








# Sacred Transitions in Nepal Program

## April 15 – 27, 2026

	<p><b>April 15/Day 1 - Arrival to Kathmandu, Beginning the Program</b></p> <ul style="list-style-type: none"> <li>• Airport pickup at Kathmandu International Airport and transportation to the hotel.</li> <li>• Hotel check-in, welcome meal/snack (depending on arrival time), settling in.</li> <li>• An opportunity to explore the area, meet and greet the guides, other participants and facilitators.</li> <li>• Evening gathering: welcome, opening circle, Introductions, overview of the program.</li> <li>• Meals included: arrival snacks, dinner.</li> </ul>
	<p><b>April 16/Day 2 - Kathmandu to Pokhara</b></p> <ul style="list-style-type: none"> <li>• Morning walking tour of the magnificent Patan Durbar Square, a central attraction of Kathmandu and UNESCO World Heritage site.</li> <li>• Program session.</li> <li>• Afternoon flight to Pokhara.</li> <li>• After arrival and settling in, boat ride in Phewa Lake, introduction to Nepali culture, religion and history.</li> <li>• Evening program session.</li> <li>• Meals included: breakfast, lunch. Independent dinner in Pokhara.</li> </ul>
	<p><b>April 17/Day 3 - Pokhara</b></p> <ul style="list-style-type: none"> <li>• Early rise to see the sunrise from Sarangkot. Morning silent walk/sitting meditation/journaling. Packed picnic breakfast.</li> <li>• Visit to Jangchub Choeling Monastery for a meeting with a Tibetan Monk and Tibetan refugee community. Learning about Tibetan wisdom and principles of Tibetan Buddhist practice.</li> <li>• Afternoon visit to World Peace Stupa, built by Japanese Buddhist monks as part of a global movement to promote peace after the devastation of World War II.</li> <li>• Experience the stunning views of Phewa lake and Annapurna range.</li> <li>• Individual or small group work and rest.</li> <li>• Meals included: breakfast, lunch. Independent dinner.</li> </ul>




	<p><b>April 18/Day 4 - Pokhara to Dhampus and the Himalayas</b></p>
	<p><b>April 19/Day 5 - Australian Camp and Himalayas</b></p>
	<p><b>April 20/Day 6 - At the Australian Camp and Himalayas</b></p>
	<p><b>April 21/Day 7 – Astam Village</b></p>



- Breakfast at the hotel.
- Drive to Dhampus - a village in the mountains with Himalayan view.
- Gurung Cultural Immersion, village visit, monastery visit.
- Cultural immersion with the Gurung people, who have lived in the hills of central Nepal for centuries, deeply connected to the land, each other, and the rhythms of the seasons. Lunch.
- Evening Program Session.
- Meals included: breakfast, lunch, dinner.

- Breakfast at the hotel.
- Hike to Australian Camp through forest trails with stunning views of Annapurna range.
- Afternoon and Evening Program Sessions.
- Meals included: breakfast, lunch, dinner.

- Sunrise meditation and yoga/qigong practice.
- Breakfast.
- Nature immersion.
- Afternoon and Evening Program Sessions.
- Fire Ceremony and dinner.
- Meals included: breakfast, lunch, dinner.

- Breakfast.
- Hike to Astam Village, meeting local villagers, participate in local cooking & lunch.
- Afternoon and Evening Program Sessions.
- Meals included: breakfast, lunch, dinner.

	<p><b>April 22/Day 8 – Astam Village</b></p> <ul style="list-style-type: none"> <li>• Breakfast.</li> <li>• Astam Village forest walk.</li> <li>• Afternoon and Evening Program Sessions.</li> <li>• Meals included: breakfast, lunch, dinner.</li> </ul>
	<p><b>April 23/Day 9 - Astam Village to Pokhara</b></p> <ul style="list-style-type: none"> <li>• Breakfast.</li> <li>• Morning walk/yoga/qigong/meditation in the mountains.</li> <li>• Drive back to Pokhara.</li> <li>• Independent lunch (or dinner) in Pokhara.</li> <li>• Free afternoon time to explore Pokhara.</li> <li>• Evening Program session or individual sessions with Karni or Simon.</li> <li>• Meals included: breakfast, lunch or dinner.</li> </ul>
	<p><b>April 24/Day 10 - Pokhara to Kathmandu</b></p> <ul style="list-style-type: none"> <li>• Breakfast.</li> <li>• Flight to Kathmandu.</li> <li>• Lunch at the hotel.</li> <li>• Afternoon Program Session.</li> <li>• Individual time to explore Kathmandu.</li> <li>• Independent dinner.</li> <li>• Meals included: breakfast, lunch.</li> </ul>
	<p><b>April 25/Day 11 - Kathmandu</b></p> <ul style="list-style-type: none"> <li>• Breakfast at the hotel.</li> <li>• Early rise to the Shivapuri Park hike. Magnificent viewpoints through forest trails with monkeys and birds. Introduction to Hindu traditions.</li> <li>• Local independent lunch.</li> <li>• Preparation for the visit to the Cremation Ceremony at Pashupatinath.</li> <li>• Afternoon Program Session.</li> <li>• Visiting the Cremation Ceremony which takes place at a UNESCO World Heritage Site. Considered the holiest temple in Nepal dedicated to Lord Shiva, specifically in his form as Pashupati, the “Lord of Animals.” It is one of</li> </ul>

	<p>the four most important sites in Asia for Shiva worship, alongside Varanasi (India), Kedarnath (India), and Gaya (India).</p> <ul style="list-style-type: none"> <li>• Dinner at the hotel.</li> <li>• Evening Program Session.</li> <li>• Meals included: breakfast, dinner.</li> </ul>
	<p><b>April 26/Day 12 - Kathmandu</b></p> <ul style="list-style-type: none"> <li>• Breakfast at the hotel.</li> <li>• Day retreat at Kopan (or similar) Monastery, meeting with a Senior Monk. Kopan is a Tibetan Buddhist monastery which belongs to the <b>Gelug</b> tradition and is part of the Foundation for the Preservation of the Mahayana Tradition.</li> <li>• Independent lunch.</li> <li>• Afternoon individual sessions and free time.</li> <li>• Evening Program Session.</li> <li>• Farewell celebration and dinner.</li> <li>• Meals included: breakfast, dinner.</li> </ul>
	<p><b>April 27/Day 13 – Kathmandu and Departure</b></p> <ul style="list-style-type: none"> <li>• Breakfast at the hotel.</li> <li>• Final Integration Program Session.</li> <li>• Depending on departure times - free time to visit the city, gardens, or markets.</li> <li>• Transportation to Kathmandu Airport.</li> <li>• Meals included: breakfast.</li> </ul>