

A Mind, Body & Spirit Retreat

2019 Self-Healing Journeys in Nepal

Reiki, Kundalini Yoga & Nature Walks with Sita Pavan



2019 July - November Dates:

Kathmandu (5 nights, 6 days): Jul 3 – Jul 8, Aug 1 – 6

Pokhara (6 nights, 7 days): Aug 30 – Sep 5, Sep 29 – Oct 5, Oct 28 – Nov 3, Nov 26 – Dec 2

Our Self-Healing Retreats

The human body is born with the ability to self-heal. Modern technology and a relentless pace of life have made us forget who we are – spiritual beings having a human experience. Increasing digital connectivity is ironically creating a deep disconnection and dis-ease within.

Our Self-Healing Journeys are mindfully crafted to take you through a meditative journey infused with nature and self-empowering tools so you return to the urban jungle well equipped to navigate the complex physical, mental and emotional stimuli.

Self-Healing Journeys are more than vacations to reset and restore. Our spiritual journeys combine some of Mother Nature's most soul-stirring landscapes, transformational workshops, good food, rest and heartfelt connections with locals and likeminded seekers.

We will stay in one of the capital city's most revered monasteries. Our days begin and end with Kundalini yoga and meditation. Reiki Level 1 workshops are conducted after a hearty breakfast. Our experienced guides will take us through gentle and meditative walks in nature in the afternoon and we will find pristine spots for tea, Reiki self-practice and meditation.

Because we understand we are part of a bigger community, we make time for some of the causes we care deeply about: There is an option of joining us for a joyful session of children's yoga at an orphanage we work closely with. Our environmentally friendly yoga mats and carriers are sourced consciously and locally. It is as much about you as it is about humanity and our interconnectivity.

Most of all, you will experience firsthand how Kundalini Yoga and Reiki can support you during this trip and your real life journey after.

In the company of Great Mother Earth, you will understand how you can create this sacred balance and union between your inner and external nature. You will return home more aware of your energy patterns, how to tap into the inner wisdom of the body and restore it to its natural state of wellbeing.

About Reiki Healing

The word "Reiki" means "mysterious atmosphere, miraculous sign." It comes from the Japanese words "rei" (universal) and "ki" (life energy).

Reiki with its roots in Japan is the most mainstream complementary medicine today. It is a safe, simple and highly accessible way to self-heal. Everybody can be empowered to have Reiki hands. Reiki is a hands-on therapy. It simply requires the practitioner to place his hands on the body, on wherever Reiki energy is needed so the gentle Universal Energy can do what it needs to do to transform and heal.

The energy of Reiki is known to promote post-surgery recovery, induce a deep sense of calm and balance, and relieve conditions ranging from insomnia and anxiety to eczema and muscle tension. With consistent Reiki therapy, deep healing occurs at physical, mental and emotional levels.

About Kundalini Yoga as Taught by Yogi Bajan

Kundalini Yoga as Taught by Yogi Bajan is a precise and scientific technology that combines breath, sound, movement and active meditation to move and direct energy inherent in the body. It fires you up as swiftly as it centers you. The dynamic practice charges your electromagnetic field and directly impacts the nervous and glandular systems. Dedicated practitioners report palpable results of fortitude, radiance and vitality in a short time.

Like all yoga practices, postures can be adapted to accommodate all physical conditions and fitness levels. Certainly there is a place for both beginners and seasoned practitioners.

About Our Walks

The stunning mountain ranges of the Himalayas are vast and expansive. There are rugged terrains for seasoned hikers and easy strolls for beginners who want to wander around the foothills of this picturesque country.

For this Retreat, we have picked gentle, well-trodden trails that focus on spectacular scenery and local culture. Our guided walks are highly accessible and there is plenty of time to pause, smell the roses and soak in the sights and sounds of nature's bounty.

If weather permits, we will be meditating and practicing Reiki in the warm embrace of Mother Nature.

About Our Workshop Leader: Sita Pavan



As a longtime travel and wellness writer and social entrepreneur, Sita Pavan sees her yoga journey as a natural extension of conscious, soulful living, a way of life she holds close to her heart. Her long-held desire to heal and serve others led her to community work, and much later, start a retail business to champion sustainability and our interconnectivity, and empower less privileged communities in the region she lives in and so loves. The business turned out to be the full circle she had to journey. The deeper her practice on the

[yoga] mat, the more she sees empowerment goes beyond external gratification. Conscious commerce had to make way for full-on conscious living.

