

Asthanga Yoga & Buddhisme in NEPAL

2- 9 November 2019 KATHMANDU VALLEY

Dutch - English spoken

Teachers:

Ellen Johanessen Ashtanga Yoga & Buddhist teaching (Norway)

Marion Werger Yin & Vinyasa Yoga (The Netherlands)

Imagine living in a stunning Tibetan Buddhist monastery or eco farm, set in the magical foothills of himalayan Nepal. Imagine waking up in the medieval city of Patan, or the lively Tibetan section of Kathmandu, Boudhanath. All the while, enjoying daily yoga classes, meditation sessions and philosophical talks. This transformative journey is your opportunity to deepen your understanding of Yoga at it's root, and to enhance your yoga practice in Nepal top of the world!

Programme: Saturday to Saturday

Day 1. Saturday

Arrival - Transfer to hotel in Kathmandu, tour of Boudha stupa, welcome diner

Arrival in Kathmandu. We'll pick you up from the airport and take you to your hotel in Boudhanath, the "Tibetan" part of Kathmandu. Here you'll have time to acclimatize and relax, take a stroll around the largest stupa in Nepal and soak up the lively atmosphere of the neighbourhood. In the late afternoon, we'll have our first yoga class on the rooftop of the hotel and have a together traditional dhal bhat dinner overlooking the lively Boudhanath Stupa.

Overnight Hotel: Shambaling, Boudha, Meals included: welcome diner.

Day 2. Sunday

Exploring the spirituals hubs Boudhanath and Pashupatinath

After our morning Yoga class and breakfast, we will have a guided walk to the back streets of Boudha, visiting the Stupa and walk together to the sacred cremation Ghats and Hindu temples of Pashupatinath. This powerful place is also home of the local sadhus and Nath-yogis.

Overnight Hotel: Shambaling, Boudha. Meals included: breakfast.

Day 3. Monday

Transfer from Boudha to Neydo Monastery

Morning Meditation, breakfast and departure to the beautiful Neydo Monastery, a Tibetan Buddhist monastery perched on a hillside near the village Pharping. We'll have lunch and

meet up in the temple for an introduction to Buddhist thought and a tour of the spectacular shrine room. Late afternoon we meet for the yoga class.

Overnight: Neydo Monastery. Meals included: breakfast/lunch/dinner.

Day 4. Tuesday Neydo Monastery

After Yoga and breakfast, we'll take a walk through the rice fields to one of the most sacred Buddhist sites in the valley. The meditation cave of Guru Rinpoche, the Asura cave. We'll climb further up to hang colourful prayer flags to ensure the success of our journey! We enjoy lunch and free time at the gushouse with a late afternoon yin yoga class in the beautiful yogashala.

Meals included: breakfast/lunch/dinner.

Day 5. Wednesday

Exploring Old Patan – Transfer to Namobuddha

After Yoga and breakfast at Neydo, we will visit the medieval city of Patan. Patan was one of three royal cities in the Kathmandu valley, each one with their own city square, temples and palaces. Here you have your time to explore the beauty of the narrow streets and enjoy your own lunch. After lunch, we'll depart for the Eco Resort Namobuddha, a beautiful tour up in the mountains. Overnight Namobuddha. Dinner included

Day 6. Thursday

Namobuddha

After morning Yoga and breakfast, we will have a guided walk in the villages around with hopefully a spectacular Himalayan view! After lunch at Namobuddha, we will walk to the nearby sacred site where the Buddha in his previous life offered his body to a hungry tigress and her cubs! Meals included: breakfast/lunch/dinner.

Day 7. Friday

Transfer to Thamel – Kathmandu (last day for shopping and sightseeing)

You will have your last yoga class and breakfast at this beautiful place. After breakfast we transfer to Kathmandu to Thamel. Settle-in at Kathmandu Guesthouse, a quiet spot in the touristic part of Kathmandu. Free time to relax or visit the busy hub of tourist shops and restaurants nearby. Meals included: breakfast

Day 8. Saturday

Kathmandu Transfer back home - departure.

After Breakfast, you'll have some free time for sightseeing, shopping etc. You may take a bicycle rickshaw around the center of Thamel or go visit the "Monkey Temple" at Swayambunath. We'll drop you at the airport for your departure.

Meals included: breakfast.

