



Zen Zone Nepal

12 Days Wellness & Culture Retreat

Slow Travel, Soulful Exploration & Holistic Healing

Trip Overview:

- Duration: 12 Days
- Location: Nepal (Kathmandu, Pokhara, Dhampus, Lumbini, Chitwan, Bhaktapur)
- Ideal for: Adults seeking relaxation and cultural depth — especially 40+, families with children, mindful and solo travelers and retired adventurers.
- Themes: Slow travel, cultural immersion, light movement, deep relaxation

What's Included:

- Professional guide fees throughout the trip
- All transportation (airport transfers, domestic flights, private vehicles)
- Comfortable accommodation in wellness hotels and eco-lodges
- All necessary permits and guided visits to UNESCO World Heritage Sites and National Parks
- Emergency ambulance and helicopter standby for quick medical access
- Daily wellness activities: yoga, meditation, massage, art therapy
- Daily breakfast included

Please note: Lunch and dinner are not included, allowing participants the flexibility to explore local cuisine at their own pace and preference.

Mission of the Trip:

To provide a hassle-free, soulful journey that nurtures body and mind, deepens connection with Nepali culture and nature, and supports education in remote Himalayan communities.

Wellness Retreat Itinerary



DAY 1

Day 1: Arrival in Kathmandu- Jet Lag Recovery

- Pickup from airport, check-in at wellness hotel
- Herbal tea + local snacks welcome
- Relaxation massage therapy (Ayurvedic or Shiatsu)
- Light stretching + early dinner + rest



DAY 2

Day 2: Heritage Sites & Traditional Dinner

- Visits: Swayambhunath, Boudhanath, Pashupatinath
- Guided walk + quiet meditation with monks
- Afternoon tea in garden café
- Traditional Nepali dinner with live classical music



DAY 3

Day 3: Durbar Squares + Sound Healing

- Kathmandu Durbar Square & Patan Durbar Square
- Museum visit at Patan Museum
- Afternoon sound healing or reflexology session



DAY 4

Day 4: Fly to Pokhara + Peace Pagoda Visit

- Morning flight to Pokhara
- Visit World Peace Pagoda + boat ride on Phewa Lake
- Evening lakeside relaxation

Wellness Retreat Itinerary



DAY 5

Day 5: Sarangkot Sunrise + Dhampus Village Stay

- Sunrise from Sarangkot viewpoint
- Drive to Dhampus village
- Community eco-lodge check-in
- Light exploration walk



DAY 6

Day 6: Gentle Hike + Folk Night Celebration

- Morning hike to Australian Camp (easy)
- Mountain view lunch
- Return to Dhampus
- Traditional dress photoshoot + bonfire + folk dance night



DAY 7

Day 7: Yoga + Art Therapy + Return to Pokhara

- Sunrise yoga & breathing session
- Drive via Lumle to Pokhara
- Art therapy workshop at Aaroma Homes (canvas/rock painting)



DAY 8

Day 8: Travel to Lumbini + Poolside Rest

- Drive or fly to Lumbini
- Check into wellness resort
- Afternoon free for journaling or poolside rest

Wellness Retreat Itinerary



DAY 9

Day 9: Lumbini Sacred Garden & Meditation

- Explore Maya Devi Temple and surrounding monastic zones
- Meditation session with Buddhist monks
- Visit Buddha's birthplace and learn the life story



DAY 10

Day 10: Chitwan Journey + Tharu Cultural Night

- Travel to Chitwan National Park
- Settle into jungle lodge
- Tharu cultural performance and local feast



DAY 11

Day 11: Jungle Safari + Bird Watching

- Early jeep safari through Chitwan National Park
- Spot rhinos, deer, birds, and possibly tigers
- Optional nature walk or canoe ride



DAY 12

Day 12: Bhaktapur Exploration & Farewell Dinner

- Drive to Bhaktapur (near Kathmandu)
- Pottery Square, temples, final shopping
- Farewell cultural dinner & reflection circle

Wellness Retreat Itinerary



DAY 13

Day 13: Departure – Namaste & See You Again

- Optional trip extension or personal consultation
- Airport drop-off

Until we meet again...

Thank you for being part of this journey. We hope Nepal's mountains, people, and stories have inspired you to slow down, reconnect, and live mindfully. Your Zen Zone experience doesn't end here—it lives on in the memories, values, and perspectives you take home.

We can't wait to welcome you back.

Retreat Pricing:

- 1-4 participants: CAD \$4,000 per person
- 5-10 participants: CAD \$3,500 per person
- 11+ participants: CAD \$2,500 per person


*Price includes all accommodations, guided experiences, meals, transportation within Nepal, and wellness sessions.



If any inquiries, please kindly reach us at:

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