

# YOGA JOURNEY TO NEPAL

*Kathmandu, Pokhara, and Chitwan*

**November 15-28, 2020**



Visit temples, villages, and monasteries

Hike in the Himalayas and hang out with elephants and rhinos

Take in the spiritual and physical beauty of this magnificent country

**\*\* All levels of yoga experience and ability are welcome \*\***



## INVESTING IN YOU

**14 day/13 night trip: \$2800 for double occupancy**

**A \$400 non-refundable deposit is required to reserve your spot**

Deposit should be placed as soon as possible to ensure your spot. Balance is to be paid by September 15, 2020. Payment plans are available. To register, please email: [chiati@onelovewellness.com](mailto:chiati@onelovewellness.com) or call: 917-348-5757

Cancellation Policy: Retreat fee minus the \$400 deposit will be returned if you cancel prior to 45 days of the retreat start date. If you cancel between 44-15 days of the trip, you will receive 50% of the retreat fee minus the deposit. If you cancel within 14 days of the trip, the entire retreat fee is forfeited. No refunds issued due to inclement weather or unforeseeable events. Travel insurance is recommended.

## PRICE INCLUDES

- 1 yoga session per day
- Daily breakfast, 3 lunches, 6 dinners
- 2 inter-country flights (Kathmandu-Pokhara, Chitwan-Kathmandu)
- Airport transfers and ground transportation between destinations by private vehicle
- All accommodations in 4 star hotels
- Audience with monks at a monastery
- Cooking class in Kathmandu
- Hiking and sightseeing in Pokhara
- Cultural dance performance and visit to elephant breeding center in Chitwan
- Jeep safari in Chitwan National Park
- English speaking tour guide for entire duration of trip
- Tips for tour guide and drivers
- Entry fees for all sight-seeing tours (temples, pagodas, cultural sites)
- National park and conservation entry fees and permits
- Government taxes and fees



## **ITINERARY** (subject to change)

Nov 15: Arrive Kathmandu, Tihar (festival of lights)  
Nov 16: Temples, Patan Durbar Square  
Nov 17: Thamel, Cooking Class  
Nov 18: Fly to Pokhara, Peace Pagoda  
Nov 19: Sarangkot sunrise hike, Mahendra Cave, Davis Falls  
Nov 20: Boating at Fewa Lake, Free Day  
Nov 21: Dhampus Village  
Nov 22: Drive to Chitwan, Tharu Cultural Performance  
Nov 23: Time with Elephants!  
Nov 24: Jeep Safari in Chitwan National Park  
Nov 25: Fly to Kathmandu, Shopping, Free Day  
Nov 26: Visit Namobuddha Monastery  
Nov 27: Boudhanath Stupa, Markets  
Nov 28: Depart Kathmandu



## **LOGISTICS**

Flights to and from Nepal are not included. Two 2 inter-country flights are included, and passport information will be needed at time of registration. All other transportation will be overland, in private vehicles.

Your passport must be valid for 6 months before the expiration date for this trip. Visiting Nepal requires a visa for US passport holders. You can apply for a visa in advance at the embassy or obtain a visa on arrival at the airport.

Daytime temperatures in November average between 60s and 70s, and night temperatures range between 40s to 50s. November is one of the best times to visit Nepal, as it is dry, sunny and clear.

Chia-Ti Chiu is a certified trauma conscious yoga teacher and Thai bodyworker. She received her first teacher certification in Bangalore, India in 2003 and has been teaching for over 17 years. She teaches elders, adults, and incarcerated youth in NYC; and leads retreats, workshops and trainings internationally. She believes that yoga is a privilege that should be accessible to all.

