.30 am : Jal Neti / Nasal Cleansing Session
8.30 am : Breakfast
9.00 am : *Start hike to Nala – 3.5 Hrs and later drive back to Nagarkot.*
1.30pm : Lunch at a local restaurant.
4.30 pm : Knowledge Session – Different paths of Yoga



5.30 pm : Restorative Yoga and sunset meditation

7.00 pm : Dinner @the resort

8.00pm : Satsang

Day 3 : October 3rd

5.30am : Sunrise Yoga

6.00am : Morning Sadhana, Pranayama & Relaxation (Morning Bliss)

9.00 am : Breakfast

10.00 am : Proceed for the sightseeing tour of *Bhaktapur Durbar Square & Changunarayan.*

1.30 pm : Lunch at a local restaurant

4.30pm : Yogic Diet / Yogic Lifestyle Interactive Session

5.30 pm : Yin Yoga followed by Yoga Nidra

7.00 pm : Dinner

8.00 pm : Satsang

Day 4 : October 4th

5.30am : Sunrise Yoga

6.00 – 7.00 am : Yoga and Pranayama

8.00 am : Breakfast

9.00 am : Drive to the *Kavre Bhangjyang* and hike to *Namobuddha Monastery*

1.30 pm : Lunch @ local restaurant

4.30pm : Knowledge Session discovering the Right Path of Yoga

5.30 pm : Yogic Deep Stretch followed by Steady your Prana through Breathing Exercises and Meditation

7.00 pm : Dinner

8.00 pm : Satsang



Day 5 : October 5th

5:30 am	:	Sunrise Meditation
6:00 am	:	Slow Flow, Pranayama and Meditation
8:00 am	:	Breakfast
9:00 am	:	Knowledge Session
10:00 am	:	Trataka Meditation gazing at the mountains
10.30 am	:	Closing circle
1.00 pm	:	Complete the check out formalities
2.00 pm	:	Check out and transfer to Kathmandu International Airport



Further Information for the retreat

Investment :

All inclusive for 5 days & 4 nights.

Single Occupancy : AED 4780/- per person

Double Occupancy : AED 4255/- per person on sharing basis

Recommended Flights

Airline: Fly Dubai

Flight Details:

1st October, 2022 - Dubai to Kathmandu – Flight FZ571

2.15am – 8.30am

5th October, 2022- Kathmandu – Dubai – Flight FZ576

19.00 – 22.05

<i>Hotels</i>	<i>City</i>	<i>Dates</i>	<i>Nights</i>
<i>Hotel Country Villa</i>	<i>Nagarkot</i>	<i>1st – 5th October</i>	<i>4</i>

The Costs include

- ❖ *All arrivals departure in an Ac vehicle with an English Speaking Guide.*
- ❖ *All drives sightseeing tour as per the itinerary with an English Speaking Guide as per the itinerary*
- ❖ *4 night's stay at hotel (as above) in Nagarkot on breakfast & dinner basis on Twin/ Double Sharing inclusive of all applicable taxes.*
- ❖ *Hiking as per the program with an English speaking guide.*
- ❖ *All activities as per the itinerary with an English speaking guide.*
- ❖ *All lunches outside the hotel at the nice local restaurant.*
- ❖ *All meals as indicated in the above program.*

The Costs excludes

- ❖ *International Airfares to/from Kathmandu.*
- ❖ *Single supplement cost as mentioned above*
- ❖ *Items of a personal nature such as bar bills, telephone calls, internet services, laundry, extra mileage and any extra costs incurred due to natural calamities, flight delays, cancellations, etc.*
- ❖ *Personal insurance, evacuation and medical expenses.*
- ❖ *Any other items not mentioned in our costs include section.*



Please note that we have limited spots available for this retreat, so please do make your reservation at the earliest.

When making your reservation do send us

- 1. A copy of your passport so that we can book your tickets. (limited tickets on special price, first come first serve)*
- 2. Skywards number*
- 3. Phone number*
- 4. Dietary requirements if any.*

To confirm your spot please make the payment to the below bank details and send us an email to angela@yogashram.com so the payment can be tracked against your reservation.

Name: Yoga Ashram DMCC
Account No.: 1014807205201
IBAN No: AE730260001014807205201
Bank Name: Emirates NBD BANK
Swift Code: EBILAEAD