

MYSTIC ART RETREATS PRESENTS
A Cultural Exploration

Nepal Impressions

YOUR LUXURY TRAVEL

Itinerary

Small Group Tour – max. 8 people

13 days / 12 nights

03 February – 15 February 23

USD 3000 per person sharing

USD 3500 per person own room

Nepal Impressions

INCLUDED IN TOUR COST

All accommodation (12 nights)

All of the accommodation on this tour offers luxury, history, atmosphere and immersion in a very special and fascinating culture. You will experience wonderful hospitality, beautiful settings and great comfort.

Breakfasts, Dinners

Full Breakfast each day (13), Dinners (12). Lunches are not included due to difficulty in adhering to schedules in Nepal. Price of lunches would be very modest.

Transfers to/from airport in Kathmandu

Airport transfers included for all dates including from outside the tour dates.

Tour Transport

Each day (unless otherwise specified) in an airconditioned luxury vehicle.

Guides

English-speaking guides during tours of cities and attractions, as per itinerary.

Entrance Fees

All pre-paid for all monuments, tourist zones, museums, places of interest, tour activities and shows etc.

Taxes

All applicable government taxes in Nepal

NOT INCLUDED

Airfares and Visas to Nepal are NOT included.

Most airlines from abroad fly in to Kathmandu from neighboring India, transferring passengers in New Delhi. Flights on Indian origin carriers like Air India, Indigo and Vistara are available. Other popular carriers include: Turkish Airlines, China Southern Airlines, China Eastern Airlines, Qatar Airways, Air China, Etihad Airlines, Malaysian Airlines and Thai Airways.

Gratuities

It is traditional (but not mandatory) to leave an end of tour tip for the driver/guides and any guide or service staff who you wish to tip along the way.

Items of a personal nature

These include laundry, phone calls, drinks, mini bar etc. any medication

Video/camera fees

Some places charge for you to take video, or a camera inside (usually a very small amount)

Lunches / snacks / drinks

Lunches / snacks / alcoholic beverages are not included in the price.

Early check-in or late check-out / non-tour date airport transfers will incur extra charges.

Travel Insurance – IMPORTANT


Your booking with us is dependent on proof of Individual Travel Insurance for Nepal. Nepal does have quality medical facilities BUT it is wise for you to have appropriate and adequate travel insurance to ensure that transfers and high standards of medical assistance can be accessed, should you need it.

Text Sources throughout the document: Lonely Planet (Nepal), Various



ITINERARY CALENDAR – Locations & highlights

13 days / 12 nights – 03rd February'23 – 15th February'23

Royal Impressions 	DAY 1 <u>KATHMANDU</u> Arrival and Welcome Accom: 5* Dinner: Fine-Dining	DAY 2 <u>KATHMANDU</u> Accom: 5* Dinner: Fine-Dining	DAY 3 <u>KATHMANDU</u> Accom: 5* Dinner: Fine-Dining	DAY 4 <u>KATHMANDU</u> Accom: 5* Dinner: Fine-Dining	DAY 5 <u>BHAKTAPUR</u> Accom: Boutique (Dhulikhel) Dinner: Fine-Dining
	DAY 6 <u>DHULIKHEL, NAMO BUDDHA, PANAUTI</u> Accom: Boutique (Dhulikhel) Dinner: Fine-Dining	DAY 7 <u>DHULIKHEL - SANGHA</u> Accom: Boutique (Kathmandu) Dinner: Fine-Dining	DAY 8 <u>PHARPING, DAKSHINKALI</u> Accom: Boutique (Kathmandu) Dinner: Fine-Dining	DAY 9 <u>BUNGAMATI, KHOKANA</u> Accom: Boutique (Kathmandu) Dinner: Fine-Dining	DAY 10 <u>POKHARA</u> Accom: Boutique Dinner: Fine-Dining
	DAY 11 <u>POKHARA</u> Accom: Boutique Dinner: Fine-Dining				





<p>DAY 12</p> <p><u>POKHARA</u></p> <p>Accom: Boutique Dinner: Fine-Dining</p>	<p>DAY 13</p> <p><u>POKHARA -</u> <u>KATHMANDU -</u> <u>OVERSEAS</u></p> <p>Accom: Boutique Dinner: Fine-Dining</p>				
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Just pack your bags, as we have got you covered! When you are on a Mystic Art Retreats tour, the details are taken care of for you so you can relax and truly experience each moment. You will be participating in a deeply immersive experience that takes you from sacred sites to glittering five-star accommodations, from legendary local hangouts to the rough-hewn workshops of local craftsmen. Leave your travel books behind, fold up your maps, and BE here.

