Institute of Natural Medicine

2 Days

Two days Trekkers holiday retreat packages



Two Days Trekkers Holiday Retreat Package in Kathmandu, Nepal – USD 199

Best Wellness Retreat in Kathmandu for Trekkers, Hikers & Adventure Travelers

After days of trekking in the Himalayas, your body deserves more than rest. It deserves recovery, healing, and restoration.

Institute of Natural Medicine

At the **Institute of Natural Medicine in Thamel, Kathmandu**, our **Two Days Trekkers Holiday Retreat Package** is specially designed for trekkers, hikers, backpackers, mountaineers, and adventure travelers looking for the best **post-trekking wellness retreat in Nepal**.

This carefully designed **trekkers recovery package in Kathmandu** combines **Yoga, Pranayama, Himalayan Sound Healing, Reflexology, Acupressure Therapy, Chakra Healing, Shirodhara, and Trekkers Massage Therapy** to help your body recover naturally after Everest Base Camp trekking, Annapurna trekking, Langtang trekking, Manaslu trekking, or any Himalayan adventure in Nepal.

Whether you are preparing your body before trekking or recovering after long mountain hikes, this retreat helps reduce muscle soreness, improve flexibility, increase circulation, release stress, and restore your energy naturally.

Why Trekkers Choose Our Wellness Retreat in Kathmandu

- One of the best wellness retreats in Kathmandu for trekkers
- Ideal before and after Everest Base Camp trekking
- Natural recovery for muscle pain, stiffness, and fatigue
- Helps improve breathing and oxygen flow before high-altitude trekking
- Combines yoga, healing therapies, and massage in one retreat
- Perfect for backpackers, hikers, digital nomads, and adventure travelers
- Located in peaceful Thamel, Kathmandu
- Affordable holistic healing retreat in Nepal

Unlike commercial spa treatments, our approach focuses on **therapeutic healing, holistic wellness, and natural recovery**.

Two Days Trekkers Holiday Retreat Package – USD 199

Non-Residential Wellness Retreat in Kathmandu

This retreat package is divided into two sessions:

- **Before Trekking:** Preparing the body, breathing system, muscles, and mind for trekking
- **After Trekking:** Deep recovery, relaxation, and restoration after returning from the mountains

Day 1 – Pre-Trekking Yoga, Healing & Body Preparation

Time	Activity

7:00 AM – 9:00 AM	**Yoga & Pranayama** (Breathing Exercises for Trekkers & High Altitude Preparation)
9:00 AM – 11:00 AM	Healthy Yogic Breakfast & Leisure Time
11:00 AM – 11:45 AM	**Himalayan Sound Healing Session**
12:00 PM – 12:45 PM	Foot Reflexology Therapy for Trekking Recovery
1:00 PM – 3:00 PM	Lunch, Rest & Relaxation
3:00 PM – 5:00 PM	**Trekkers Holiday Massage Therapy**
5:15 PM – 6:15 PM	Sound Healing Massage & Deep Relaxation
Evening	Seasonal Fresh Juice or Healthy Dinner

Day 2 – Post-Trekking Recovery & Healing Retreat

Time	Activity
7:15 AM – 7:30 AM	Sinus & Nasal Cleansing Therapy
7:30 AM – 9:00 AM	**Yoga & Pranayama for Recovery**
9:00 AM – 11:00 AM	Healthy Yogic Breakfast & Leisure Time
11:00 AM – 11:45 AM	Balancing 7 Chakras Healing Session
12:00 PM – 1:00 PM	Acupressure (Trigger Point) Therapy for Muscle Recovery
1:00 PM – 3:00 PM	Lunch, Rest & Relaxation
3:00 PM – 4:45 PM	**Trekkers Recovery Massage in Kathmandu**

5:00 PM – 6:00 PM	Shirodhara Healing Session & Warm Shower
Evening	Seasonal Fresh Juice or Healthy Dinner

Benefits of Our Trekkers Wellness Retreat in Nepal

- Relieves trekking fatigue and muscle soreness naturally
- Improves flexibility and body mobility
- Supports better breathing and oxygen circulation
- Helps recover after Everest Base Camp trekking
- Reduces stress, anxiety, and physical exhaustion
- Promotes better sleep and deep relaxation
- Improves blood circulation and nervous system balance
- Combines Ayurvedic wellness with yoga therapy

What Is Included in the Retreat Package?

