

TRACING THE FOOT-STEPS OF THE MASTERS YOGA HOLIDAY AT NEPAL 16 Sep – 21 Sep, 2007



This is an experiential retreat suitable for people who like to experience the authenticity of yoga and understanding the source of yoga at the Himalayan.

In this retreat, there will be daily yoga, pranayama and meditation practice by **Swami Omteertha**, senior teacher of Satyananda Academy, Sydney, Australia. There will be a cultural tour to experience the unique Kathmandu Valley of both the Buddhist and Hindu. There will also be visiting of traditional craftsmen and specialty shops to get your shopping done. Some of these include Tibetan carpets, Himalayan stones and crystals and pashmina. Come and experience all these for yourself...

Highlights

16 Sep (Sun) Arrive Kathmandu mid-day and travel up to Nagakort among the Himalayan mountains. You will check into a five-star Country Villa resort where your rooms will be facing the mountains. You will view the magnificent site of the Himalayan mountain ranges and do your first yoga session with inspiration.



17 Sep (Mon) You will start the day with yoga and proceed for a sumptuous breakfast. Thereafter, you are free to explore the nature of the Himalayan. You will be recommended on the villages to explore and the craftsmen who you will meet in your exploration. You will be able to view traditional pashmina factory and the beauty of Himalayan nature. Remember to come back for a second yoga class in the afternoon and dinner thereafter.

18 Sep (Tue) We will need to check-out and move down to Kathmandu on this day. At Kathmandu, you will check-into another 5-star hotel where lunch will be served. In the afternoon, we will go to the holy site of Shiva – Pasupati, where the Hindu believes that the Shiva temple housed a shiva lingam which was spontaneously grown out of the ground. We will do some pranayama and meditation at this site. Thereafter, moving on to a hill-top – Swamyambhu, where you could view the entire Kathmandu Valley. Swamyambhu is a Buddhist and Hindu holy site. You will see a magnificent Buddhist pagoda – Stupa, buddhit and hindu temples.

19 Sep (Wed) Today, we will visit the ancient capital of Kathmandu – Patan. There will be ancient temples and museum where one could explore. This is the site where you will get to know more about Kathmandu Valley culture through its architectures and craft works of silver and copper jewelries and statues. There is also a large open market where artifacts will be sold. You will also visit an important Buddhist holy site – Boudhanath, where you will see the largest Stupa in Nepal. This stupa is called the Stupa of The Great Fulfilling Wishes. It was believed to be built by a woman who owned the relics of Kashayapa Buddha (before Guatama Buddha). With great hardships and faith over many

years, she and her sons completed this stupa and vow to attain perfect enlightenment to serve all beings. Buddhist believes that if one make sincere prayer at this site, their wish will be fulfilled. Archeologists believe that beneath the stupa housed a mandala. Many Tibetan paintings shops, book stores, mala, antiques and crafts are around this region. We will also move to a traditional monastery for a short pranayama and meditation practice. You will see the lifestyle of monkhood at Nepal.

20 Sep (Thur) This is a shopping day. You will be guided at Thamel (the Orchard Road of Nepal) and be left on your own to explore. There are a few things which you may like to get for yourself. Cheap yoga and spiritual books printed in Nepal and India, t-shirts with Om prints and other holy icons, Himalayan stones and crystals, silver jewelries... Let us know what else you want to buy and we will show you. Lunch will be on your own today. We will then end the day with a farewell dinner where you will partake a traditional Nepali meal and songs and dance will be presented.

21 Sep (Fri) This is where everything comes to an end. The cycle of creation, sustain and cessation complete itself. We will check-out after yoga. **Your will arrive Singapore on the same day at about 10.30pm.**

Departing from Singapore

Price	
Single Occupancy	SGD 2200 per person
Twin-sharing	SGD 2050 per person

Price include:

- 2-way airticket – Thai Airway and include Changi Airport tax
- Hyatt Regency stay at Kathmandu (5-star hotel)
- Daily 3 meals (except lunch on 20 Sep)
- Daily yoga classes from 6.00am to 8.00am
- Hotel Transfers and all ground transport for site-seeing
- Unlimited time for exploring, shopping and writing.

Price exclude:

- Visa application upon arrival (USD 30 per person)
- Entrance fee to visiting sites (if any)
- Kathmandu airport tax
- Your shopping...

