



# Awakening in the Himalayas II

One Shakti Yoga Holiday & Trekking Retreat  
with Manish, Laxmi and Ramesh

**16 DAYS from 8<sup>th</sup> to 23<sup>rd</sup> April 2022**



This special international Yoga Holiday & Trekking retreat will offer a unique experience to be in the land of the Himalayas in Nepal. The energy of this land and pristine nature will resonate with each participant deeply both on and off the yoga mat.

**Yoga retreat programme for 6 days** will cover

- ☯️ Yogasanas - Movement and Postures
- ☯️ Pranayama – Breath Awareness and Energy Expansion
- ☯️ Relaxation and Meditation - Yoga Nidra, Silent sittings
- ☯️ Spiritually Inspiring and reflective sessions
- ☯️ Local treks and excursions



Our stay will be at the Mountain Glory Forest Resort and Spa venue in Pokhara. The resort is surrounded by pristine forests and lush green hills, looking out into the valley with backdrop of Himalayans peaks. A very peaceful resort with clean, spacious, en-suite shared quality accommodation. During the retreat, guided yoga sessions in the morning and late afternoon; 3 wholesome vegetarian meals; and planned local excursions.

**Yoga Teachers – Manish Shah and Laxmi Patel, One Shakti**

Manish Shah is a senior instructor with over 28 year's yoga teaching experience and has led many local and international retreats. A complementary therapist well established in Yoga, Energy Healing and Massage. His journey has been one of integrating authentic spiritual practices with personal experiences, and an emphasis on presenting them simply and with clarity. Every retreat and session has a unique offering and one comes away feeling enriched in body, breath, mind and spirit.



Laxmi Patel brings bountiful of zest and energies in everything and in every moment. She is a yoga instructor as well as an avid outdoor and challenge enthusiast. She has been teaching yoga for over 18 years and guided in retreats. An inspiring motivator who engages all to do a little more on and off the yoga mat.

Some yoga session(s) will also be guided by other inspiring teachers.

## Poon Hill Gorepani, Annapurna Range Trek for 6 days *(tentative itinerary)*

Trekking in Nepal offers you breath taking scenery whilst walking in nature – it is a trekker’s paradise. This trek will be suitable for a generally active, physically fit person and willing to train to enjoy walking in the mountains.



- ☉ Day 01 - ~4 hrs hike to Tikhedunga (1600m)
- ☉ Day 02 - ~5-6 hours hike to Gorepani (2775m); passing villages and jungle
- ☉ Day 03 - Poon Hill sunrise panoramic view (3210m) ; Gorepani local hikes
- ☉ Day 04 - ~5-6 hours hike to Tadapani; through forest, a nice wild walk
- ☉ Day 05 - ~5-6 hours hike to Jhinu (Hot Springs); a beautiful Gurung Village
- ☉ Day 06 - ~5-6 hours hike to Nayapaul

To consider and note:

- ❖ Trekking gear to be provided: Sleeping bag, Down Jacket, Duffle Bag 70 lt, bag pack cover. Other items can be hired
- ❖ To bear any costs for guide/porter services for personal need during trekking
- ❖ Head guide(s) and organisers decision will be final and to be adhered to by the participant

Ramesh will be the lead One Shakti organiser and will work closely with the Earthbound Expedition team. He is a seasoned trekker and has led and supported many groups through these types of treks.

A local training programme for walking and hiking will be guided. Personal fitness and hiking training would be highly recommended. There will be some compulsory training days, to assess capabilities and for the group to bond with all, which all participants have to attend.

### BRIEF ITINERARY

April 2022	Details
Friday 08 <sup>th</sup>	Arrive into Kathmandu (Thamel) by early evening; Retreat orientation
Saturday 09 <sup>th</sup> – Friday 15 <sup>th</sup>	Coach transfer to Pokhara & Yoga Retreat, Special excursion(s)
Friday 15 <sup>th</sup> – Wednesday 20 <sup>th</sup>	Poon Hill Gorepani, Annapurna Range Trek
Thursday 21 <sup>st</sup>	Pokhara sight-seeing, Local shopping
Friday 22 <sup>nd</sup>	Coach transfer to Kathmandu, Personal time
Saturday 23 <sup>rd</sup>	End of Retreat; Check Out!

