



Institute of Natural Medicine

7 nights 8 Days

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



It's time to unwind & healing those energy blockage chakras to maintain overall physical, spiritual and emotional well-being. Healing is a part of alternative therapies that aims to balance the energy centers of our body through various method such as Yoga , Meditation, Sound healing, different types of Massage therapy, Shirodhara , Reiki & Crystal.

Here's our 8 days healing chakra, meditation & Yoga retreat might be the perfect activities to revitalize your body, spirit & mind to the next level of Wellbeing.

This healthy Retreat's are the gateway for discovering the extreme benefits and lasting transformations.

Accommodation

- Private room with private bathroom (Single person) USD 800
- Private Room with sharing bathroom (Single person) USD 775



On request we also provide airport pickup facility.

Arrival Day

11:30 am - 1:00 pm	Check inn & Open Session / Philosophy
1:00 pm - 3:00 pm	Vegetarian Lunch
3:00 pm - 4:30 pm	Ayurvedic healing massage
4:45 pm - 5:45 pm	Chakra Healing Meditation
6:00 am - 7:00 pm	Evening yoga session ☐
7: 00 pm	Vegetarian Dinner...

2nd day

7: 00 am - 9:30 am	Cleansing Kriya
7:30 am - 9: 00 am	Yoga & Pranayama
9:00 am - 10:00 am	Yogic Breakfast & Leisure time
11:00 am - 12:00 pm	☐Meditation
12:15 pm - 1:00 pm	☐Reiki Healing
1:00 pm - 3:00 pm	☐Vegetarian Lunch & Leisure time
3:00 pm - 4:00 pm	Yog Nindra
4:15 pm - 5:45 pm	Relaxation Massage ☐
5:00 pm - 5:45 pm	Healing Third eyes & Crown Chakra
6:00 pm - 7:00 pm	☐ Shirodhara & warm Shower
7:00 pm	☐☐Dinner

3rd day

7:00 am - 7:30 am	☐Cleansing Kriya
7:30 am - 9: 00 am	Hatha Yoga
9:00 am - 10:00 am	☐Yogic Breakfast & leisure time
11:00 am - 11: 45 pm	☐Crystal Healing
12:00 pm - 1:00 pm	☐Chakra Meditation
1:00 pm - 3:00 pm	☐Vegetarian Lunch & leisure time
3:00 pm - 4:45 pm	☐Hot-stone massage
5:00 pm - 6:00 pm	☐Evening Yoga session
6:15 pm- 7:00 pm	☐☐Tibetan Singing Bowl
7:00 pm	☐☐ Dinner

4th Day

7:00 am - 7:30 am	Cleaning Kriya
7:30 am - 9: 00 am	Iyanger yoga
9:00 am - 11:00 am	Yogic Breakfast & leisure time
11:00 am - 12: 00 pm	Meditation
12:15 pm - 1:00 pm	☐ Tai-chi
1:00 pm - 3:00 pm	Vegetarian Lunch & Leisure time
3:00 pm - 4:45 pm	Deep tissue Massage



5:00 pm - 6:00 pm Evening yoga session
6:15 pm - 7:00 pm Crystal healing
7:00 pm Vegetarian Dinner

5th day - Day for Nature

7:00 am Heading to Shivapuri National Park hiking trail
9:00 am Breakfast
1:00 pm Lunch (Some where close to National Park)
5:00 pm - 6:45 pm Trekkers Massage
7:00 pm Vegetarian Dinner.

Day 6th

7:30 am - 9:00 am Yogasana & om Chanting
9:00 am - 11:00 am Yogic Breakfast & leisure time
11:00 am - 11:45 am Relaxation meditation
12:00 pm - 1:00 pm Foot Reflexology
1:00 pm - 3:00 pm Vegetarian Lunch & leisure time
3:00 pm - 3:45 pm Reiki healing
4:00 pm - 5:30 pm Traditional Thai massage or Choice of any massage
5:45 pm - 7:00 pm Healing crown chakra & third eyes , Shirodhara
7:00 pm Vegetarian Dinner

Day 7th

7:00 am - 7:30 am Cleansing Kriya
7:30 am - 9:00 am Vinyasa Yoga
9:00 am - 11:00 am Yogic Breakfast & leisure time
11:00 am - 12:00 am Chakra Meditation
12:15 pm - 1:00 pm Tai-chi
1:00 pm - 3:00 pm Vegetarian Lunch & Leisure time
3:00 pm - 4:45 pm Ayurvedic healing massage
5:00 pm - 6:00 pm Steam-bath & shower
6:00 pm - 7:00 pm Sound healing massage & Tratak (Eyes healing)
7:30 pm Dinner

8th day

7:00 am - 7:30 am Cleansing Kriya
7:30 am - 9:00 am Yoga & Pranayama
9:00 am - 11:00 am Yogic Breakfast & leisure time
11:00 am - 12:45 pm Choice of any Massage
1:00 pm - 3:00 pm Vegetarian Lunch & Leisure time
3:00 pm - 4:00 pm Sound healing
Juice of the day or Vegetarian Soup.



Institute of Natural Medicine

Reviews

After our visit to kathmandu we did yoga retreat package. this package was the combination with massage and some healing session. the package was great and the taichee which we did in the garden was awesome. highly recommended to this cozy place

Annee A

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Price:

Private Room with Private Bathroom US\$ 800

Private Room with Shared Bathroom US\$ 775

[Book Now](#)