Airfare to Nepal is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact our co-founder Mukul Purohit (contact details in document) who shall personally guide you on every facet of your travel planning.



ITINERARY DETAIL

DAY 1 - Arrive	KATHMANDU - ARRIVAL	03 February
<p>Accommodation (5★)</p> <p>Dinner included</p>  	<p>Your journey begins by flying into the Kathmandu valley, witnessing beautiful views of the Himalayas and terraced fields as you descend.</p> <p>Most visitors choose the simple Visa On Arrival option. Simply follow the crowd from your plane and key in your details at the visa kiosk. Following this, pay the visa fee at the bank counter (\$30 USD for 15 days - bring cash just in case!), then clear immigration, and collect your baggage.</p> <p>If you have sent us your flight info, a representative of Mystic Art Retreats will meet you at the airport and accompany you to your hotel for check-in. You will be located in the midst of a truly unique and culturally rich environment.</p> <p>For centuries, the Kathmandu Valley was blanketed in farmland. The soil contained minerals that provided for abundant crops, which were traded with the neighboring countries of India and Tibet. Nepal itself is named after the valley's inhabitants, the Newars.</p> <p>The Newars were not only farmers, but also skilled artisans with a long history of copper statuary and temple artwork that was much prized in Tibet and elsewhere. From the earliest days, this trade led to an abundance of wealth, used by the Newars to develop their villages and decorate their temples. Several such temples remain intact to this day.</p> <p>Urbanization lead to the ancient temples, once located in forests and fields, being swallowed up by the city that gave them life.</p>	





Today, this chaotic metropolis is saturated with temples and neighborhood shrines, hosting more monasteries and resident teachers than any other city in the world.

In the evening, you shall be briefed by our tour leadership team on the itinerary, followed by a scrumptious dinner at the hotel. Feel free to stroll through the area and be amazed by the friendly locals and ample evidence of the living spiritual fabric of this wondrous country.



Accommodation (5★)

Breakfast & Dinner included



We begin our full-day guided sightseeing tour by visiting Boudhanath (Boudha for short) 5th century, one of the largest stupas in the world. For Buddhists, the Boudha Stupa is a legendary source of blessings as its extraordinary size and beauty is seen as the very embodiment of the Buddha's awakened mind. Guru Rinpoché in a previous lifetime, along with his three brothers made aspirations to spread the Buddha's teachings to Tibet from Boudha. The town around the stupa is a thriving center of Tibetan life and culture. There are hosts of cafes and restaurants serving Tibetan, Chinese, European, Nepali, Japanese and American food and drink.

We shall then be visiting the Taragaon museum. A short walk from the Boudhanath Stupa the museum has documented 50 years of research and cultural heritage conservation efforts of foreign artists, photographers, architects and anthropologists on the Kathmandu Valley during the second half of the 20th century.

In the evening we shall go to Pashupatinath temple, Nepal's holiest Hindu site, housing a collection of temples and bathing and cremation ghats along the banks of the Bagmati River. We shall watch the evening aarti (spiritual praying ceremony). The site has held great significance since the third century BC as devout Hindus believe that dying or being cremated at Pashupatinath will lead to a better rebirth in the next life.

This shall be followed by dinner as we close the second day.



Accommodation (5★)

Breakfast & Dinner included



Patan City was once home to kings who resided in luxurious palaces in Durbar Square, a UNESCO World Heritage Site. One of Kathmandu's three royal cities, this ancient living place is renowned for its spectacular craftsmanship by skilled artisans and remains unparalleled in its display of Newari architecture and exquisite collection of both pagoda and Hindu style temples and palaces.

