

# Holiday For Mind, Body & Soul | Duration: 7 Days

## Days | Cost: \$799

Not exactly away from the Kathmandu Valley but feels miles away from it. Holiday For Mind, Body & Soul is one of the ideal destination for the yoga trek in the lap of Nature. Thus, experience yourself yoga trek around the Kathmandu valley with Yoga Guru with full of nature, calm and peace. If you want to enjoy all the best of Nepal in a single visit, Holiday For Mind, Body & Soul tour will be your best option. This seven day Yoga tour offers the best glimpses of Nepal's culture, natural beauty and adventure. You'll take once-in-a-lifetime flight to the mesmerizing Himalayas, and share peace and tranquility with Buddhist monks at prayer. This is one of the best places to have yoga retreats. Fascinated to see the medieval arts and architecture depicted in the doors, pillar and windows of the Pagoda styled temples, palaces & courtyards. Second objective of your tour is a senior naturist doctor and famous yoga teacher in Kathmandu. This Holiday For Mind, Body & Soul toue offer relief from chronic diseases, weight gain, and stress by doing yoga and meditation every day. On stress, we expect you to leave feeling refreshed, rejuvenated, relaxed, focused and ready for whatever challenges that may be around.

### At a Glance:

- **Tour code:** TTGHMBAS
- **Style:** Wellness-mind, body & soul
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 1600m
- **Duration:** 7 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Air+Overland
- **Price:** 799

### Highlights of the tour:

- Immerse yourself in this Yoga experience
- The most popular and relatively easy treks
- Magnificent sunrise and sunset view
- Getting along with ethnic people and their culture
- Breathtaking view of snow covered mountain ranges

## **What's Included:**

- Airport pick up and drop
- Welcome and farewell dinner
- All sightseeing trip as mentioned
- All entry fees during sightseeing
- All Hotel accommodation
- All Transport on Private Coach
- Meals as mentioned
- Domestic flight as mentioned
- Pokhara valley tour
- 2 days trekking in Annapurna
- 1 Night Bhaktapur
- 1 night Balthali
- Nepali Yoga Instructor
- English speaking guide
- Jeep for baggage during trek

## **What's Not Included:**

- Meals other than mentioned.
- Drinks and bar bill.
- Tipping.
- Personal Insurance.
- Other things not mentioned.
- Nepales visa 25\$ for 15 days multiple

## **Arrive Kathmandu**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

## **Kathmandu – Bhaktapur**

Yoga Session in the hotel and breakfast. Today we visit two very important religious centers: Pashupatinath Hindu temple on the banks of the Bagmati river where you can view the cremation area; and Boudhanath, possibly the largest stupa in the world and the centre for the Tibetan school of Buddhism. Then drive to Bhaktapur. Accommodation Vajra Guest House evening Yoga session in the Roof Top of the hotel.

## **Bhaktapur – Balthali**

Morning Yoga and sightseeing in Bhaktapur then drive to Balthali with combination of 1.5 hrs treks. Afternoon is free for you to relax or you may wish to take the optional walk in preparation for 3-day trek. Accommodation at Balthali Mountain Resort. Evening Yoga Session.

## **Balthali - Pokhara**

After Yoga in the morning, we will enjoy the breakfast with stunning view, we take an hour's walk down the hill through little villages and rice fields to meet up with our bus and then drive to Airport to fly to Pokhara. We have free time to relax in our hotel or wander around this picturesque town. The town lies at the foot of the Annapurna Massif and is the starting point for all treks in this region. Visit Barahi Temple on lakeside during sunset

## **Pokhara – Annapurna Eco Village**

After Yoga and breakfast we drive to the beginning of our 3-day trek and reach the Eco Village after 3- 4 hours. From this point there are magnificent views of the Annapurna massif. Accommodation Annapurna Eco Village. In the evening Yoga session.

## **Annapurna Eco Village – Kathmandu**

After Yoga and hearty local breakfast we trek for 2.5 hours downhill through the forests, villages and terraces to Suke. Take a bus and drive directly to airport to fly to Kathmandu. The rest of the day is free for you to explore this charming Town. In the evening Farewell dinner.

## **Departure**

Final farewells. Free Until airport Departure time and to onwards journey.

### **Trekking Team Group Pvt. Ltd.**

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