



Awakening in the Himalayas II

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

16 DAYS from 7th to 22nd April 2023



This special international Yoga & 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 Holiday 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 sessions may be guided by other inspiring teachers.

Poon Hill Ghorepani, 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 hours hike to Tikhedunga (1600m)
- ☯ Day 02 - ~5-6 hours hike to Ghorepani (2775m); passing villages and jungle

- ☉ Day 03 - ~4 hours hike Poon Hill sunrise panoramic view (3210m) ; Ghorepani 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 Naypaul

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 2023	Details
Friday 7 th	Arrive into Kathmandu (Thamel) by early evening; Retreat orientation
Saturday 8 th – Friday 14 th	Coach transfer to Pokhara , Special excursion(s) & Yoga Retreat
Friday 14 th – Wednesday 19 th	Poonhill-Ghorepani, Annapurna Range Trek
Thursday 20 th	Pokhara sight-seeing, Local shopping
Friday 21 st	Coach transfer to Kathmandu, Personal time
Saturday 22 nd	End of Retreat; Check Out!

- ❖ **Easter Weekend (7th to 10th April); Only 9 working days leave to be taken**

Cost of Package

If Booked before	Per Person
31 st July 2022	£1950 for the full 16 days Yoga & Trekking Retreat
30 th November 2022	£2150 for the full 16 days Yoga & Trekking Retreat
To confirm your place ASAP	Deposit £625

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

Package includes:

- ☉ Internal transfers to/from Kathmandu airport (if travelling as a group); Coach transfer to/from Pokhara
- ☉ Yoga Retreat for 6 days – en-suite twin sharing accommodation, food/hot drinks, group yoga sessions, local excursions
- ☉ Trekking Retreat for 6 days – guest house style accommodation, food/hot drinks, trekking permit
- ☉ Breakfast, lunch & dinner vegetarian food during yoga 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 internal flights in Nepal
- ☉ Any personal food and drinks costs outside the group organised programmes
- ☉ Any personal costs e.g. tips, gratuities, laundry costs, spa activities during yoga & trekking retreats, private transfers/taxis or travels
- ☉ 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 travel schedule; cancellation of flights/breakdowns, political disturbances, natural phenomenon, etc.

- 🕒 Travel insurance to cover trekking up to 3500 metres and mountain rescue
- 🕒 Visas and any appropriate travel papers to be obtained before travel
- 🕒 Any items not mentioned in the above inclusions

This yoga 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

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

Special Terms – Covid-19

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

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

75% refund of total trip price for a cancellation made 80 days or more prior to the original departure date.

50% refund of total trip price for a cancellation made 40 days prior to the original departure date.

0% refund of total trip price for a cancellation made 39 days or fewer days prior to the original departure date.

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 or laxmi@oneshakti.co.uk

One Shakti will approve your registration and acknowledge. You can confirm your place with the completed registration form, when shared and arrange payment of £625 deposit. Thereafter you commit to the payment schedule of £650 by 21st September 2022 and the remaining balance by 21st December 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**