Explore the Royal Palace and the striking three-roofed tower Taleju Bhawani Mandir. Embellished temples to view include the 17th century Hari Shanar Mandir and Krishna Mandir. Several bahals (Buddhist monasteries) that are built around a courtyard, the most famous being Kwa Bahal, the Golden Temple, can be found in the north of Patan. Dating back to the 14th century is the Kumbeshwar Mandir, the oldest temple in Patan decorated with unique sculptures and intricate hand carved wooden doors. The Ashoka Stupa, with enigmatic painted eyes is the most inspiring of the four stupas in Patan and the Mahabuddha, the Temple of the Thousand Buddhas, teems with terracotta Buddhist representations.

Browse the excellent collection of Buddhist and Hindu art in the Patan Museum; stroll through bustling bazaars colourful with Nepali culture; pop into charming shops with silver jewellery, pungent spices, incense, carved wooden statues and textured rugs; visit the Jawalkhel area in southern Patan observing traditional carpet weaving at the Tibetan Handicraft Centre and discover the ingenuity of the metal craftsmen in the Thaina area.

We end the day with a gourmet dinner.



Accommodation (5★)

Breakfast & Dinner included



We shall begin the day with a tour of the Swayambhu Stupa, located in the spiritual heart of the Kathmandu Valley. It is where Guru Rinpoche met his Newar consort, Shakyadevi. Swayambhu is perched on Semgu Hill on the western outskirts of the valley with a dense forest surrounding the compound. A wealth of smaller shrines, temples, painted images of deities, and other sacred objects, surround the Swayambhu Stupa. There is also an elaborate shrine dedicated to the protectress Hariti at the Swayambhu Stupa.

We then visit the world-renowned artist Uday Charan Shrestha's art gallery. Uday's meticulously rendered compositions adhere strictly to the sadhanas, or the canon of deity iconography. The unique feature of his art is the constant experimental approach: a play on light, three-dimensional forms and colouring techniques with which he sustains minute attention to detail. Today, he is recognised as one of the most innovative amongst the traditional artists.

Late in the afternoon, we shall stroll around Durbar Square in the old city, which acts as a historic record of the four kingdoms, sporting architecture from each reign. The Durbar Square of Kathmandu is listed as UNESCO World Heritage Site and is a collection of temples and stupas. Sites that we shall be visiting are the Seto (White) Bhairab - a snarling ten-foot-high gilded head of the fierce manifestation, terrifying and blood swilling aspect of Lord Shiva, one of the most revered deities of Nepal; Kaal Bhairab, the large stone deity wearing a garland of skulls, has six arms and stands on a demon; the Jagannath Temple; the 35 meters high Taleju Temple; Indrapur Temple and the Mahendreshwar Temple dedicated to the God Shiva. We shall also see the Kumari Living Goddess Palace - the residence of the Royal Kumari, a young girl believed to be the incarnation of the goddess Taleju.

This shall be followed by dinner at a Thakali cuisine restaurant.



Accommodation

Boutique

Breakfast & Dinner included



Today we shall visit Bhaktapur, the former capital of Nepal and another UNESCO World Heritage Site.

On our way to Bhaktapur, we shall first have a darshan of the Changu Narayan temple – the most important temple in the valley for devotees of Lord Vishnu. Its central image is a 7th century stone sculpture of Vishnu riding a Garuda. The temple has recently opened for visitors following the devastating 2015 earthquake.

To visit Bhaktapur is to step back in time, to an age when Nepal was a collection of city states and small kingdoms replete with royal palaces and temple priests, encircled by winding lanes and local villages. There were countless shrines everywhere, sacred to the region's clans.

Bhaktapur, City of Devotees, served as Nepal's capital city during the reign of the Malla dynasty, up until the late 15th century. Today, Bhaktapur is known for its rich culture and temples, and its craftsmanship and artistry in wood, metal, and stone. Its many squares often feature reservoirs of water and are surrounded by temples. Unlike the people of Patan, the devout in Bhaktapur are mostly Hindu.

Centuries old festivals are still celebrated in the square, keeping the old city vibrant while preserving traditional customs. A large number of women in Bhaktapur can be seen wearing their traditional Newari attire in black and red. Bhaktapur has remarkable examples of wood, stone and metal artwork, plus ornate ancient temples and perfectly preserved traditional architecture.

Dinner at our hotel in Dhulikhel.



