Yoga & Shamanism Tour : A Women-Only Journey

Best of Nepal Tour

Trip Facts

REGION	DURATION
Kathmandu	**9 Days**
DIFFICULTY	ACTIVITY
easy	**Yoga & Hike**
MAX. ALTITUDE	BEST SEASON
2120m	**All season**
ACCOMMODATION	MEALS
Resort & Monastry	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu-Kathmandu	**1-30**
TRANSPORTATION	
Private Car	

Group Prices and Discounts

USD 1,200 per person

No. of travellers	Price per person
1–6 Pax	USD 1,200

Overview

Yoga & Shamanism Tour for Women is a unique spiritual and cultural journey designed for women seeking meaningful experiences, inner connection, and a deeper understanding of Nepal's ancient traditions. Combining yoga, meditation, shamanic practices, sacred rituals, and authentic cultural encounters, this journey offers an opportunity to step away from everyday life and reconnect with yourself in the peaceful surroundings of Nepal.

The journey introduces you to the ancient spiritual heritage of the Himalayas, where yoga and meditation have been practiced for centuries. Through guided sessions, participants can explore mindfulness, breathwork, relaxation, and

traditional spiritual practices while experiencing the peaceful atmosphere of temples, monasteries, and sacred sites.

A special part of the experience is an introduction to **traditional Himalayan shamanism**, offering insight into Nepal's indigenous spiritual traditions, healing practices, rituals, and connection with nature. Participants may have the opportunity to meet local spiritual practitioners and learn about the cultural significance of shamanic traditions in Nepal.

Alongside the spiritual experiences, the journey allows women to discover Nepal's rich culture and natural beauty. Visits to ancient heritage sites, traditional communities, temples, monasteries, and scenic locations provide opportunities to experience the country beyond conventional sightseeing.

Designed exclusively for women, the tour creates a supportive and comfortable environment where participants can share experiences, practice mindfulness, explore spirituality, and build meaningful connections with fellow travelers.

Whether you are looking for **inner peace, spiritual exploration, cultural discovery, personal reflection, or simply a meaningful journey in Nepal**, this Yoga & Shamanism Tour offers a unique opportunity to experience the Himalayan spirit in an authentic and inspiring way.

Highlights

Tour

- **Daily Yoga & Meditation Sessions** for relaxation, mindfulness, and inner balance
- **Traditional Himalayan Shamanism Experience** and introduction to ancient spiritual practices
- **Authentic Shamanic Rituals & Healing Traditions** guided by experienced local practitioners
- **Visit Sacred Temples, Monasteries & Spiritual Sites** across Nepal
- **Women-Only Journey** offering a supportive, comfortable, and welcoming environment
- **Peaceful Himalayan & Natural Surroundings** ideal for reflection and rejuvenation
- **Mindfulness, Breathwork & Wellness Practices.**
- **Meaningful Cultural Interaction** with local communities and traditions.
- **Personal Growth, Self-Discovery & Inner Connection.**
- **Explore Nepalese Culture, Spirituality & Himalayan Heritage**
- **Experience Ancient Himalayan Wisdom** through yoga and indigenous traditions
- **A Transformative Journey of Wellness, Spirituality & Empowerment**

Route Overview

The Yoga & Shamanism journey takes you through the diverse landscapes of the Kathmandu Valley and surrounding mid-hills, combining peaceful walking trails with cultural and spiritual experiences. Unlike a high-altitude trekking route, this journey involves **easy to moderate walks through forests, traditional villages, terraced farmland, and gentle hill trails**,

making it suitable for travelers seeking a relaxed wellness and cultural experience.

The main walking section begins from **Namobuddha (1,750 m)** and follows scenic trails toward **Balthali (1,730 m)**. The route passes through pine forests, terraced fields, small settlements, and traditional villages, with occasional panoramic views of the surrounding hills and Himalayan ranges. The trail includes gentle ascents and descents, allowing travelers to enjoy the natural surroundings at a comfortable pace.

The spiritual journey also includes visits to **Nagi Gumba and Namobuddha**, where participants can experience peaceful monastery environments, meditation, yoga, and traditional Buddhist culture. The walk around Namobuddha provides an opportunity to connect with nature and local communities while experiencing the serene atmosphere of the hills.

From **Balthali**, the journey continues by private vehicle toward Kathmandu, with a cultural visit to **Bhaktapur Durbar Square**. The final excursion to **Chandragiri Hills** combines a scenic drive and cable-car experience, offering panoramic views of Kathmandu Valley and the Himalayan landscape on clear days.

Overall, the route offers a harmonious combination of **gentle hiking, yoga, meditation, spiritual exploration, nature, and cultural discovery**, rather than a physically demanding trekking experience.

Itineraries

Day 01: Arrival in Kathmandu (1300 m)

Our friendly representative will meet and greet you at Kathmandu International Airport and then you will be transferred to your hotel. You can rest and relax at your hotel room after your check-in procedures are completed. After a short rest/ quick nap, we will take you to short walk to Thamel- tourist hub of the valley where you can find some good restaurants, money exchangers, ATMs, supermarket, gear shop and other necessary things that you might need for your trip. After a short explore you will be taken to our office for trip briefing meeting. Overnight in hotel. If your arrival is late today, this tour and trip briefing will be postponed for the next day.