Above all, she aspires to empower and inspire self-mastery through yoga and Reiki, for her own dedicated practice has gifted her clarity, fortitude and incredible self-knowledge. Sita Pavan lives by one of her favorite quotes by Yogi Bhaan, "There's nothing which can be more precious in you than your relationship with your own consciousness." She teaches Reiki and Kundalini Yoga as Taught by Yogi Bhaan to children, teenagers and adults.

Off the mat, Sita Pavan appreciates poetry, photo art and long walks in nature.

Learn more about Sita Pavan: www.globeskimmer.com

Things we do in our retreat:

Daily morning yoga

Daily sunset meditation

Daily Reiki Level 1 workshop

Daily Reiki self-practice

Daily walks in the Himalayas

Monk's blessings (optional)

Yoga with children at orphanage (optional)

Our Daily Schedule:

7 am:	Energizing Kundalini Yoga
8:30 am:	Breakfast
10 am:	Reiki Self-Healing Workshop
1 pm:	Lunch
2:30 pm:	Awe-inspiring walk
4:30 pm:	Tea and Reiki self-practice
5:30 pm:	Sunset meditation
6:30 pm:	Dinner

Itinerary 1. Kathmandu (5 nights, 6 days): Jul 3 – 8, Aug 1 – 6

Elevation : Kathmandu (1400m) – Nagarkot (2195m)

Accessibility: Easy

Suitable For Everyone

Best Season: All Year Round

Day 1 Pick up and drop off to hotel in Kathmandu. Warm welcome with traditional Nepalese dinner, group introduction of conscious travelers, meditation and briefing.

Day 2 Rise and shine with Kundalini Yoga. Breakfast. Reiki workshop Day 1.

Beautiful lunch at hotel. Drive from Kathmandu to Sankhu. Let's have a gentle walk onward to Nagarkot.

Tea and Reiki self-practice in natural surrounds followed by sunset meditation. Delightful dinner.

Day 3 Rise and shine with Kundalini Yoga. Breakfast. Reiki workshop Day 2. Beautiful lunch. Gentle walk around Nagarkot resort area. Drive from Nagarkot to Namobuddha Monastery. Wonderful dinner.

Day 4 Rise and shine with Kundalini Yoga. Breakfast. Reiki workshop Day 3. Nice and healthy lunch. Gentle walk around Namobuddha monastery. We break for tea, Reiki self-practice and meditation in natural surrounds. Enjoyable dinner.

Day 5 Rise and shine with Kundalini Yoga. Breakfast. Reiki workshop Day 4. Beautiful lunch. Gentle walk to Namobuddha Stupa. Yoga with children at the orphanage (optional). Circle time and farewell dinner.

Day 6 Rise and shine and breakfast at own time and pace. Pick up and drop off to Tribhuvan International Airport. Onward to next destination.

Itinerary 2. Pokhara (6 nights, 7 days):

Aug 30 – Sep 5, Sep 29 – Oct 5, Oct 28 – Nov 3, Nov 26 – Dec 2

Elevation : Kathmandu (1400m) – Australian Camp(2055m)

Accessibility: Easy

Suitable For Everyone

Best Season: All Year Round

Day 1 Pick up and drop off to hotel in Kathmandu. Warm welcome with traditional Nepalese dinner, group introduction of conscious travelers, meditation and briefing.

Day 2 Rise and shine with Kundalini Yoga. Breakfast and onward flight transfer to Pokhara. Reiki workshop Day 1. Tea, nature walk and sunset meditation at Phewa Lake. Dinner in town.

Day 3 Rise and shine with Kundalini Yoga. Breakfast. Reiki workshop Day 2. Lunch in town. Gentle hike to Australian Camp. Tea, Reiki self-practice and sunset meditation in natural surrounds. Beautiful dinner in the guest house.

Day 4 Rise and shine with Kundalini Yoga. Breakfast. Reiki workshop Day 3. Lunch in nature. Gentle hike around Australian Camp. Tea, Reiki self-practice and sunset meditation in natural surrounds. Beautiful dinner by campfire.

Day 5 Rise and shine with Kundalini Yoga. Breakfast. Reiki workshop Day 4. Lunch and onward to Pokhara town. Free and easy. Sunset meditation. Dinner in town.

Day 6 Rise and shine with Kundalini Yoga. Breakfast. Onward flight to Kathmandu. Free and easy and lunch. Monk's blessings (optional) and circle time at Swayambhunath. Visit to orphanage (optional). Farewell dinner.

Day 7 Rise and shine and breakfast at own time and pace. Pick up and drop off to Tribhuvan International Airport. Onward to next destination.

Thank you for journeying with us.