Accommodation

Boutique

Breakfast & Dinner included



We shall explore the quiet Dhulikhel town, small and easily explored on foot. Dhulikhel, which means "place where tigers play" in Nepali, is famed for its panoramic views of the snowfed Himalayan mountains. For centuries, it has been an important trading center on the commercial route linking Nepal and Tibet and is now surrounded by six World Heritage sites. The list of cultural monuments that one can visit in Dhulikhel includes Shiva Temple, Kali Temple, Ganesh Temple, Chandeshwori Temple, Gita Temple, and Bhagwati Shiva Temple. On a clear day, the Himalayan ranges can be seen from the twin crests of Mt. Langtang in the west to Mt. Everest in the east.

We then depart for the village of Namo Buddha, a major Buddhist pilgrimage site. The site is sacred due to the inspiring legend about the Buddha, who, when in a previous life as a prince, encountered a tigress that was close to death from starvation and unable to feed her cubs. In an act of compassion he allowed the hungry tigress to consume him, a deed that transported him to the higher realms of existence. At the top of Namobuddha hill, there is magnificent Thrangu Tashi Yangtse Monastery which is a sprawling Tibetan Buddhist monastic complex with gleaming golden arched roofs.

Finally for the day we visit the historical Newari town of Panauti which is perhaps the most important cultural site of Nepal after Kathmandu, Patan, and Bhaktapur. Situated at the confluence of three rivers, the town harbours traditional houses, courtyards, temples and monuments. This is a city of a thousand gods and goddesses. In the middle of the city we can find the beautiful Indreshwar Mahadev Temple, the oldest preserved Hindu temple of Nepal, standing on a single base.

Dinner and Overnight at Dhulikhel.



Accommodation

Boutique

Breakfast & Dinner included



The first half of the morning shall kept at a leisurely pace. Interested participants may decide to walk upto the "View Point" from where the high Himalayas can be observed.

We depart for Kathmandu after lunch and break journey at Sangha to view the world's 2nd tallest Shiva statue. The statue is 144 feet high and made using copper, zinc, concrete and steel.

After checking into our hotel in the tourist hub of Thamel, take a rickshaw ride or walk through the bustling streets teeming with locals, travelers and mountaineers. A knowledgeable guide accompanies you through the narrow lanes and Thamel market, stopping at several handicraft shops where you can indulge in shopping for local goods.

Dinner at the Yin Yang Restaurant - Yin Yang is one of Thamel's most highly regarded restaurants, serving authentic Thai food that is a definite cut above the imitation Thai food found elsewhere.

Overnight at our hotel in Thamel, Kathmandu.



Accommodation

Boutique

Breakfast & Dinner included



We begin our day with a drive from our hotel in Thamel to Pharping. Pharping is a village approximately 30 minutes outside Kathmandu and is surrounded by pilgrimage sites that Newari and Tibetan Buddhist, Hindu, and Hariti worshippers hold sacred.

The first revered site is the sacred 17th-century Newari-style temple devoted to the Tantric goddess Vajra-yogini. One of the few female deities in Buddhist mythology, Vajrayogini was a wandering ascetic who achieved a level of enlightenment almost equivalent to the male Buddhas. Sadly, several historic Rana-style buildings that used to flank the courtyard collapsed in the 2015 earthquake. Architecturally, Vajra Yogini is quite different to any of the other temples in town and is more of a classic Newari design.

We then proceed to the Dakshinkali Temple, one of the major Hindu temples in Nepal dedicated to the goddess Kali. Set at the confluence of two sacred streams in a rocky cleft in the forest this temple has the same religious value as Pashupatinath Temple and Manakamana Temple in Nepal. Pilgrims drag a menagerie of animals down the path to the temple to be beheaded and transformed into cuts of meat by the temple priests, who are also skilled butchers. Saturday is the big sacrificial day, and the blood also flows freely on Tuesday.

Finally on our way back to Kathmandu, we see The Shesh (or Sekh) Narayan Temple, a highly revered Vishnu shrine surrounded by ponds and statues, tucked beneath a rocky cliff wall and a Tibetan monastery. The main temple was built in the 17th century but it is believed that the cave to the right (now dedicated to Padmasambhava, or Guru Rinpoche) has been a place of pilgrimage for far longer.

Dinner at Thamel House Restaurant. Overnight at Kathmandu hotel.



