Trek Curator
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Rhythm Over Force - 10 Days

Reignite: A 10-Day Transformational Retreat in Nepal

Reignite is more than a retreat; it's a guided journey back to yourself.

In the heart of Nepal, this immersive 10-day experience is designed to help you pause, reflect, heal, and move forward with renewed purpose. Rather than offering a collection of wellness activities, Reignite follows a carefully crafted transformational pathway through five powerful phases: **Take Inventory, Release, Reconnect, Reignite, and Relaunch.**

Each day weaves together five interconnected experiences:

- Pranayama Certification
- Sound Healing Certification
- An Ayurvedic wellness journey
- Nepalese cultural wisdom
- Daily reflection and integration practices

Every session, ceremony, and experience is intentionally aligned with your personal transformation. Nothing is random. Everything has a purpose.

Nepal is not just the destination; it is your teacher. Ancient monasteries, sacred ceremonies, herbal forests, mountain landscapes, and centuries-old traditions become part of your journey, offering lessons in mindfulness, resilience, healing, gratitude, and renewal.

Throughout the retreat, you'll enjoy nourishing plant-based meals inspired by Ayurvedic principles, thoughtfully prepared to support your physical, mental, and emotional well-being.

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By the end of your journey, you'll leave with more than memories.

You'll return home with:

- Two internationally recognized certifications in Pranayama and Sound Healing
- A personalized Ayurvedic wellness protocol
- A hand-blended herbal wellness kit
- Your own Personal Reignite Plan is a practical roadmap of daily practices, personal commitments, and the life you choose to create moving forward.

The goal of Reignite isn't simply to help you learn something new. Rhythm Over Force is to help you become someone who feels more present, more connected, and more alive than when you arrived.

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PRICE INCLUDES

- Accommodation:
  : Green Valley Resort- 2 nights on AP Plan
  : Rupakot Resort- 6 nights on AP Plan
  : Hotel Nepali Ghar- 1 night on AP
- Plan Transportations:
  : Arrival and Departure transfers
  : Kathmandu – Pokhara – Kathmandu: Domestic Flights
  : All land transfers
- Ayurveda Instructor:
  : Personal Dosha Diagnosis and consultation
  : Personal Ayurveda Follow-up
  : Advanced herb pharmacy workshop and take-home kit creation
  : Final prescription review and written take-home protocol
- Yoga and Pranayama Instructor:
  : 18 hours core pranayama certification training
  : 6 hours dedicated personalised intensive pranayama training
  : Body detoxification for Immunity
  : Trataka meditation
- Sound Healer:
  : 2 hours experiential sound bath
  : 16-hour dedicated sound healing session
  : All sound healing equipment for training (Handmade 7 Chakra Set Bowls, Machine made 7 Chakra Set Bowls, Tingchay, Gongs, Bells, Individual Handmade, and

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Machine-made Bowls)

: 1 main instructor and 2 assistant instructors

- Herbal Workshops:

  : Herbal tea blending workshop with take-home tea infusions

  : Herbal body scrub/body butter making workshop

  : Herbal massage pouch and oil-making workshop

- Nepali Plant-Based Cooking Class:

  : Masala Milk Tea

  : Lentil Pancake

  : Veggie Momo

- Cultural experiences and guided excursions
- All Meals as per itinerary

PRICE EXCLUDES

- International airfare
- Nepal visa fees
- Travel insurance (mandatory)
- Personal expenses & gratuities
- CHECKLISTClothing

  : Comfortable yoga/movement wear

  : Warm layers (mornings & evenings)

  : Light hiking shoes

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- Essentials
  : Reusable water bottle
  : Journal & pen
  : Personal toiletries
- Documents
  : Passport (6+ months validity)
  : Travel insurance
  : Visa photos

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DETAILED ITINERARY

Day 1: Arrival & Ayurvedic Grounding in Nature

Arrival at Tribhuvan International Airport, followed by a transfer to a Green Valley Resort forest retreat near Shivapuri Nagarjun National Park. The day focuses on gentle acclimatization with rest, a full Ayurvedic dosha diagnosis, and a welcome ceremony introducing the retreat philosophy. Evening meditation prepares the mind for the journey ahead.

