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Nepal Spiritual Yoga Tour

URL: <https://naatatravels.com/trip/nepal-spiritual-yoga-tour/>

Duration

8 Days

Per Person Cost

USD 550

Difficulty

Low

Group Size

2-16

Maximum Elevation

1750

Accommodation

3 star accomodation in Kathmandu and Pokhara. Tourist standard hotel in Namobuddha, Bandipur and Gorkha

arrival_on

Kathmandu

Meals

Breakfast, lunch and dinner

Departure

Kathmandu

Trip Route

Nepal

Trip Overview

Spiritual yoga tours have also been gathering pace among locals and foreigners. Yoga and spirituality in Nepal is a growing trend of travelers mixing up yoga sessions during their tours. Nepal is home to abundant mountains and other natural beauties; the country has long been considered the perfect place to do a meditation tour. The foothills of the mountains provide the perfect blend of spiritual energy and natural beauty and give you a greater sense of relaxation that other places seldom offer. Thus, the Naatas retreat package is fresh air that takes you away from your tedious everyday life.

Nepal Spiritual Yoga Tour is a package designed for those looking for inner peace in the mountains and to experience the spiritual yoga retreat in Nepal. You will indulge in guided meditation accompanied by a yoga teacher who fills you with a magical spiritual feel. Furthermore, you will also visit various temples in Nepal during this guided tour that immerses you in the rich spiritual culture of the country. Being in nature and, above all, in the lap of the mountains and doing yoga and meditation are pure experiences, making them one of the most unique trips. You can also go on a day tour to visit a yoga school and be taught by a yoga guru.

Religious And Spiritual Yoga Tour In Nepal

Nepal Spiritual Yoga Tour in Nepal brings greater happiness and fills life with positivity. Visiting the **heritage sites in Nepal** gives you an excellent opportunity to see traditional rituals dating back thousands of years.

On this tour, you will travel to **Namo Buddha**. It is the one that gives you a look into the life of priests and monks. Located on a hilltop, the monastery's location and the mountains' panoramic views are pleasant. You may also get a rare chance to take part in lighting traditional butter lamps in the monasteries. Legend has it that Siddhartha Gautam offered his body to a starving tiger. In addition, you can find meditation monastery retreats in Nepal.

Bandipur, the other place we visit on this tour, is an ancient Newari settlement on a hilltop. It used to be a trading route between Tibet and India, and that is when the Newari people from Kathmandu, who used to be merchants at those times, moved to Bandipur to trade. In this town, you can see age-old architecture dating back to the 18th century. The place also offers excellent panoramic views of the Himalayas. In addition, it is also home to one of the largest caves in South Asia.

The tour also takes you to Gorkha, a town that has played a significant role in Nepal's history. This is the town where the legendary king Prithvi Narayan Shah was from and where the unification of Nepal began. Thus, we visited Gorkha Palace and the temples around there.

In the last part of the yoga tour in Nepal, we visit the lake city of Pokhara, a tourist hub. We indulge in yoga activities, looking over the lake and the mountains. All the places we see on this tour are blessed with natural beauty, culture, and history, making it the best combo to practice spirituality and yoga.

Spiritual Yoga Tourism in Nepal

Spiritual Tourism is a type of cultural tourism on the rise. Yoga and Spiritual Tourism lovers visit new places, searching for meaning in life.

Nepal is a landlocked country with about 800 kilometers in length and 150 kilometers in width. The lowest elevation is 59 meters. It is also home to the highest mountain on earth, Mount Everest, which is 8848 meters high. Further, it is also the gateway to Kailash Mansarovar, the home of Lord Shiva. Nepal has long been known as one of the best destinations in Asia for adventure activities. Nepal is a beautiful country, and the presence of sky-high mountains, Buddhist monasteries, a plethora of ancient Hindu temples, rich cultural and racial diversity, and the fact that Gautam Buddha was born here make Nepal a spiritually unique place to visit. It wouldn't be an exaggeration to say this country is one of the best places to practice spirituality. Thus, you can find the best yoga retreats in Nepal.