Accommodation

Boutique

Breakfast & Dinner included



Just outside of Kathmandu, you'll find the historic Newari villages of Bungamati and Khokana. One of the prettiest villages in the Kathmandu Valley, Bungamati faced the full force of the 2015 earthquake and many buildings and temples collapsed.

This historic village is the birthplace of Rato Machhendranath, the patron god of Patan. Many locals make a living as woodcarvers, and workshops and showrooms surround the main square, which resonates with the tap-tap of chisels. With the destruction of the Rato Machhendranath Temple and Bhairab Temple in the 2015 quake, Bungamati lost part of its soul. These shrines played a hugely important role in the religious life of the valley and their loss is keenly felt by local people. However, their spiritual significance lies in the temple deities; both have been rescued and religious life continues. We shall view the Bungamati Culture Museum and the Karya Binayak temple.

A medieval Newari town, Khokana is smaller and sleepier than Bungamati. The main road leads through the village, which offers a window back in time, with mattress-makers stuffing cases with cotton, farmers baling straw, tailors stitching, and women spinning wool and winnowing rice. In the main village square is the triple-tiered Shekala Mai Temple (Rudrayani), damaged but still standing after the disaster, with carved balconies covered by fretwork screens.

After returning to our hotel in Thamel, we shall be visiting a fine-dining restaurant.



Accommodation

Boutique

Breakfast & Dinner included



After breakfast, we head to Siddharth Art Gallery, Nepal's leading art gallery at the famous Baber Mahal Revisited complex. The gallery has been active in the promotion of contemporary Nepalese art and has strived to introduce international perspectives of art to the Kathmandu community. The gallery was also the organiser of the Kathmandu Triennale 2022.

In the afternoon we shall take our flight to Pokhara, Nepal's 2nd most important city after the capital. Pokhara ticks all the right boxes, with spectacular scenery, adventure activities, and accommodation and food choices galore.

Lakeside Pokhara is the perfect place to recharge your batteries. The scene is a chilled-out version of Kathmandu's Thamel neighbourhood, stretching along the shore of a tranquil lake with bobbing paddle boats. From the lake you can enjoy a clear view of the snowcapped mountains, just 20 or so kilometres away.

Pokhara boasts of a booming adventure-sports industry: it is arguably the best paragliding venue on the globe, is surrounded by white-water rivers and is also the gateway to the world-famous treks in and around the Annapurna range and beyond.

Forming a spectacular backdrop to Pokhara is the dramatic Annapurna Massif. Most prominent is the emblematic Mt Machhapuchhare, whose triangular mass looms large over the town, and remains the only virgin mountain in Nepal set aside as forbidden to be climbed.

From west to east, the peaks are Annapurna South (7219m), Hiunchuli (6441m), Annapurna I (8091m), Machhapuchhare (6997m), Annapurna III (7555m), Annapurna IV (7525m) and Annapurna II (7937m).

A scrumptious dinner followed by overnight at our boutique hotel



Accommodation

Boutique

Breakfast & Dinner included



After breakfast we begin our exploration of Pokhara by visiting the Phewa Tal, the travellers' focal point in Pokhara. It is the second largest lake in Nepal. We shall rent boats at Lakeside and then walk around the lakeshore – the trek up to the World Peace Pagoda that affords breathtaking views over the tal to the mountains beyond.

We then visit Pokhara's most famous Hindu temple, the two-tiered pagoda style Varahi Mandir which stands on a small island in Phewa Tal, near the former Ratna Mandir (Royal Palace). Founded in the 18th century, the temple is dedicated to Vishnu in his boar incarnation.

After lunch we shall visit boutiques in Lakeside sell Hindu and Buddhist paraphernalia, prayer flags, counterfeit trekking gear, wall hangings, khukuri knives and antiques of dubious antiquity. Pokhara is also a good place to pick up saligram fossils.

Following this we shall visit Tashi Palkhel. Many of the Tibetan refugees who hawk souvenirs in Lakeside live in the Tibetan refugee settlements within and around Pokhara. The largest settlement close to Pokhara is Tashi Palkhel. With prayer flags flapping in the breeze in the rocky valley, it genuinely feels like you're in Tibet. The colourful Jangchub Choeling Gumpa in the middle of the village is home to around 200 monks. Our visit in the afternoon is perfectly timed to experience the rumbling of monks chanting and horns blowing during the prayer session.

