



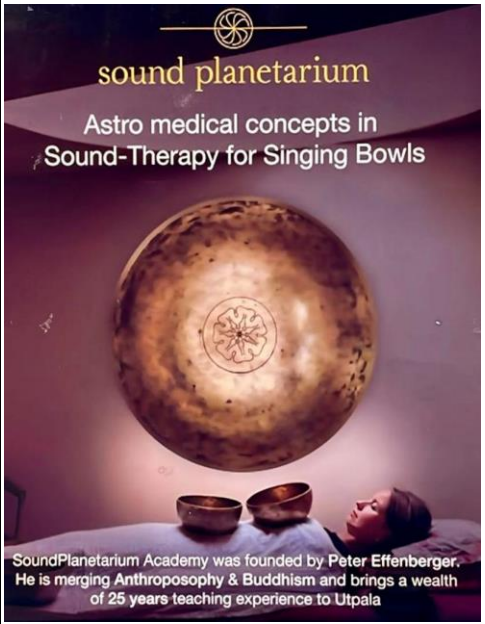

NYF - Sound Planetarium Package 14 Night / 15 Days

Travel Date: 14th October – 28th October 2024



Overview of the Itinerary:


<p>Kathmandu</p> <p>October 14th Day 1</p>	<p>Arrival at Kathmandu International Airport. An agent will welcome and transfer to the Hotel Welcome cultural dinner is planned to enjoy Nepalese traditional dance, music and authentic Nepalese dinner at an ancient architectural building of 150 yrs of history.</p>	
<p>Swayambu</p> <p>October 15th Day 2</p>	<p>Early morning drive to a Hilltop Swayambunath stupa, 2000 yrs old. According to legend, a lake filled the Kathmandu valley until the Bodhisattva Manjushri drained it with a slash of his sword, thus remaining a single lotus flower bloomed on a hilltop transforming into now Swayambu Nath (means- self existent one). You will have a chance to visit a monastery & meet Venerable Monk for blessings. Lunch on your own and then pack & ready to fly to Pokhara rest or explore Pokhara Lakeside for yummy dinner or shopping if time permits.</p>	 
<p>Yoga, Music & Wellness Festival</p> <p>October 16th Day 3</p>	<p>Ready for Nepal Yoga Festival Day 1 Morning breakfast at the hotel and take a free shuttle ride to PURNA CENTER our venue. Welcome bag at Check in & ready for Welcome Open Ceremony, classes, meet soulful attendees & evening concerts. Enjoy Herbal tea all day and Healthy lunch/ dinner served</p>	
<p>Yoga, Music & Wellness Festival</p> <p>October 17th Day 4</p>	<p>Ready for Nepal Yoga Festival Day 2 Morning breakfast at the hotel and take a free shuttle ride to PURNA CENTER our venue. Enjoy your classes, meet soulful attendees & evening concerts Relax enjoy Herbal tea all day and Healthy lunch / dinner served</p>	
<p>Yoga, Music & Wellness Festival</p> <p>October 18th Day 5</p>	<p>Ready for Nepal Yoga Festival Day 3 Morning breakfast at the hotel and take a free shuttle ride to PURNA CENTER our venue. Enjoy your classes, meet soulful attendees & evening concerts Relax enjoy Herbal tea all day and Healthy lunch / dinner served</p>	
<p>Yoga, Music & Wellness Festival</p> <p>October 19th Day 6</p>	<p>Ready for Nepal Yoga Festival Day 4 Morning breakfast at the hotel and you will have free shuttle pick up to PURNA CENTER us venue. Enjoy your classes, meet soulful attendees & evening concerts Relax enjoy Herbal tea all day and Healthy lunch/ dinner served. Gather for Closing Ceremony!</p>	