Yoga

Morning or late afternoon yoga assisted by Ashtanga teacher Ellen Johannesen, (KPJAYI level 2 authorized Yoga teacher with a Masters in Buddhist studies) and Vinyasa Yin Teacher and Coach Marion Werger, who organise this tour.

Beginners will be individually assisted and lovingly introduced to Ashtanga Yoga and Yin Yoga. Experienced yoga practitioners or yoga teachers will deepen their practice and get inspired. The sessions include meditation, ashtanga yoga, yin yoga, restorative practice, talks on various philosophical and technical aspects of Yoga, as well as pranayama (breathing). The philosophy lectures will introduce Buddhist teachings led by Ellen.





Included

- Transfer from Kathmandu airport to Shambaling hotel on Saturday
- Transfer to Kathmandu airport after the journey on Saturday
- Transfers to the monastery and other sites and hotels during the retreat
- Accommodation
- All vegetarian meals as described in the program
- Daily yoga / meditation programme

Not Included

- Meals not mentioned in the programme
- Speciality drinks and coffees at monastery and resort/hotel
- Flight to Nepal, Visa and Travel insurance (required)

Cost

Twin room: EUR 1195,00 - Single room EUR 1365,00

Here is the fine print for your booking:

- Check-in: 2 November meeting with the group at 1pm
- Check-out: 9 November by 10am
- Food is Nepali and vegetarian
- Yoga mats are available, but of course you can bring your own.
- Travel insurance is obligatory and your own responsibility

Refunds/Cancellation

- 150 EUR price administration and is non-refundable
- Cancellation policy / refund:
 - Till 8 weeks 15% off the travel;
 - 8 to 6 weeks 30% off the travel;
 - 6 to 4 weeks 50% off the travel;
 - 4 to 2 weeks 75% off the travel;
 - 2 weeks till 1 day before departure 100%: no refund off the travel
- It is possible to give your space to a friend, just inform us at least 1 week before the retreat

Travel

- Please ensure that your passport is valid (6 months by leaving the country).
- Make sure that you are aware of immigration/visa laws in Nepal.
- The organizers are not liable for any illness, delay or cost resulting from your failure to meet these requirements.

CONSENT AND RELEASE

By registering for this programme, you voluntarily understand and accept the following terms and conditions as set out below:

I am aware that participating in the retreat requires a certain level of fitness and general physical health. I acknowledge and voluntarily assume my responsibility to assess my level of fitness and the risks of injury that are associated with physical activity of any kind including any variety of yoga. I confirm that I shall retain all control over my activities at all times. I voluntarily assume full liability and accept the risk of harm, including physical injury and discomfort as a result of my participation in the activities in this programme.

I will inform the teachers and/or assistants of any limitations or medical conditions that may affect my practice.

I, or anyone who could claim in my name or on my behalf, my heirs and legal representatives, do hereby voluntarily waive, release and forever discharge the organisers, from any and all liabilities for injuries, damages or death resulting from my participation in the activities during the course of this programme as outlined in the programme schedule or any activities outside of the program and resort facility, and hold them harmless from all claims which may be brought against them for any such injuries or claims as aforesaid and all costs and expenses incidental thereto.

I agree that organisers reserve the right to accept or kindly decline the application of a participant at any time, to make changes in the itinerary whenever reputed necessary for the comfort, convenience, and safety to all participants. In the case that the event is cancelled or postponed organisers shall have no responsibility beyond the refund of money or expenses paid by the participant if the event cannot be re-scheduled.

I agree that organisers shall not be liable for any cost or expenses for any delay, change in schedule including "" but not limited to "" delays, missed flights, failure to comply with visa or health requirements of the city, re-scheduling, and/ or cancellations or overbooking of flights, loss, damage, or injury to property or persons including death, or expenses occasioned by any act of omission by any supplier providing services to any program participant.

I understand that photos and video may be utilized for communications efforts. To that end, I hereby grant the organizer permission to record the name, likeness, voice, image and/or appearance on the above referenced date or dates of me and to use and publish the pictures, video and digital images and the like without compensation, and I waive any right to inspect or to approve any project that may be created using these materials.

www.asthanganepal.com Ellen Johannesen

www.marionwerger.nl Marion Werger

for application, please send an email to : info@marionwerger.nl

Thanks, namaste!