Overnight at our boutique hotel with a delicious dinner spread



Accommodation

Boutique

Breakfast & Dinner included



We wake up early morning and board a taxi to watch the sunrise light up the Himalaya at Sarangkot.

The view of the Annapurna Himalaya from Sarangkot is almost a religious experience. From here, you can see a panoramic sweep of Himalayan peaks, from Dhaulagiri (8167m) in the west to the perfect pyramid of Machhapuchhare (6997m), the tent-like peak of Annapurna II (7937m) to Lamjung (6983m) in the east.

On our return, we have breakfast at the hotel before heading out to the Old town. Best explored on foot, Old Town offers interesting sites such as a marketplace selling locally produced items; Bhimsen Temple, an old shrine dedicated to the Newari god of trade and commerce and Bindhya Basini Temple, dedicated to goddess Durga.

Anyone wanting spa treatments can let our tour leader know. We recommend Seeing Hands Nepal who have professionally trained blind Nepali therapists who, with a heightened sense of perception and touch, provide excellent Swedish-style massages. Run by volunteers, Seeing Hands does excellent work in supporting Nepali blind people in a society where they are often marginalised. Payment directly to the spa.

Soaring silently on the thermals against a backdrop of the snow-capped Annapurna is a once-in-a-lifetime experience. We have tie-ups with the oldest companies offering paragliding services. You would need to inform us of our interest. Payment directly to the company.

For the evening we have a special Valentines Day dinner planned with a spectacular Gala Dinner with music and dancing.



Accommodation
Boutique

Breakfast & Dinner included



After breakfast, we head to the airport to catch our flight to Kathmandu.

For onward flights to their destinations, please coordinate with our Tour Leader who shall happily assist you with your departure planning, including layover times at Kathmandu, hotels, and/or further sightseeing etc.



Nepal Impressions

Local Knowledge

There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Weather

In February, the winter starts giving way to the warmer spring season with clear blue skies and sunny days, providing the perfect condition to tour around Nepal, enjoy the panoramic views and go for treks and trails in the mountains. However the nights may be colder, with temperature ranging from 4-22 degree Celsius within the Kathmandu valley and Pokhara. Pack your winter wear or thermal wear accordingly.

Food & Water

The general rule for food when traveling to Nepal is "wash it, cook it, peel it, or forget it." The well run hotels where we stay and the restaurants where we eat prepare foods in a sanitary manner, using distilled water to wash vegetables, and iodine to kill any bacteria. You should drink bottled water, and avoid ice cubes and frozen drinks if you are unsure of the water used for making the ice. Bottled water is provided by hotels for use when brushing your teeth.

Drinking Water

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where it is safe to do so.

Cuisine

Nepali food blends Indian and Newari influences with Tibetan and foreign imports. In Kathmandu and Pokhara you can eat an unparalleled range of dishes from around the globe. The Thamel district is a global mash-up of Tibetan, Japanese, Thai and Italian restaurants, separated only by bakeries offering espresso and lemon cheesecake. For something special, the city's Newari restaurants offer the more refined tastes of the Rana court.

TRANSPORTATION

All on-tour transportation is provided in private, air conditioned, luxury cars

PACKING LIST

A separate packing list produced by our co-founder Ekabhumi Ellick would be provided that covers all possible items you would need to bring with you on your journey to make it hassle free

ACCESSIBILITY

Although our accommodations are well appointed, we cannot guarantee ease-of-accessibility to the historic locations we will visit. We recommend all participants be in good health and fully mobile, as we will visit some remote locations with uneven floors and lots of stairs ...and Nepal is full of surprises.



LANGUAGE

You will be well taken care of with our group. But if you wish to continue travel alone, it is important to consider communication. English, Nepali and Hindi are commonly spoken throughout Nepal. Not everyone speaks English fluently, however, so be patient, polite, and smile a lot. If you speak English, it is unlikely you will have any difficulties at the hotels we have selected.

VISA

If you haven't already, please do secure your airfare as soon as possible. The easiest way is to secure a tourist visa at Kathmanu Airport on arrival.