- ❖ **Easter Weekend (15<sup>th</sup> to 18<sup>th</sup> April); Only 9 working days leave to be taken**

### Cost of Package

If Booked before	Per Person
15 <sup>th</sup> July 2021	£1750 <b>for the full 16 days Yoga Holiday &amp; Trekking Retreat</b>
15 <sup>th</sup> September 2021	£1950 <b>for the full 16 days Yoga Holiday &amp; Trekking Retreat</b>
<b>To confirm your place ASAP</b>	<b>Deposit £525</b> (of which £250 is non-refundable)

- ❖ Register your interest; Places allocated on first come confirmed basis
- ❖ Single supplement will apply for Kathmandu & Pokhara hotels, and for the Yoga Holiday retreat

### Package includes:

- ☉ Internal transfers to and from Kathmandu airport (if travelling as a group); Coach transfer to/from Pokhara
- ☉ Yoga retreat for 6 days – accommodation, food/hot drinks, yoga sessions, local excursions
- ☉ Trekking for 6 days – guest house style accommodation, food/hot drinks
- ☉ Breakfast, lunch & dinner vegetarian food during retreat and trek – any dietary needs will be considered, if available. Strictly no non-veg food and alcohol to be consumed
- ☉ 3 nights’ accommodation in Kathmandu and Pokhara

### Package excludes:

- ☉ International flights to/from Kathmandu
- ☉ Any alternative travel plans other than those planned for the group
- ☉ Any personal food and drinks costs outside the group organised programmes

- 🕒 Any personal costs e.g. tips, gratuities, laundry costs, drinking water, spa activities during yoga & trekking retreats
- 🕒 Camera/video camera fee at monuments
- 🕒 Early check in or a late checkout room(s) at any hotel(s) unless specified above
- 🕒 Liability for change in itinerary due to reasons beyond our control like change in flight and train schedule; cancellation of flights/trains, political disturbances, natural phenomenon, etc.
- 🕒 Travel insurance to cover trekking up to 3500 metres and mountain rescue
- 🕒 Visas – Approx. £30 cost, to be obtained before travel
- 🕒 Any items not mentioned in the above inclusions

This yoga holiday and trekking retreat is managed by Earthbound Expeditions Ltd. Please ensure you have read and will abide by Earthbound Expeditions Ltd. (ABTA No. Y6525) terms & conditions – see [www.earthboundexpeditions.co.uk](http://www.earthboundexpeditions.co.uk)

One Shakti group will coordinate the trip itinerary and guide yoga sessions at the retreat.

### Special Terms – Covid-19

In case of Covid-19 travel restrictions as per government guidelines for the group, Earthbound Expeditions Ltd. and One Shakti will offer alternative travel dates.

In an unlikely situation if a guest is tested positive for COVID-19 the test report should be shared with us immediately. Normal cancellation policy will apply.

### Cancellation Policy

For cancellation made 8 weeks prior to the scheduled departure, there will be a cancellation fee of 50% of the package cost.

For cancellation made within 4 weeks of scheduled departure, there will be cancellation charge of 100% of the package cost.

In certain cases the cancellation policy (including conditions applicable on the advance deposit made/required for holding the reservation) may differ & would be applicable as per the cancellation policy of that hotel/Service provider. This will be charged over & in addition to the cancellation policy.

### Unused Services & Refund

No refund will be made for any unused services or other arrangements due to any changes in schedule made by passenger while traveling. However, in certain cases, the refund will be considered as per the policy of the carrier/ hotel/ tour company or other suppliers used for providing services.

Refund request must be made within 2 weeks of the completion of the trip.

If there is any additional expenses due to bad weather or any other reason beyond the control of the tour operator on account of hotel stay, transportation, and meals etc. extra bill will be raised, neither Earthbound Expeditions Ltd nor the participating suppliers/hotels will be responsible for the additional expenses.

### Responsibility & Liability

All the packages are sold under the business management of Earthbound Expeditions Ltd., reserves the right to cancel or alter any package as conditions require. Neither Earthbound Expeditions Ltd. nor the participating suppliers/hotels will be responsible for the additional expenses due to loss, delay or damage caused by accident, illness, bad weather, strikes / riots, road block etc.

### Registration & Payment Policy

**To register your interest, please reply by email to either [manish@oneshakti.co.uk](mailto:manish@oneshakti.co.uk) or [laxmi@oneshakti.co.uk](mailto:laxmi@oneshakti.co.uk)**

One Shakti will approve your registration and acknowledge. You can confirm your place with the completed registration form as attached and with payment of £525 deposit. Thereafter you commit to the payment schedule of £600 by 21<sup>st</sup> September 2021 and the remaining balance by 21<sup>st</sup> January 2022. Recommend all payments to be made by BACS or as agreed otherwise. Banking details for payment will be provided separately.

For further information, please contact Manish **07854 141 216** | Laxmi **07740 258 076**