Yoga and spirituality in Nepal experience a sensation like no other. *You can visit the Himalayan Yoga Academy, Nepal Yoga Retreat, or Atmashree Yoga Retreat, all the fantastic yoga and meditation retreats Nepal offers.* The origin of the Vedic is near Nepal. You can choose a trekking planner and perform meditation often in the mountains, which will teach you how to handle different life situations through yoga or meditation. This retreat will enlighten your sense of being. If you want a different experience, you can visit jungle wildlife, golden temples around the city, and Tibetan Buddhist monasteries, among others.

Nepal has spiritual activities like meditation, yoga, astrology, healing, and retreat.

Kathmandu Valley As Spiritual Place For Yoga

Kathmandu is near great peaks like Jugal, Ganesh, and Langtang. Thick forested Shivapuri National Park surrounds the valley. Furthermore, the valley has maintained its spiritual status with thousands of temples and shrines.

Some of the most important religious sites in Kathmandu Valley are Gujeswori, Dakchhinkali, and Changunarayan. Some are inside the valley, like Pashupatinath, Bouddhanath stupa, and Swoyambhunath. Similarly, Namobuddha and Pharping, known as the Places of Guru Rimpoche, are other spiritual sites around Kathmandu. Moreover, you can also visit Kathmandu Durbar Square, which is a UNESCO world heritage site. In Kathmandu, every step you take leads you to a heritage site. Furthermore, there are various other retreats that you can go to near Kathmandu.

If you want to participate in a spiritual journey, opt for the Gosaikunda Spiritual Trek ([link](#)). For anyone who would like to customize the trip as per your need and preference, please follow the link:

Customize the trip: For this, we can add a button.

Trip Itinerary

Day : Arrival In Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a play card imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 Meters

Day 2 hours: Namo buddha Visit

Namo Buddha is one of the most sacred Buddhist pilgrimage sites in Nepal. It is about two hours drive from the city of Kathmandu. The distance is about 45 km.

On the second day, we visited the Thrangu Tashi Yangtse Monastery, which is located at the sacred pilgrimage site of Namo Buddha, Nepal. It is home to more than 250 monks.

Today, you will visit the monastery with amazing yoga and meditation sessions.

On this day, we will do day yoga and meditation or other mindful activities in and around the monastery.

Time:

1 hours

Accommodation

3- star Hotel or similar

Meals:

Breakfast, Lunch & Dinner

standard

Altitude:

1750 Meters

Day 5 hours: Drive to Bandipur

On this day of our tour, we will have a pleasant drive to Bandipur, a hill above Dumre. It is 147 km from Kathmandu, and the drive takes around 5 hours. On the first part of our journey, we will be driving by the side of the Trishuli River.

As we reach there, we will have a sightseeing tour of the place and rest on the quiet hills overlooking the beautiful hills and Mountain Vistas.

Accommodation

Meals:

Altitude:

3 - star hotels or similar
standard tourist Hotels

Breakfast, Lunch and Dinner

1030 Meters

Day 2 hours: Bandipur - Gorkha Durbar

This day of our trip begins after the early Morning Yoga followed by Meditation. After we finish our spiritual routines, we have breakfast and start driving for the next amazing place on our journey—i.e., Gorkha Durbar. The distance from Bandipur to Gorkha via Abukhaireni is 55 km, which will take about 2 hours.

The Gorkha Palace, located in the Gorkha district of Nepal, is a historic landmark built in the 16th century by Ram Shah. Legend has it that the Guru Gorakhnath Meditated at Gorkha Durbar.

Time:

1 hours

Accommodation

Tourist Standard Hotels

Meals:

Breakfast, Lunch and dinner

Altitude:

1450 Meters

Day 2 hours 30 minutes: Drive to Pokhara From Gorkha

The distance from Gorkha to Pokhara is 115 km. This day, we spend the Morning Enjoying the peace and quiet of the Gorkha Durbar. In the afternoon and early evening, we have a sightseeing Tour of the beautiful Lake City.

Accommodation

3- star Hotels

Meals:

Breakfast, Lunch and Dinner

Altitude:

825 Meters

Day : Pokhara - Yoga and Healing day

We start this day early to enjoy the beautiful Sunrise view from Sarangkot. After sunrise, we move to Gatichara, where we will spend the day.

This day will be full of healing exercises, such as sound healing. We will also be performing yoga meditation and other yoga philosophies.

