

YOGA JOURNEY TO NEPAL

Kathmandu, Pokhara, and Chitwan

November 12-25, 2023



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 per person for shared room (double occ.)
\$3400 for private room (single occupancy)**

** single week options available (Nov 12-18 or Nov 19-25) – reach out for more information **

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 12, 2023. Payment plans are available. To register, please email: 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, Covid-19, or unforeseeable events. Travel insurance is recommended.

PRICE INCLUDES

- 1 yoga session per day
- Daily breakfast, 4 lunches, 6 dinners
- 1 inter-country flight (Kathmandu-Pokhara)
- 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



COVID-19 PROTOCOLS

Travelers entering Nepal must submit a certificate of full vaccination against Covid-19. A booster dose is not needed to meet this requirement. Please note protocols may change depending on circumstances at the time of the retreat.

ITINERARY (subject to change)

- Nov 12: Arrive Kathmandu, Tihar (festival of lights) celebration
- Nov 13: Visit temples, Patan Durbar Square
- Nov 14: Visit Thamel, Cooking class
- Nov 15: Fly to Pokhara, Visit Peace Pagoda
- Nov 16: Sunrise hike to Sarangkot, Visit Mahendra Cave, Davis Falls
- Nov 17: Boating at Fewa Lake, Free afternoon
- Nov 18: Dhampus village walk and visit with locals
- Nov 19: Drive to Chitwan, Tharu cultural performance
- Nov 20: River canoeing, Jungle walk, Time with elephants!
- Nov 21: Jeep Safari in Chitwan National Park
- Nov 22: Drive to Kathmandu, Shopping at markets
- Nov 23: Visit Namobuddha Monastery, Q&A with monks
- Nov 24: Visit Boudhanath Stupa, Free afternoon
- Nov 25: Depart Kathmandu



LOGISTICS

Flights to and from Nepal are not included. One inter-country flight is included (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 20 years. She teaches elders, adults, and incarcerated youth in NYC; and leads retreats, workshops and trainings internationally. She believes that wellness is a privilege that should be accessible to all.