

NEPAL KATHMANDU

NOVEMBER
23 - 30

This Nepal pilgrimage trip offers a profound spiritual journey. We will engage in Buddhist rituals, stay at a monastery guesthouse for daily meditation, witness breathtaking Himalayan vistas, explore vibrant cultural hubs, and visit the one of the most reputable singing bowl warehouse. The itinerary is designed to fully immerse us in the sacred energies and rich heritage of Nepal.



A Spiritual Experience

Scope of the Tour



Buddhist Community

Shakya Tharig
Monastery

Shechen Monastery

Chatral Rinpoche's
monastery

Benchen Monastery

Namobuddha Monastery



Holy Sites, Kora, Pilgrimage

Guru Rinpoche Cave

Swayambhunath Temple

Vajrayogini Temple

Mahabuddha Temple

Golden Temple



Sightseeing, Shopping, Culture & Fun

Patan

Chandragiri

Durbar Square

Thamel

Bhaktapur



Classes, Meditation, Group Healing

Singing Bowl

Meditation

Buddhism

ABOVE AS REFERENCE AND SCOPE OF THE TOUR.
THE FINAL ITINERARY IS BASED ON WEATHER CONDITIONS AND TIME LIMITATIONS

Contact Mona Choi www.ancienthealinghands.com/53211196 for details