Sound Planetarium Program Part -1

<p>Training</p> <p>October 20th Day 7 Day 8</p> <p style="text-align: center;">to</p> <p>October 22nd Day 9</p>	<p>The relaxation treatment is received, demonstrated and trained, so that participants can give 60-90min treatments professionally to others. This treatment is a very powerful relaxation treatment suitable for everybody and especially useful for stress related conditions. Basics on theory of sound therapy, singing bowls history and singing bowl quality is explained. Participants of Module A will be provided with a Module A Set of bowls of 7-9 bowls. It is advisable to practice Module A Relaxation Treatment for some weeks/months before entering Module B training, but also many people have successfully studied both Modules with a break day in-between Modules.</p>	 <p>SoundPlanetarium Academy was founded by Peter Effenberger. He is merging Anthroposophy & Buddhism and brings a wealth of 25 years teaching experience to Utpala</p>
<p>Sunrise Tour</p> <p>October 23rd Day 10</p>	<p>Yoga Sunrise Tour</p> <p>Sunrise Yoga Tour program has been designed to uplift physically, mentally and spiritually as it combines a Cable Car Ride short 15 min hike to see a spectacular sunrise against the panoramic mountain views of the Annapurna & Dhaulagiri ranges with a morning meditation and yoga session in breath-taking scenery.</p>	

Sound Planetarium Program Part -2

<p>Training</p> <p>October 24th Day 11 Day 12 Day 13</p> <p style="text-align: center;">To</p>	<p>Morning Seminars are held by the founder and Anthroposophist Peter effenberger. He shares important ancient and modern insights into how we can support the wellbeing of others.</p> <p>Afternoon seminars are for practical training. Our Experienced Therapists will demonstrate our techniques and treatments. Following this you will have time to practice on your fellow students.</p>	
<p>Training</p> <p>October 27th Day 14</p>	<p>In Module B the emphasis lies on practical skills to be enabled to apply 6 more treatment types based on the astromedical concepts of Paracelsus, the most important medicine man in the last millennium. Aura Harmonization, Long Life Sound Elixir, Detoxification and Crisis - as a potential treatment are the main focus and participants will understand basic theories on these therapeutic applications and their origin as well. Furthermore, theory covers Human Biography work and development of the Aura during the human life. Human development is an unfolding of different processes as an arche- type. Those insights are immensely important for all those who wish to become therapists. Certificate Ceremony</p>	

<p>Departure</p> <p>October 28th Day 15</p>	<p>Early Breakfast at Purna and Catch fly back to Kathmandu and fly back Home. If time permit makes a last-minute gift shopping around depending on your flight schedule.</p>	
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SUBHA YATRA - Have safe flight back home

NOTES: DURING THE FESTIVAL TIME IF YOUR PREFERRED CLASSES ARE NOT AVAILABLE OR FULL FOR THAT DAY, YOU ARE WELCOME TO EXPLORE THE TOWN OR BOOK AN EXCITING TOURS POKHARA HAS TO OFFER .WE WILL HAVE TOUR AGENTS THERE TO HELP YOU BOOK FOR A FEE OR TRY SOME FREE HANDS-ON WORKSHOP AVAILABLE TO YOU FOR A DONATION TO SUPPORT THE NEPALESE ARTIST OR YOU CAN JUST ENJOY THE VENUE W/ TRICKLING WATER SOUNDS &

Package Cost

Single Accommodation Base: USD 2890

Twin Sharing Base: USD 2650

Cost Includes

- Accommodation on twin sharing basis in Pokhara & Kathmandu.
- All Meals with all the program during the stay in Pokhara (PURNA)
- 2 night in Kathmandu Hotel
- 12 Nights program at PURNA or Partner hotels till festival with twin sharing basis or Single
- Sound Planetarium Program 3 Days Part 1- & 4-Days Part 2 at Purna
- Sunrise Tour program with Cable Car ride to sarankot.
- Welcome program at PURNA
- All the Pickup and Drop and sight seen tour Transports
- Flight ticket cost from Kathmandu - Pokhara - Kathmandu
- Airport pick and drop facilities in Pokhara and Kathmandu
- Sightseeing in Swyambhunath, including Transport and Entrance fee.
- All the Government Tax

Cost Excludes

- Main meals during the Kathmandu Stay.
- Beverages (Hard/Soft drinks + Mineral Water Bottles)
- Vaccination & Nepal entry visa fee
- International airfare and airport tax
- Personal accidental and health insurance
- Personal travel equipment and medical supplies
- Expenses of personal nature such as bar bills, laundry, communication charges, donation etc.
- Any cost arises due to flight cancellation, landslide, road blockage, political disturbance etc.
- Any other services and expenses that are not specifically mentioned in the program
- Expenses due to flight delay, sickness or any other contingency