Day 02: Kathmandu Sightseeing and Drive to Nagi Gumba | Tour duration: 4 hours Driving Duration: 45 minutes

We will start our yoga session on the top roof with the help of Yoga teacher. Then, you will have your breakfast at the hotel. After breakfast, you will then proceed for the sightseeing around Pashupathnath Temple and Boudhanath Stupa.

Pashupatinath Temple: It is one of the most famous Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati River flowing besides the temple is religiously and spiritually important for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu. The site is peaceful and culturally full with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel. Once you return at the hotel, have lunch and then we will drive to Nagi Gumba for our further trek days. Nagi Gumba is a sacred Buddhist monastery where you still can get the blessing of Rinpoche. We will have our evening yoga session at the monastery. Overnight stay at the monastery.

Day 03: Drive to Namobuddha (1750 m) | Driving Duration: 2 hours 30 minutes

Early morning session at the monastery and after having breakfast, we will drive to Namobuddha. Namo Buddha is a beautiful place located at the tiny hill top which is 40 km away from the valley. It is one of the sacred Buddhist site having an important history. It is said that in a previous life as a prince, the Buddha sacrificed his body to a famished tigress and her cubs. Evening Yoga session at Namobuddha resort. Overnight stay at the resort.

Day 04: Exploring around Namobuddha

We will follow our daily routine of morning yoga session before breakfast. After having a delicious breakfast at the resort we will head towards the ancient stupa and monastery present in Namobuddha. For Buddhists, Namobuddha monastery is a significant pilgrimage site because they believe that it holds relics from Lord Buddha's previous life, which are surrounded by pine forests and prayer flags provided by devotees. According to the legends, it is believed that a prince sacrificed his own body to the famished tigress and her cubs, which were on the verge of death due to malnutrition. The skeleton of the prince is buried in the monastery. After a short visit around the monastery, we will go to nearby villages to learn about the lives, tradition and culture of the locals. Similarly, the best snowcapped mountains and lush hills may be found here, and the pine trees contribute to the attractiveness of the area. After that, we will begin our evening yoga session. Overnight stay at the resort.

Day 05: Walk to Balthali (1730 m) | Walking Duration: 3 and half hour

We will perform our early morning session at the resort, then after having breakfast we will hike towards our next destination i.e. Balthali village. Balthali is a beautiful village, where the houses of the people are white-washed. The white-washed houses make the village unique which has been the major attractions to both the domestic and international tourists. The terrace farming and the forest adds more beauty to the village. Similarly, while passing through the trails of the village, amazing views of Himalayan ranges can be seen. Evening yoga session at the resort. Overnight stay at the resort.

Day 06: Drive back to Kathmandu via Bhaktapur durbar square

Wake up early to witness the breathtaking sunrise over the Himalayas and enjoy the spectacular panoramic views from balthali. After breakfast at resort, take some time to relax and soak in the peaceful surroundings before departing for Kathmandu by private vehicle. The scenic drive to Kathmandu takes approximately 1.5hours, bringing the adventure to a pleasant and memorable conclusion. After returning from balthali to Kathmandu, you can visit **Bhaktapur Durbar Square**, a UNESCO World Heritage Site renowned for its historic architecture, traditional Newari culture, temples, and ancient royal courtyards. After arriving Kathmandu, we check in to the hotel for night.

Day 07: Kathmandu City Sightseeing & Chandragiri Hills Excursion

After breakfast, begin your sightseeing tour of Kathmandu, exploring some of the city's most significant cultural and historical attractions. Visit important landmarks, ancient temples, and heritage sites that showcase the rich history, architecture, and traditions of the Kathmandu Valley. Later, drive toward Chandragiri Hills, located on the southwestern side of Kathmandu Valley. Enjoy a scenic journey through the surrounding hills before ascending Chandragiri Hill by cable car. From the hilltop, enjoy panoramic views of Kathmandu Valley and, on a clear day, spectacular views of the Himalayan ranges. You can also visit the **Bhaleshwor Mahadev Temple**, an important religious site situated at the summit.

After exploring Chandragiri Hills, descend by cable car and return to Kathmandu. The evening is free for leisure, shopping, or exploring the local surroundings. Overnight stay in Kathmandu.

The schedule may change because of the weather and other conditions outside our control.

Food and Culture

- **Taste Authentic Nepali Cuisine** including traditional Dal Bhat, seasonal vegetables, pickles, and local specialties.
- **Enjoy Traditional Snacks** such as momo, sel roti, and other popular Nepalese delicacies.
- **Experience Local & Organic Ingredients** sourced from traditional farms and local communities.
- **Discover Traditional Nepalese Lifestyle** through visits to local villages and cultural communities.
- **Experience Local Music, Dance & Traditions** and learn about the customs and heritage of Nepal.
- **Explore Nepal's Spiritual Culture** through temples, monasteries, sacred sites, and traditional rituals.
- **Learn About Indigenous Shamanic Traditions** and their connection with nature, spirituality, and community life.
- **Connect with Local Women & Communities**, creating meaningful cultural exchanges throughout the journey.

- **Experience Festivals, Rituals & Ceremonies** when they coincide with the tour dates.
- **Discover the Unique Blend of Hindu and Buddhist Traditions** that shapes Nepalese culture.

For more about this trip, see https://www.womanadventures.com/packages/yoga-shamanism-tour-a-women-only-journey

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