Departing from Other Countries & joining us at Kathmandu

Price	
Single Occupancy	USD 820 per person
Twin-sharing	USD 720 per person

Price include:

- 5-star hotel stay at Kathmandu
- Daily 3 meals (except lunch on 20 Sep)
- Daily yoga classes from 6.00am to 8.00am
- Hotel Transfers and all ground transport for site-seeing
- Unlimited time for exploring, shopping and writing.

Price exclude:



- Air-ticket to Kathmandu
- Visa application upon arrival (USD 30 per person)
- Entrance fee to visiting sites (if any)
- Kathmandu airport tax
- Your shopping...

*All bookings must be made by 1 Sep 2007

CONTACT
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Detailed Itenary

16 Sep (Sun)	Depart to Bangkok - Transfer to Kathmandu
12.00pm	Arrive at Kathmandu - depart to Nagakort
3.00pm	Check-in to Resort @ Nagakort
5.30pm - 7.00pm	Yoga
7.00pm - 8.30pm	Dinner
8.30pm to 9.30pm	Satsang & Nada Yoga
17 Sep (Mon)	
6.00am to 8.00am	Yoga
8.00am to 9.00am	Breakfast
9.00am to 5.00pm	Free & Easy - Embracing Nature Hike.
5.30pm - 7.00pm	Yoga
7.00pm - 8.30pm	Dinner
8.30pm to 9.30pm	Satsang & Nada Yoga
18 Sep (Tue)	
6.00am to 8.00am	Yoga
8.00am to 9.00am	Breakfast
10.30am	Check-out to Kathmandu
12.00pm to 1.00pm	Lunch @ Kathmandu
2.00pm – 7.00pm	Pashupati - Swamyambhu
7.30 pm to 8.30pm	Dinner
8.30pm to 9.30pm	Satsang & Nada Yoga
19 Sep (Wed)	
6.00am to 8.00am	Yoga
8.00am to 9.00am	Breakfast
10.30am - 12.00pm	Patan Dubar Marg
12.00pm to 1.00pm	Lunch
2.00pm – 6.00pm	Boudhanath
6.00 pm to 7.30pm	Dinner
8.30pm to 9.30pm	Satsang & Nada Yoga
20 Sep (Thu)	
6.00am to 8.00am	Yoga
8.00am to 9.00am	Breakfast
10.00am - 12.00pm	Thamel
12.00pm to 1.00pm	Lunch on your own
2.00pm - 6.00pm	Thamel
6.00pm to 7.30pm	Farewell Dinner @ Nepali Chulio
21 Sep (Fri)	
6.00am to 8.00am	Yoga – (check-out after yoga)
8.30am to 9.30am	Breakfast @ Mike's Breakfast
11.00am	Check out to Airport



Registration Form
TRACING THE FOOT-STEPS OF THE MASTERS
YOGA HOLIDAY AT NEPAL
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Please note that registration will need to be accompanied with **S\$1200** as deposit to be confirmed. Early booking will ensure a flight to KATHMANDU (Capital of Nepal) by **Thai Airway Air.**

Your flight will be booked immediately upon payment of deposit. Should there be cancellation; refund of the flight cost will be based on the airline terms and conditions.

Name :	(First)	(Last)
Address:		
Tel :		Mobile:
Email:		
Date of Birth:		Nationality:
Passport Number:		Expiry Date:
Do you require a visa to go Bangkok? Y / N		
In case of emergency, please indicate contact person: Name:		Contact No:
Meal Requirements : Veg / Non Veg / Special (please indicate)_____		
Do you want the same request for flight? Y / N		
Room Request :		
Twin Sharing	<input type="checkbox"/>	
Single	<input type="checkbox"/>	
Form of Payment		
Please make cheques payable to : Yoga In Asia Pte Ltd		
Mail to : B 112 C'wealth Cres # 08-312 Singapore 140112		
Bank Transfer:		
Account Name : Yoga In Asia Pte Ltd		
Bank Account Number : 527 71 3333 001		
Bank Name : OCBC Bank		
Bank address: Blk 130 Jurong East St 13 #01-235 S(600130)		
Contact no: 64383333		
Swift code: OCBCSGSG		

Visa Application: Visa will be applied upon arrival. Prepared USD 30 for payment of VISA and 2 passport size photos.
Travel Insurance No travel insurance is paid in this trip. Every participant needs to buy their own travel insurance.
Contact: Victor Chng Mobile : 65 98260088; Fax : 65 64725814; info@yogainasia.com ; www.yogainasia.com

I verify that I have read and accepted all terms and conditions of this trip.

Signature

Date