

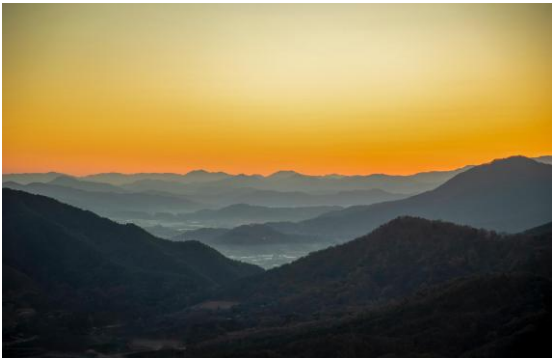


Sacred Transitions in Nepal Program

Nov. 19- Dec.2 , 2026

	<p>Nov. 19 / Day 1 - Arrival to Kathmandu, Beginning the Program</p>
	<p>Nov. 20 / Day 2 - Kathmandu to Pokhara</p>
	<p>Nov. 21 / Day 3 - Pokhara</p>
	<ul style="list-style-type: none"> ● Airport pickup at Kathmandu International Airport and transportation to the hotel. ● Hotel check-in, settling in. ● An opportunity to explore the area, meet and greet the guides, other participants and facilitators. ● 1:30 PM: Program Opening ● Nepal history and culture at Kathmandu Art Museum ● Evening Session: welcome, opening circle, Introductions, program overview. ● Meals included: arrival snacks, dinner.
	<ul style="list-style-type: none"> ● Breakfast at the hotel ● Morning walking tour of the magnificent Patan Durbar Square, a central attraction of Kathmandu and UNESCO World Heritage site. ● Afternoon flight to Pokhara. ● Arrival and settling into the hotel. ● Afternoon program session. ● Group dinner and open evening time. ● Meals included: breakfast, lunch, dinner.
	<ul style="list-style-type: none"> ● Early rise to see the sunrise from Sarangkot. Morning silent walk/sitting meditation/journaling. ● Breakfast back at the hotel. ● Optional free time to explore Pokhara ● Afternoon session ● Meals included: breakfast, lunch, dinner.



Nov. 22 / Day 4 - Pokhara

- Breakfast at the hotel.
- Morning session
- Visit Tibetan Refugee Camp and talk by a Tibetan Buddhist Scholar
- Boating on lake Phewa and hike to visit World Peace Stupa, built by Japanese Monks as part of a global movement to promote world peace after WWII.
- Afternoon free time to explore Pokhara and pack for the mountains.
- Meals included: breakfast, lunch. Independent dinner.



Nov. 23 / Day 5 - Australian Camp and Himalayas

- Breakfast at the hotel.
- Drive to Kande, a village in the mountains with Himalayan view.
- Hike to Australian Camp through forest trails with stunning views of Annapurna range.
- Settle, unpack, rest and lunch.
- Afternoon -Evening Program Sessions.
- Meals included: breakfast, lunch, dinner.



Nov. 24 / Day 6 - At the Australian Camp and Himalayas

- (Optional) Sunrise around 5:30AM
- Morning yoga/qigong practice.
- Breakfast at the hotel.
- Full day program sessions and individual coaching
- Fire Ceremony.
- Meals included: breakfast, lunch, dinner.



Nov. 25 / Day 7 – Dhampus Village

- Sunrise meditation and yoga/qigong
- Breakfast at the hotel.
- Hike to Dhampus Village
- Afternoon and Evening Program Sessions.
- Meals included: breakfast, lunch, dinner.



Nov. 26 / Day 8 – Dhampus to Astam Village

- Morning yoga/qigong practice.
- Breakfast at the hotel.
- Transfer to Annapurna Eco Lodge
- Afternoon and Evening Program Sessions.
- Sound Healing (optional)
- Meals included: breakfast, lunch, dinner.



Nov. 27 / Day 9 - Annapurna Eco Lodge at Astam Village

- Morning yoga/qigong practice.
- Breakfast at the hotel.
- Morning walk/yoga/qigong/meditation in the mountains.
- Full day program sessions and individual coaching.
- Individual rest and reflection time.
- Meals included: breakfast, lunch or dinner.






Nov. 28 / Day 10 - Pokhara to Kathmandu

- Morning movement
- Breakfast at the hotel.
- Drive to Pokhara and fly to Kathmandu.
- Settling in to the hotel
- Afternoon Program Session/ individual coaching sessions.
- Free time to explore Kathmandu.
- Meals included: breakfast, lunch. Independent dinner.



Nov. 29 / Day 11 - Kathmandu- Shivapuri Hike

- Breakfast at the hotel.
- Early rise to the Shivapuri Park hike. Magnificent viewpoints through forest trails with monkeys and birds.
- Lunch at local monastery.
- Afternoon sessions
- Meals included: breakfast, lunch. Independent dinner.

	<p>Nov. 30 / Day 12 - Kathmandu- Cremation Ceremony</p> <ul style="list-style-type: none"> • Breakfast at the hotel. • Preparation for the visit to the Cremation Ceremony at Pashupatinath. • Visiting the Cremation Ceremony which takes place at a UNESCO World Heritage Site. Considered the holiest temple in Nepal dedicated to Lord Shiva, specifically in his form as Pashupati, the “Lord of Animals.” It is one of the four most important sites in Asia for Shiva worship, alongside Varanasi (India), Kedarnath (India), and Gaya (India). • Afternoon Program Session. • Free evening to explore Kathmandu • Meals included: breakfast, lunch. Independent dinner.
	<p>Dec. 1 / Day 13 – Kathmandu, Buddhist Teachings</p> <ul style="list-style-type: none"> • Breakfast at the hotel. • Visit International Buddhist Academy (or similar) for teaching by a senior Buddhist monk. • Afternoon integration session. • Farewell group dinner with Himalayan Circuit team. • Meals included: breakfast, lunch, dinner
	<p>Dec. 2 / Day 14 – Kathmandu and Departure</p> <ul style="list-style-type: none"> • Breakfast at the hotel • Final closure, program completion session • End by noon • Transportation to Kathmandu Airport • Meals included: breakfast