



Nepal – Mind Body Spirit retreat.

9 Days – Kathmandu and Nuwakot, Nepal
3rd – 11th June 2012

RETREAT DESCRIPTION

This retreat will be a relaxing getaway in the heart of the Himalayas in Nepal. Combining meditation and yoga with a variety of other treatments and courses available over the week, you will have the opportunity to relax, rejuvenate, eat organic and fresh farm-grown produce and perhaps learn additional ways to enhance your being. Not a traditional yoga retreat, all our classes are optional as this is your holiday. You may prefer to go for a walk in the hills, read a book, or even partake in a glass of wine. Located in a recently restored farmhouse in a remote hillside village, there's no swimming pool or spa, however you will have incredible views, charming locals and a peaceful environment without equal to rejuvenate your Mind, Body and Soul.

LOCATION DESCRIPTION

Nuwakot is located around 3 ½ hours drive from Kathmandu. Until recently, a small village totally off the tourist trail, the Farmhouse has recently been renovated and opened up for visitors who wish to get away from it all. Rustic, charming, very comfortable and traditionally decorated, the Nuwakot Farm is situated on the side of a hill with snow-capped mountains in the background and verdant paddy-fields down below. Food served up at the Farmhouse is grown on the premises, and you can choose to help out in the garden, or perhaps tend to the chickens or goats, as well as spending time in the kitchen to pick up some local cooking tips.

Nuwakot, once a fortified town on the trading route from Tibet, has a deserted palace and fort, precariously perched on the edge of a rocky outcrop. Ancient temples complete the picture and short walks in the surrounding hills provide the most stunning vistas.

RETREAT INCLUSIONS

Meditation Twice Daily

Yoga Twice Daily

Two Treatments – Reiki, Massage, Acupuncture etc

Two guided short treks

One cooking class

One guided visit to the local town and fort

SCHEDULE

Sample retreat schedule:

6:30am	7:00am	Meditation
7:00am	7:30am	Morning Tea
7:30am	8:30am	Morning Yoga Asana Class
8:30am	9:30am	Breakfast
9:30am	11:30am	Option Class – Reiki, Massage, NLP
11:30am	12:30pm	Treatment or Rest
12:30pm	1:30pm	Lunch
1:30pm	3:30pm	Option Class – Reiki, Massage, NLP
3:30pm	4:00pm	Afternoon tea
4:00pm	5:30pm	Afternoon Yoga Asana Class
5:30pm	6:30pm	Rest or Egyptian Dance or Treatment
6:30pm	7pm	Rest
7pm	8:30pm	Dinner

(This schedule is a suggestion only and is subject to change)

FACILITATORS

Amit Namdev

Amit Namdev is the director of Amit Reiki & Meditation Centre.

Amit has been involved with holistic and natural healing for several years, and is a qualified teacher and practitioner of the healing arts. As a Traditional Reiki Master and Independent Teacher of the Usui System of Reiki, Amit provides certified healing and knowledge to his clients and students alike.

Amit has a Masters Science in Yoga and offers courses and classes in Astanga Vinyasa (Mysore style), Sivanada Yoga, Hatha Yoga, as well as on his own style: Intuitive Dynamic Hatha Yoga and Meditation.

Amit is an Advanced NLP Practitioner having studied under Dr Richard Bolstad, Dr David Lincoln and Yugesh Namdev (the President of IINLP, India).

Additionally, Amit is also a Hypnotherapist (Certified both by California Hypnosis institute of India & International Association of NLP), and a qualified naturopathy practitioner.

Amit has been teaching for over 8 years in:

India: Dharamsala, Rishikesh, Mysore, Pondicherry, Bhopal, Delhi, Bangalore, Manali, Mumbai, Auroville and in Sivananda Yoga Vedanta Dhanwantari Ashram, Neyyar Dam, Kerala
Thailand: Bangkok, Chiang Mai, Pai, Koh Phangan.
Laos: Luang Prabang, Vang Vieng.

Kim Thelander

Kim studied at UTS (University of Technology, Sydney) in Australia, attaining a Bachelor of Health science (Acupuncture) in 1998. She has worked in the health industry for 20 years, and believes in the body-mind-soul connection having seen it demonstrated over and over again in her own life and practise.

Kim also studied Shamanism as a research project for her degree and loves to share her Shamanic view of life, cosmology and the Shamans role in healing in different cultures.

Now living in Manali, in the Indian Himalayas, Kim is a qualified masseuse, acupuncturist, aromatherapist and Reiki Master. She offers body treatments like body scrubs and wraps. Kim also teaches massage, incorporating acupressure and aromatherapy and essential oil blending.

Additionally, Kim teaches workshops 'Wild at Heart', 'Embodying the Goddess' and 'Egyptian Dance'.

Wild at heart incorporates Talking Circles, Guided Meditations and uses writing, art or movement to experience different aspects of self, such as the Wild Self, the Inner Child, and exploring archetypes.

Kim's Egyptian dance has a focus on the chakras and on the spiritual aspects of the dance – a way for women to connect with their bodies and boost self esteem using an ancient art form.

The 'Embodying the Goddess' workshop uses Archetypes, Mythology, Dance and Ritual to express the goddess within. It is about exploring the self and the sacred.

FOOD

Most of the food served up at the Nuwakot Farm is grown organically on the farm. Most meals will be vegetarian, although as this is not a strict yogic retreat, some meals may also contain non-vegetarian choices.

OPTIONAL MASSAGE & THERAPY TREATMENTS

Massage \$30/hour

Acupuncture \$30/hour

Combined Acupuncture & Massage \$45/hour

Body Scrubs & Wraps \$25

Reiki Treatment \$30/hour

Hynotherapy Treatments \$30

NLP Treatments \$40

OPTIONAL ACTIVITIES

Courses – one-day or Retreat length

Reiki Level 1 or 2 (\$100 and \$150 respectively over 2 days)

6 hours Reiki 1

5 hours Reiki 2

NLP Basic Course (\$150 over 3 days)

10 hours

Massage Course (\$180 over 6 days)

Wild at Heart (\$90)

Essential Oil Blending (\$30)

OTHER DETAILS

Price AUD2190 per person twin share
Single Supplement (limited availability) AUD490
9 days, 8 nights

Inclusions

8 nights accommodation
 6 nights at Nuwakot in the retreat centre
 2 nights in Kathmandu before and after the retreat at Hotel Shankar
Return airport transfers
Travel between Kathmandu and Nuwakot Retreat
All meals
2 treatments – massage or reiki or acupuncture or wrap
Twice daily yoga
Twice daily guided meditation
Daily Egyptian Dance Program

Exclusions

International airfares to Nepal
Visas
Travel insurance

Deposit

To secure your place we require a \$500 non refundable deposit per person.

Contact

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