Accommodation

3- star Hotels

Meals:

Breakfast, Lunch and Dinner

Altitude:

825 Meters

Day 6-7 hours: Back to Kathmandu

On the first part of our day, we will visit Shiva Statue and Begnas Taal, another famous lake in the valley. The drive back to Kathmandu takes around 6 hours, covering 210 km.

Tonight Naata Trek and Tours will organize a THANK YOU farewell dinner program to celebrate and share our experiences of the trip.

Accommodation

3- star Hotels

Meals:

Breakfast, Lunch and Dinner

Altitude:

1350 Meters

Day : Departure

Today is the last day of our trip. Our office representative will drive you to the international airport for your departure.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara. Tourist standard hotel in Namobuddha, Bandipur and Gorkha
- Welcome and farewell dinner programs
- All transportation in a private vehicle
- Entrance fees for sightseeing
- Full board meal
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Staff costs including salary, insurance, equipment, food and accommodation
- All necessary paperwork and trekking permits (ACAP, TIMS)
- Medical kit (carried by your trek leader)

- All government and local taxes

Trip Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- All other not mentioned in cost includes section

Additional Trip Information

What can you expect from the Yoga Spiritual Tour?

In Nepal spiritual Yoga tours, you can exercise traditional yoga in a retreat center where qualified yoga teachers will assist you. You will learn meditation practice using various meditation techniques. You can even take part in daily yoga classes and practice daily meditation. In addition, you will also have the option to do yoga trekking and trek your way to a base camp. Home to thousands of monasteries, you visit a range of spiritual retreats in the foothills of the Himalayas.

Places to visit in Spritual Yoga Tour

There are several places you can decide to visit. Out of several options available, you can choose a form of meditation or practice yoga. You can select a Himalayan Nepal yoga campaign and practice yoga in a retreat. A yoga practice can heighten your spiritual discipline. It leads you to a state of harmony between mind and body. It also helps you handle different situations with a sense of calmness.

Things to know before the Nepal Yoga Spiritual Tour

There are a couple of things to remember before the Yoga spiritual tour. Nepal is well-known for several activities and retreats you can participate in that benefit you. You can join students or take a yoga teacher training course. You can also opt for yoga classes at several available Himalayan retreats. You can practice hatha yoga, which uses physical energy to preserve and channel energy, or even dhyana yoga.

FAQ'S

What is Yoga?

Yoga is a practice that connects the body, breath, and mind. It was developed as a spiritual practice thousands of years ago. Yoga uses physical postures, breathing exercises, and meditation to improve overall health.

Where can you go to near Kathmandu for the best Yoga retreat?

You can go around 23km southwest of Kathmandu Valley, as it is less crowded and gives you a sense of calmness. A fantastic way of handling different.

Do they do Yoga in Nepal?

Yes, they do yoga in Nepal. Nepal, the birthplace of Lord Buddha and home to a rich cultural and spiritual heritage has a long tradition of yoga and meditation.

Who started Yoga in Nepal?

Patanjali wrote the Yoga Sutras, an important book that explained the principles and methods of yoga. Many believe he was born in Nepal. People still learn and use his teachings today.

Which country has Best Yoga?

The countries with the best yoga are India, Thailand, Costa Rica, Bali, and Australia. Their rich history and dedication to yoga make them popular destinations for yoga.

What are the different types of Yoga in Nepal?

The different types of yoga in Nepal are Ashtanga Vinyasa Yoga, Dhyana, Pratyahara, Pranayama, Hatha Yoga, and Bhakti Yoga.

What is the best age for Yoga?

It's best to start yoga after children are four and a half years old. Before that, they might not focus well or be physically ready for it. For proper spine movement, children are already active and can do poses like paschimottan asana and others.

Which time is better for doing Yoga?

The best time to do yoga is in the morning or early evening. Morning sessions can be energetic and include an entire session. After any session, including in the afternoon, it's good to end with Savasana (Corpse Pose).

How much does a Yoga instructor earn in Nepal?

The yoga instructor earns about NPR 16,000 to NPR 30,000 per month, depending on skills and

experience. This job is usually part-time because clients are primarily available in the mornings and evenings.

What is the most popular Yoga in the world?

The most popular form of yoga worldwide is [Hatha yoga](#). It's widely practiced and focuses on physical postures (asanas) and breathing techniques (pranayama) to promote overall health and well-being.

Address

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