Retreat price includes:

- * Lovely accommodation
- * Return flight transfers to Pokhara (for Itinerary 2)
- * Pick up and return transfers from Tribhuvan International Airport and city center
- * Daily morning Kundalini Yoga classes
- * Daily sunset meditation
- * Reiki Level 1 Self-Healing workshop
- * Gentle and scenic nature walks
- * Full board delicious vegetarian meals
- * Mineral water
- * Snacks and herbal tea during walks and tea time
- * Walking sticks (to return upon tour completion)
- * Eco-friendly yoga mat and cotton carrier

Note: 1. Retreat begins with a minimum of three participants
2. Outdoor activities are subject to change pending on weather conditions.
3. Guesthouse accommodation at Australian Camp

Retreat price excludes:

- * International airfare
- * Travel insurance
- * Entry Visa to Nepal
- * Beverages
- * Tips for tour guide and driver
- * Places we go
- * Kathmandu



The capital city of Nepal is an incredibly diverse historic city with breathtaking Newari architecture, centuries-old Hindu and Buddhist religious sites along with dedicated tourist-friendly accommodations and restaurants.

Stepping into Kathmandu is like stepping into another world that everybody should experience at least once in their lifetime.

Kathmandu is situated in a valley full of historic sites, ancient temples and shrines, golden pagodas and fascinating villages. Retaining its time-honored traditions, Kathmandu is blessed by Living Goddess Kumari and enriched by endless ceremonial processions and events that take to the streets now and then. Apart from a culture rich and steeped in age-old arts and traditions, visitors can easily find inner peace and uplifting energy through the ancient practice of yoga and meditation.

Nepal is a place where the Hindu gods and ancient *rishis* have been coming to meditate and relax for thousands of years. There are plenty of opportunities to experience the healing practices of yoga and meditation, particularly in Kathmandu, the yoga capital of Nepal. A visit to Thamel tourist district is a must-do for yoga lovers. The countless yoga studios tucked amid the vibrant shops offer an oasis of calm.

More than just a city, Kathmandu is a living museum, it is an opportunity to travel back in time to relive a rich history. While trekking in the forest, let the spirit of Himalayas awaken your body, mind and spirit.

Namo Buddha Monastery - Place of Peace and Power



Nepal is blessed to be home to three major Buddhist pilgrimage sites: Boudha Stupa, Swayambhunath Stupa and Namobuddha. Buddhists view Namobuddha Monastery as among the most sacred and important religious sites in Nepal. It is known as the place where Buddha, in a previous life as a prince, gave his body to a starving tigress and her cubs.

Namobuddha is a beautiful place. There is no need to exaggerate this. The place is quiet and pure, its environment free from pollution and the air so naturally fresh and cool. It is a perfect place for contemplation, meditation and yoga practice. We wake to a beautiful sunrise and wind down to a wonderful sunset, framed by the spectacular snow-covered Himalayan ranges.

We will stay in the monastery during a part of this self-healing journey. This holy place with an uplifting energy easily helps you access the inner peace that is innate in you, to heal your body, mind and spirit.

Nagarkot

Nagarkot just 32 km from Kathmandu Valley is a small and popular village with a population of just under 4,000. It is famous for its majestic wide-ranging vistas of the Himalayas including the especially striking sunrise and sunset views of Mount Everest to the northeast. To the west is the

ancient, pagoda-style Changunarayan Temple, dedicated to Lord Vishnu and a Hindu pilgrimage site. The short, easy trails in the area are perfect for gentle and scenic walks, picnic, and yoga and meditation in nature. Our daily practice and walks in the forest are as refreshing and rejuvenating as the cool, crisp air and fascinating view of the Himalayas.