IMMUNIZATION

The rules for citizens of different countries varies. We strongly suggest that you make an appointment to a travel medicine clinic as soon as possible. They will confirm if there are any immunizations that are required by Nepal for your entry into their country, and make suggestions based on the season, location, and any recent outbreaks.

TO MAKE A RESERVATION

You can email Mukul Purohit, co-founder of Mystic Art Retreats on Purohit.mukul@outlook.com or whatsapp him on +91 98101 15366. We will confirm your spot with a deposit of \$800 per person and the payment of internal airfare from Kathmandu - Pokhara - Kathmandu, payable by Paypal to Purohit.mukul@outlook.com.

CANCELLATION & REFUND POLICY

If it becomes necessary to cancel your trip, the following schedule applies to your land cost and is determined by the day that we receive written notification:

- 90-61 days prior to the start of the trip: 50% of payments are non-refundable
- 60-0 days prior to the start of the trip: 100% of payments are non-refundable

CONTACT DETAILS

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Tour Leaders

EKABHUMI CHARLES ELLIK - CO-FOUNDER MYSTIC ART RETREATS

Ekabhumi Charles Ellik is an award-winning poet, author, illustrator, yoga instructor and arts educator with 20 years of international teaching experience. Through a ritualized and meditative creative method, he makes artworks for ceremonial and educational use. Traditional sacred art helps people deepen their spiritual practice, recognize the divinity of common experiences, and find meaning in the beauty of our world. His artworks may be found in yoga studios, private homes, and on altars around the world. He is currently part of the core faculty of Living Sanskrit and co-founder of Mystic Art Retreats.



Ekabhumi's spiritual name was given by his first guru during a formal initiation ceremony into a tantric yoga lineage in 2005. Since that time, he has studied with many spiritual teachers and traditional artists both in India and the States. His art teachers include eminent western figurative painters like Domenic Cretara, as well as Newar artist Dinesh Charan Shrestha, Bikanir-style miniature painter Mahaveer Swami, Thangka painter Andy Weber, and yantra painter Mavis Gewant.

Ekabhumi's writing and artwork has been published widely, appearing in anthologies and journals like Tarka Magazine, The Poetry of Yoga, Berkeley Fiction Review, and Pearl, as well as books like Shiva's Trident by Swami Khecharanatha, Tantra Illuminated by Christopher Hareesh Wallis and Awakening Shakti by Sally Kempton. His instructional Shakti Coloring Book and the uplifting Bhakti Coloring Book are now available world-wide from Sounds True Press.

Though his first love is the arts, he has a wide range of interests that are reflected in his many past occupations: event producer, stock options broker, handyman, journalist, ski boot fitter, competitive surfer and champion sailor. He toured internationally as a performance poet, and the poets he coached won numerous regional and national titles. He facilitated writer's groups, hosted

poetry readings, and organized spoken-word festivals for nearly 20 years, culminating in the acclaimed 2009 Individual World Poetry Slam.

Ekabhumi wearing paint-splattered overalls. He is outside in his garden and laughing. Ekabhumi is an inspiring, playful yet methodical teacher who helps students cultivate deeper intuitive states. For nearly two decades, he



variously taught yoga, painting, public speaking, and creative writing to students ranging from kindergarten to post-graduate level. Much of his time is now spent creating educational material about interpreting, making, and utilizing sacred art of the dharma traditions. On weekends, he can be found in his garden practicing silence and learning directly from Nature.

MUKUL PUROHIT - CO-FOUNDER MYSTIC ART RETREATS & PRODUCER



Mukul is the Co-Founder and Producer of Mystic Art Retreats with a role to facilitate the growth of the franchise globally. He has over a decade plus multi-regional experience within corporate finance, corporate development, global business development and licensing across the Technology, Media, Telecom, Healthcare, Lifescience, Creative Industries and Hospitality sectors.

Mukul is also an art collector and promotes the works of emerging artists through his art marketing company Shanayya Arts. He is a partner at UnityART Germany - a photography medium led art studio. He keeps himself busy during any free time to study Vedic Astrology, Ayurveda, and Quantum Physics.

Mukul holds a business degree from Queensland University of Technology, Australia; an arts degree from the University of Greenwich in London, the UK along with professional courses in Corporate Finance and Strategic Management.