- Yoga classes for trekkers in Kathmandu
- Pranayama and breathing exercises
- Himalayan sound healing therapy
- Foot reflexology treatment
- Acupressure and trigger point therapy
- 7 Chakra balancing session
- Trekkers massage therapy
- Shirodhara healing treatment
- Healthy yogic meals and fresh juice
- Peaceful healing environment in Thamel

Who Is This Retreat Best For?

- Everest Base Camp trekkers
- Annapurna Circuit hikers
- Langtang Valley trekkers
- Manaslu Circuit trekkers
- Adventure travelers visiting Nepal
- Backpackers and digital nomads
- People recovering from long trekking journeys

- Travelers looking for yoga and wellness retreat in Kathmandu

Why Choose Institute of Natural Medicine?

The **Institute of Natural Medicine** is one of the leading holistic healing centers in Kathmandu offering authentic wellness therapies for travelers and trekkers in Nepal.

- Experienced yoga and healing therapists
- Authentic natural healing approach
- Peaceful location in Thamel, Kathmandu
- Combination of Yoga, Sound Healing, Massage & Natural Medicine
- Trusted by international travelers and trekkers
- Affordable wellness retreat package in Nepal

Book Your Trekkers Recovery Retreat in Kathmandu Today

Prepare your body before trekking and recover deeply after your Himalayan adventure with our **Two Days Trekkers Holiday Retreat Package in Nepal**.

Reconnect your body, calm your mind, improve recovery, and restore your energy naturally at the Institute of Natural Medicine.

Price: USD 199 per person
Location: Thamel, Kathmandu, Nepal

Frequently Asked Questions

What is the best wellness retreat in Kathmandu for trekkers?

The Institute of Natural Medicine offers one of the best wellness retreat packages in Kathmandu for trekkers, combining yoga, massage therapy, sound healing, reflexology, and natural recovery treatments.

Can this retreat help after Everest Base Camp trekking?

Institute of Natural Medicine

Yes. This retreat is specially designed for post-trekking recovery after Everest Base Camp, Annapurna, Langtang, and other Himalayan treks in Nepal.

Do I need yoga experience to join this retreat?

No. All yoga and breathing sessions are beginner-friendly and adapted to your physical condition.

What is included in the trekkers massage therapy?

Trekkers massage therapy focuses on reducing muscle soreness, improving circulation, relieving stiffness, and supporting recovery after hiking and trekking.

Can I combine this retreat with Reiki or Ayurvedic Massage?

Yes. Many guests combine this retreat with Reiki Healing or Ayurvedic Massage in Kathmandu for deeper relaxation and holistic recovery.

Reviews

I was with the institute of natural medicine for 1 day for hiking yoga and retreat in nagarjun . It was completely different experience for me . One must try this one day retreat with yoga & hiking .
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Happiness358436
Price: US$ 199
Book Now

Check out other packages



4 Nights & 5 Days Trekker’s Holiday Yoga, Massage & Retreat Package

Recharge your body and mind with our specially designed Trekkers’ Holiday Retreat—a rejuvenating package trusted by seasoned trekkers and guides to relieve pain, boost energy, and restore stamina after challenging adventures.
Explore

Institute of Natural Medicine



Hiking with Massage & Yoga Retreat

Experience a day of rejuvenation: Yoga, Shivapuri National Park hike, and a therapeutic massage at INM. All-inclusive, from breakfast to park permits and private transport. Reconnect with nature and yourself.
Explore



7 nights & 8 days Healing Chakra, Meditation & Yoga Retreat

Explore