Pokhara

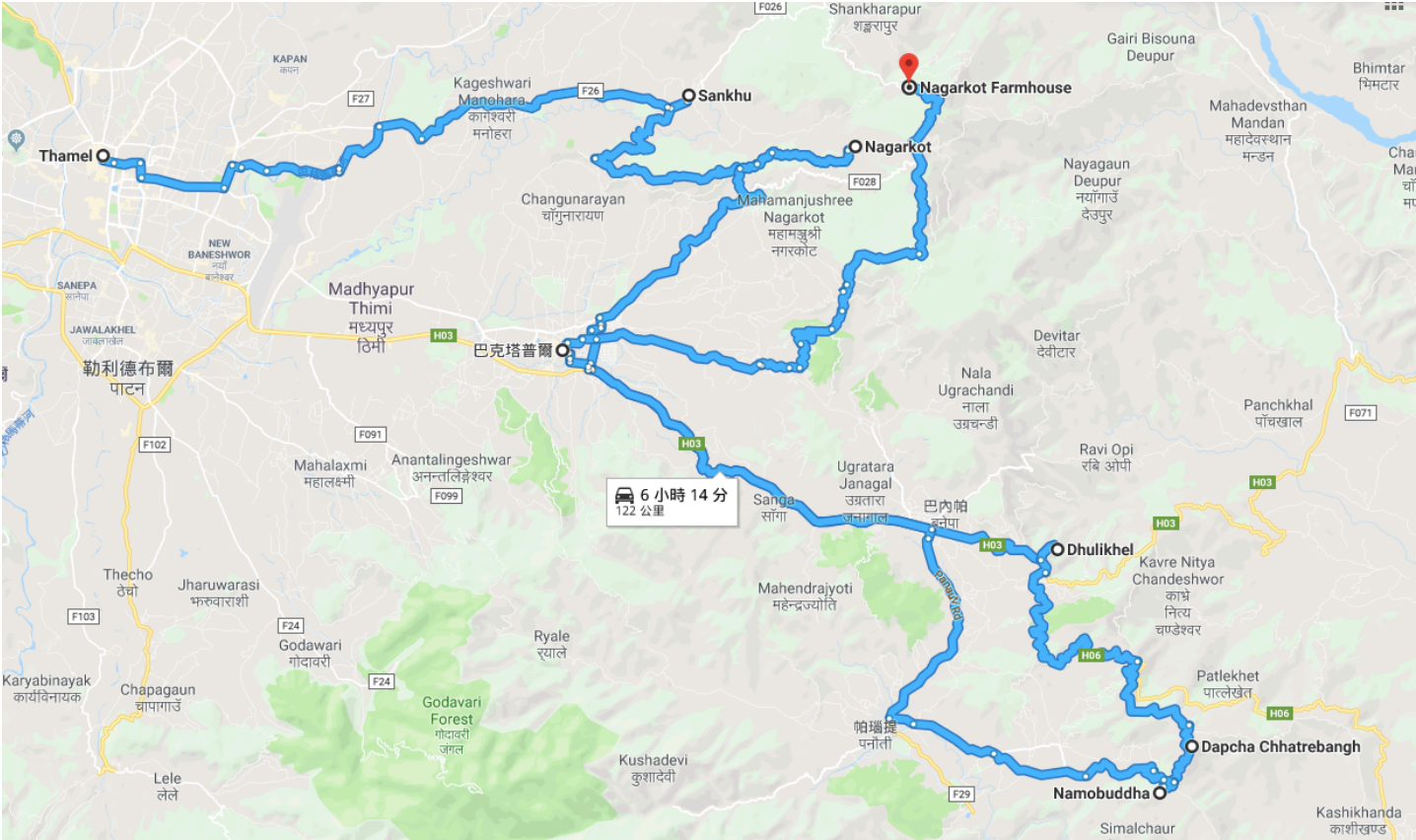
Nepal's second largest city and a gateway to treks in the spectacular Annapurna region. Pokhara is the place for those seeking adrenalin rush. Take your pick: Mountaineering, boating, bungee jumping, mountain biking, paragliding, skydiving, ziplining. Those inclined to a gentler pace will find the charming lakeside town conducive to chilling out. Holistic and yoga studios are increasingly making their presence felt. There is so much to do yet one of the best things is spending quiet time by Phewa Lake then stroll to a rooftop restaurant for dinner framed by some of the most beautiful sunsets.



