

Earthbound Expeditions

Nepal Volunteering and Yoga Tour

9 days, from US$1,087 per person

Duration	Group size	Country
9 days	**10 People**	**Nepal**

Nepal Volunteering and Yoga Tour Overview

Practice yoga and meditation to explore your inner self and find a holistic well being while you explore the outer beauty of the magical land of the Himalayas. Grow your spirituality higher and awareness deeper to learn more about yourself and the world while travelling to Nepal.

Nepal volunteering and yoga tour – homestay and cooking class a meaningful journey ...

This life-changing journey gives you an opportunity to volunteer for the betterment of the local communities while you get to see plenty of amazing places and things in this beautiful Himalayan country Nepal. Volunteering and yoga practice takes your life to the next level as it helps you open up to the living truth and you learn to serve the better purpose in your life.

Take this amazing and life-changing trip to Nepal, where you will practice yoga, volunteer in one of our projects and of course see the sites around where you will get to mingle with the local culture and lifestyle. Your twelve days trip begins and ends in Kathmandu, the capital city of Nepal, which houses several enchanting world heritage monuments where you get an incredible cultural, historical, and spiritual immersion.

You practice yoga to heighten the mind, body and soul harmony which leads you to a happier and more comfortable life. Teaching in a local school or serving in an orphanage is part of your Karma Yoga through which you get satisfaction and the Yoga practice leads you to a healthier and more stable physical, mental and spiritual state.

Not only volunteering and yoga practice but also show you around the beauty of Nepal is the focus of this trip. The trip shows you some incredible historical cultural heritage sites in Kathmandu where you get an extraordinary experience of immersing into culture, art, architecture, history, spirituality and many other diverse aspects of the Nepali lifestyle. Then it takes you to an unbelievably beautiful city of Pokhara which is also famous as the “city of lakes”.

You will get an opportunity to take a breathtaking close up look at the Himalaya, a stunning sunrise view, a calming boat ride on lake. While Chitwan National Park has an amazing jungle safari tour to offer you. You will get to see one-horned rhino, deer, bear, crocodile, Bengal Tiger (occasionally) and several other animals during the exciting safari tour.

So in total, this trip of 9 days will change your life perspective. You will go back home completely recharged and happy. Join this Nepal volunteering and Yoga trip to serve a better purpose.

Cost Includes/ Excludes

Includes

- All land transportations are provided.
- Accommodations on twin sharing basis (guest house / Home stay)
- Breakfast and dinner as per the itinerary.
- English speaking yoga expert cum tourist guide throughout the tour.
- One night cultural show and Jungle safari activities in Chitwan National Park
- Yoga meditation and volunteering activities
- Incredible trip to Pokhara

Itinerary

Day 1

Arrival Day - 1400 m

You will be welcomed by our representative on your arrival at Tribhuvan International Airport in Kathmandu. Later, you will be transferred to your hotel. Check into the hotel, freshen up, relax a bit or you can explore the vicinity until we meet in the evening for the trip briefing. The time for the briefing will be informed to you once you arrive at hotel. Hotel - Thamel Eco Resort or similar

Day 2

Kathmandu Exploration Day

After breakfast in the morning we go for the Kathmandu sightseeing tour. We are going to do the UNESCO CULTURAL HERITAGE TOUR today which includes: Swoyambhunath - The oldest Buddhist Stupa in Kathmandu Valley, a beautiful abode for lots of monkeys thus also known as Monkey Temple, is also a perfect vantage point to see Kathmandu valley. Pashupatinath- A holy pilgrimage for Hindus and Hindu Crematorium, watch as the Hindu dead bodies are cremated in the most unique way in the world; we come across men with ash rubbed body, matted locks and dreaded look which is typical look of a Hindu Holy Men known as Sadhus. Boudhanath- the biggest Buddhist temple in the world; a site for Tibetan Buddhism where we can visit monasteries, watch the Holy Monks busy in their chanting ritual going around the temple. Patan Durbar Square- A Medieval Royal Palace area which is also known as the city of fine arts, we can see the finest example of metal and stone carving back to 14th century and also the amazing Nepali Architecture. Evening transfer to Home Stay to have authentic Nepali meal and stay experience.

Day 3

Transfer to Homestay and Practice Yoga at the nearby Yoga place

• Stay at an apartment style house at the Yoga resort. • Learn Yoga in the morning. • Teach English in the nearby school or serve at the Orphanage. • This is will be a highlight of your stay, as you get to interact in a meaningful way and make a positive difference in an impoverished community of Nepal. Connect and spread positive vibes around and get the same in return.

Day 4

Yoga Resort - Pokhara 900 m

Early morning breakfast and we check out the hotel to go to Pokhara. An about 6 hours drive by a bus takes us to the amazingly beautiful city of Pokhara 200 km west of Kathmandu. The drive is very scenic which goes through the winding and stretching road along side the famous rafting river of Trishuli and later on Marsyangdi. The passing through some beautiful small Nepali towns will give you some glimpses of countryside of Nepal.

Day 5

Pokhara Exploration Day

We wake up early in the morning and drive to Sarangkot, a beautiful hill in Pokhara famous for Sunrise, for 35 minutes. A real Closed-up look of the Annapurna and Fishtail, and the unparalleled Sunrise from there makes a perfect start of our day. After Sunrise, we come back to hotel for breakfast. After breakfast we go to hike up to World Peace Stupa, a nice hiking destination in Pokhara which will take us one hour to reach the top. It's a beautiful viewpoint and a Buddhist Pilgrimage as well. Later we come down to visit Davis falls and cave and Tibetan Refugee Camp. We can choose to do some adventure activities like Paragliding, ultralight flight and Zip flyer as well with an extra cost.

Day 6

Pokhara - Chitwan 500 m

After breakfast, we start driving to Chitwan National Park. It takes us about 4 hours to reach this beautiful National Park to the down south of Nepal. Chitwan national park was once the hunting ground of British and Nepalese aristocrats. Today, the animals - elephant, rhinoceros, tiger, leopard and deer - are protected, not shot. The greatest thrill here is to scout for wildlife on the back of an elephant. This national park is enlisted in the UNESCO's Natural Heritage Site.

Day 7

Chitwan Exploration Day

Full day in Chitwan National Park for exciting activities like: jungle walk, elephant riding, village visit, canoeing, visit to elephant breeding center, bird-watching etc. A nature guide will lead us through all the activities giving us more insights about the wildlife, flora and fauna in the national park. View of wild and aquatic life like rhinoceros, deer, bear, crocodile, and different birds can make our day there. In the evening we can enjoy the Tharu cultural show. Tharus are aboriginal people of the area who have their own language, culture and tradition. Hotel: Jungle Safari Lodge or similar

Day 8

Chitwan - Kathmandu

We are driving back to Kathmandu today after our breakfast. It takes us about 5 hours to reach Kathmandu. We can fly back with an extra cost. Later in the evening, we go for farewell Nepali dinner with cultural show in Kathmandu and can have discussion about the trip experience.

Day 9

Departure Day

Today is our last day of this meaningful journey so we will transfer you to airport for the departure to home.

What's included

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- Yoga meditation and volunteering activities
- Incredible trip to Pokhara

Not included

- Any item not specifically mentioned in the itinerary.
- Any expenses of personal nature such as tips, telephone calls, laundry etc.
- Beverages of all kinds.
- International airfares.
- Airport taxes.
- Visa fees.
- Entrance fees to the monuments.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/nepal-volunteering-and-yoga-tour