



1 - 3 days

Hiking with Massage & Yoga Retreat



- **Hiking Destination :- Shivapuri National Park**
- **Located in:- North of Kathmandu**
- **Hike difficulty:- Moderate**
- **Hiking Duration :- 6 to 7 hours**
- **Altitude :- 2732 meters**

The Day hiking in **Shivapuri National Park** is a mind-blowing opportunity to explore its beautiness. With Jungle walk you can have a chance to get in close to the nature. Our walking will be inside the **Shivapuri National Park** area. It is a dense jungle where birds , animals, Water fall, consisting of pine, oak & rhododendron trees are found. It is the nearest popular destination with panoramic view of valley & the serene environment filled with the vibrations of ancient Himalayan tradition for enlightenment.



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This retreat could be a perfect place to **revitalize your body, Mind and soul**, also for the selection of the inclusive services such as Hikers massage , **varities of therapeutic massage services, Yoga session , sound healing session , Healing chakras, & Natural Treatment** . Beside this it is also a best gate way to connect with nature by receiving natural treatments .

The purpose of this healthy hike is to be far away from City sound, dust, pollution Whereas also we choosing the location to remain in nature peacefully in forest by enjoying the quiet environment . The package that you will received here will engulf through its rich of jungles, natural environment, natural beauty , Natural services and the perfect environment found in National park .

One Day Hiking with massage & yoga retreat - USD 100

Includes Park Permits, Yoga session, Private Transportation, Breakfast, Lunch in national park, 90 min Massage services

7:30 – 8:30 am Yoga session

8:30 – 9:00 am Breakfast

9: 00 am Heading to Shivapuri National park & starts hiking

10:00 am Start hiking inside national park

1:00 pm Lunch , close to national park restaurant

2:15 pm Heading back to Institute of Natural Medicine

6 pm to 7:30 pm Therapeutic Massage

1 night & 2 Day Hiking with massage, sound healing & yoga retreat - USD 180

Includes Park Permits, Yoga session, Private Transportation, Accommodation , Sound healing session, 90 min Massage services

Day 1



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12:00 pm Check inn & Welcome drink

1:00 pm – 3:00 pm Vegetarian lunch & Leisure time

3:00 pm – 4:00 pm Sound vibration healing session

4:30 – 6:00 pm Massage services

6:30 pm 7:00 pm Dinner

2nd Day of hiking

7:30 – 8:30 am Yoga session

8:30 – 9:15 am Breakfast

9: 15 am Heading to Shivapuri National park & getting permit premises

10:00 am Start hiking inside national park

1:00 pm Lunch in national park (Restaurant)

2:30 pm Heading back to Institute of Natural Medicine

6 pm to 7:30 pm Therapeutic Massage

2 Night & 3 Day hiking with Massage, Chakra healing, Sound healing , Shirodhara healing & Yoga retreats - USD 300

Includes Park Permits, Yoga session, Private Transportation, Breakfast, Lunch close to national park, 90 min Massage services

Day 1

12:00 pm Check inn & Welcome drink

1:00 pm – 3:00 pm Vegetarian lunch & Leisure time



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3:00 pm – 4:00 pm Sound vibration healing session

4:30 – 6:00 pm Massage services

6:30 – 7:00pm Dinner

Day 2

7:30 – 8:30 am Yoga session

8:30 – 9:15 am Breakfast

9: 15 am Heading to Shivapuri National park & getting permit premises

10:00 am Start hiking inside national park

1:00 pm Lunch , close to national park restaurant

2:30 pm Heading back to Institute of Natural Medicine

6 pm to 7:30 pm Therapeutic Massage

Day 3

7:30 – 8:30 am Yoga session

8:30 – 10:00 am Breakfast

10: 00 am -11:30 am Ayurvedic healing massage therapy

11:45 – 1:00 pm Shirodhara healing & Shower

1:00 pm – 3:00 pm Lunch in national park (Restaurant)

3:00 -4:00 pm Chakra healing session

4:15 pm – 5:15 pm Reflexology

5:30 pm Juice of the day



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Day 1: Day One

7:30 – 8:30 am Yoga session

8:30 – 9:00 am Breakfast

9: 00 am Heading to Shivapuri National park & starts hiking

10:00 am Start hiking inside national park

1:00 pm Lunch , close to national park restaurant

2:15 pm Heading back to Institute of Natural Medicine

6 pm to 7:30 pm Therapeutic Massage

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