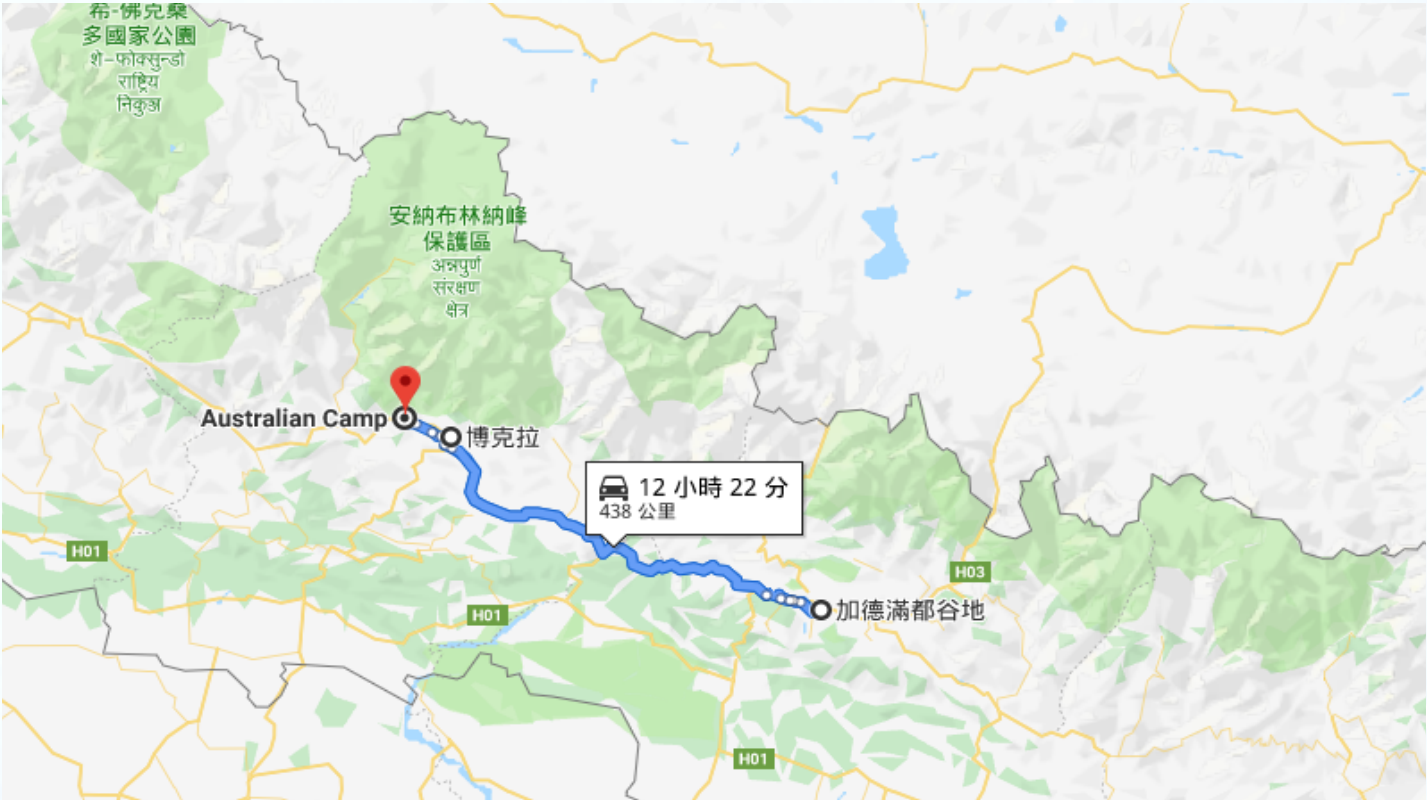
Australian Camp

This must offer one of the gentlest hikes in Nepal. Australian Camp at an elevation of just over 2,000 meters is a great peek into the magnificence of the Himalayas. It checks all the right boxes: Sweeping views of Annapurna mountain range, postcard-perfect scenery, a taste of local culture and serenity a short jaunt from civilization. The trails are accessible all year round and well suited to those new to walks in the mountains.

Route Map : Kathmandu – Sankhu – Nagarkot – Namo Buddha



Kathmandu – Pokhara – Australian Camp



CLIMATE OF NEPAL - screen grab from website “Discover Nepal”

The Himalayas act as a barrier to the cold winds blowing from Central Asia in winter, and forms the northern boundary of the monsoon wind patterns. Eighty percent of all the rain in Nepal is received during the monsoon (June-September). Winter rains are more pronounced in the western hills. The average annual rainfall is 1,600 mm, but it varies by eco-climatic zones, such as 3,345 mm in Pokhara and below 300 mm in Mustang.

There is no seasonal constraint on traveling in and through Nepal. Even in December and January, when winter is at its severest, there are compensating bright sun and brilliant views. As with most of the trekking areas in Nepal, the best time to visit are during spring and autumn. Spring is the time for rhododendrons while the clearest skies are found after the monsoon in October and November. However, Nepal can be visited the whole year round.

Average temperatures and rainfall during peak summer and winter in three most popular tourist areas:

Place	Summer (May, June, July)			Winter (Dec, Jan, Feb)		
	Max (°C)	Min (°C)	Rain (mm)	Max (°C)	Min (°C)	Rain (mm)
Kathmandu	28.1	19.5	312	19.3	3.0	15.4
Pokhara	29.7	21.3	829.7	20.3	7.7	26.3
Chitwan	33.0	25.3	404.0	24.1	8.3	13.8



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