



T: +977- 1-4414079
M:+977-9841547560, 9813887848
www.madamtours.com
contact@madamtours.com
madamtournepal@gmail.com

Tour Operator : Madam Tours

Address : Madam Tours, Bhagwanbahal, Thamel. (In front of the Chaya Complex entrance)

Tel : +977 1 4414079/4411642/ 9841547560/9813887848

Email: info@madamtours.com / contact@madamtours.com

Within You

***A 9 day, 8 night private yoga adventure in the most spiritual locations of Nepal
-2 nights Kathmandu Valley, 3 nights Pokhara, 3 nights Boudha (Kathmandu)-***

Includes, Excludes & Highlights of the tour:

Includes:

- Airport transfers
- All Domestic Transportation (Land and Air)
- All accommodations (Double deluxe room)
- Guide's & Driver's and all staff's insurance and wages
- A professional Yoga and Meditation Instructor will join you on this trip
- Entrance fees to all sightseeing
- Meals and Refreshments as it mentioned in Itinerary

Excludes:

- International Airfare, Visa fee to Nepal
- Any other cost other then the one mentioned above
- Meals that is not listed above
- Gratuities
- Your personal costs
- Any other personal expenses that may occur
- Personal insurance, health insurance, flight cancellation and etc..

-Highlights-

- Experience the benefits of yoga and meditation, in company with an experienced yoga instructor
- A peaceful stay in a monastery, overlooking the entire Kathmandu valley
- A stay on a retreat on top of the world, with the best view of Phewa lake and the magnificent Himalayan Panorama
- Learn the art of momo-making



T: +977- 1-4414079
M:+977-9841547560, 9813887848
www.madamtours.com
contact@madamtours.com
madamtoursnepal@gmail.com

Outline Itinerary

- Day 01: Arrive Kathmandu, Pick up from the Airport, Settle in Buddhist Monastery
- Day 02: Sunrise View, Morning Yoga and Small Hike (B & L Included)
- Day 03: Yoga, Pashupatinath, Boudhanath & Shirodhara Massage (B & L Included)
- Day 04: Morning Yoga and ride to Pokhara (B & L Included)
- Day 05: Morning Yoga , World peace pagoda and Group Yoga session (B & L Included)
- Day 06: Yoga sessions, Cooking class, Tibetan refugee center (B & L Included)
- Day 07: Morning Yoga-Ride to KTM and Evening yoga session (B & L Included)
- Day 08: Morning Yoga -*Ktm free day or shopping day*-Message session (B & L Included)
- Day 09: Departure

Quotation:

| | |
|---------------|--|
| Number of Pax | Hotel's Standard (5 Stared or same standard) |
| Min 1 | Nrs |

Hotels are 3 star and above, Clean, spacious and airy rooms.

| HOTEL OPTION | CATEGORY ROOM |
|--|-------------------------------|
| Neydo Hotel, Kathmandu | Deluxe / Twin share or Single |
| Dondrup Guest House, Boudha | Deluxe / Twin share or Single |
| Raniban Retreat, Pokhara | Deluxe / Twin share or Single |
| Dalai-La boutique Hotel, Kathmandu | Deluxe / Twin share or Single |

Subject to change according to the season and booking time, In case of unavailability, we promise you that we will find similar standard hotels.



T: +977- 1-4414079
M: +977-9841547560, 9813887848
www.madamtours.com
contact@madamtours.com
madamtournepal@gmail.com

Day 01: Arrive Kathmandu, Pick up from the Airport, Settle in Buddhist Monastery

Arrival Kathmandu. Settle in to your hotel in a Buddhist monastery, overlooking the entire Kathmandu valley. Spend some time with one of our experienced staff members for a short briefing about your upcoming tour.

Day 02: Sunrise View, Morning Yoga and Small Hike (B & L Included)

Walk up early to watch the sun rise in the east. Energize yourself in the morning yoga session. Go for a soft hike through paddy fields to a Newari village and to the Shree Dakshinkali Temple. Unwind in an evening meditation session before bedtime.

Day 03: Yoga, Pashupatinath, Boudhanath & Shirodhara Message (B & L Included)

Highlights of your day: Energizing morning yoga. A visit to **Pashupatinath** – one of the most important religious sites in Asia for devotees of Lord Shiva. Let yourself be marveled by the surroundings here and the architecture, arts, incense, beads and marigolds. **Boudhanath** is one of the biggest buddhist shrines in the world. Walk with devout buddhists around the stupa. Evening meditation session at your hotel in Boudha.

Day 04: Morning Yoga and ride to Pokhara (B & L Included)

Energizing morning yoga. Road journey west to **Pokhara** – the city blessed with the natural setting of the fishtail mountain and the serenity of the beautiful Phewa Lake. Evening meditation session.

Day 05: Morning Yoga , World peace pagoda and Group Yoga session (B & L Included)

Highlights of your day: Sunrise view from the retreat. Energizing morning yoga. A visit to the beautiful **World Peace Pagoda**, constructed by Buddhist monks from the Japanese Nipponzan Myohoji organisation. Bring yoga mats and have a yoga/meditation session out in the nature. A 4x4 will take you to the city center in the evening, where you can enjoy the tourist hub “lakeside”.

Day 06: Yoga sessions, Cooking class, Tibetan refugee center (B & L Included)

Highlights of your day: Energizing morning yoga. A visit to the **Sasane Sisterhood foundation**, where women survivors of human trafficking will give you a cooking class in how to make delicious momo (dumplings). Explore the culture and lifestyle of the tibetan refugees at the **Tibetan refugee camp** and Tashiling handicraft center. Spend your evening at the lakeside or at the retreat. Evening meditation session at your hotel.

Day 07: Morning Yoga-Ride to Kathmandu and Evening yoga session (B & L Included)



T: +977- 1-4414079
M:+977-9841547560, 9813887848
www.madamtours.com
contact@madamtours.com
madamtournepal@gmail.com

Energizing morning yoga. Sit back and relax your drive back to **Kathmandu**. Yoga and meditation sessions at hotel afternoon/evening.

Day 08: Morning Yoga -*Ktm free day or shopping day*-Message session (B & L Included)

Energizing morning yoga. Spend today enjoying your surroundings of crazy and fantastic Kathmandu or go for shopping with madam Sarala from Madame Tours. Evening meditation session.

Day 09: Departure

It is extremely hard to say goodbye but life has to go on.. so we rather say: See you next time!! Namaste. Our Experienced driver will come and pick you at the hotel and drop you to the Departure gate of TIA.



Booking conditions:

If the booking has to be made for the holiday package the passenger/Visitor needs to partially deposit certain amount depending on the number of days ahead to departure.

1. In the booking time 20% of the total amount has to be paid.
2. Full payment has to be done after arrival and before tour begins.

Please refer to our website's [Terms and Conditions](#) page for further information.

We wish you pleasant holiday and we thank you for selecting Madan Tours.com. Please remember us for your future travel needs as well.

Kind Regards,
Madam Tours & The team



T: +977- 1-4414079
M:+977-9841547560, 9813887848
www.madamtours.com
contact@madamtours.com
madamtoursnepal@gmail.com



www.madamtours.com

info@madamtours.com

madamtoursnepal@gmail.com

contact@madamtours.com

+977-1-4414079, 4411642, 9813887848, 9841547560 (Viber & Whatsapp)