Day Activities

- 10:00 – 11:00 AM: Arrival at Tribhuvan International Airport and transfer to Green Valley Resort.
- 11:00 AM – 12:00 PM: Check in, settle down, and rest.
- 12:00 – 1:00 PM: Lunch.
- 1:00 – 3:00 PM: Comprehensive Ayurvedic Dosha Diagnosis with personalized wellness recommendations.
- 3:00 – 5:00 PM: Welcome ceremony and retreat orientation.
- 5:00 – 6:00 PM: Guided meditation.
- 6:00 – 7:00 PM: Dinner.

Day 2: Forest Immersion, Monastery Visit & Sound Healing

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Begin with core pranayama training followed by a guided forest hike to Bishnudwar. The day blends nature immersion with cultural exploration through a monastery visit and a plant-based cooking session. The evening features a deeply restorative sound bath, with optional stargazing.

Day Activities

- 6:00 – 9:00 AM: Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 AM – 12:00 PM: Guided hike to Bishnudwar.
- 12:00 – 1:00 PM: Lunch.
- 1:00 – 3:00 PM: Plant-Based Cooking Class.
- 3:00 – 5:00 PM: Visit to Namkha Khyung Dzong Rigzin Choling Monastery.
- 5:00 – 6:00 PM: Sound Healing Experience.
- 6:00 – 7:00 PM: Dinner.
- 7:00 – 9:00 PM: Optional Stargazing.

Day 3: Himalayan Transition & Nervous System Reset

After morning breathwork, fly to Pokhara and transfer to Rupakot Resort overlooking the Annapurna range. The shift in landscape introduces spaciousness and calm. Activities include a village walk, optional detox therapy, meditation, and Trataka (candle gazing).

Day Activities

- 6:00 – 9:00 AM: Pranayama Training (Core Certification Hours).

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- 9:00 – 10:00 AM: Breakfast.
- 10:00 – 11:00 AM: Transfer to Kathmandu Airport.
- 11:00 – 11:30 AM: Flight to Pokhara.
- 11:30 AM – 12:30 PM: Transfer to Rupakot Resort.
- 12:30 – 1:30 PM: Lunch.
- 1:30 – 3:00 PM: Guided Village Walk.
- 3:00 – 5:00 PM: Optional Body Detoxification Therapy for Immunity.
- 5:00 – 6:00 PM: Evening Meditation.
- 6:00 – 7:00 PM: Dinner.
- 7:00 – 9:00 PM: Trataka (Candle Gazing Meditation).

Day 4: Herbal Medicine Making & Traditional Healing Practices

A hands-on day dedicated to Himalayan herbal wisdom. Learn to identify medicinal plants and create
herbal extracts, infusions, and natural body scrub/body butter. A tea ceremony introduces
personalized blends, followed by an evening sound healing session.

Day Activities

- 6:00 – 9:00 AM: Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 AM – 12:00 PM: Learn about Himalayan medicinal herbs and prepare herbal extracts and infusions.
- 12:00 – 1:00 PM: Lunch.

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- 1:00 – 3:00 PM: Continue making herbal body scrub and body butter.
- 3:00 – 5:00 PM: Herbal Tea Ceremony and Personalized Tea Blend Creation.
- 5:00 – 6:00 PM: Sound Healing Session.
- 6:00 – 7:00 PM: Dinner.
- 7:00 – 9:00 PM: Documentary Screening.

Day 5: Personal Ayurveda Integration & Deep Sound Therapy

A more introspective day focused on personal wellbeing. Includes intensive pranayama training, one-on-one Ayurveda follow-ups, and optional farm visits. The highlight is a dedicated deep sound
Healing session, followed by a group reflection circle.

Day Activities

- 6:00 – 9:00 AM: Intensive Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 AM – 12:00 PM: One-on-One Ayurveda Follow-up Consultation.
- 12:00 – 1:00 PM: Lunch.
- 1:00 – 3:00 PM: Farm Visit.
- 3:00 – 6:00 PM: Dedicated Deep Sound Healing Session.
- 6:00 – 7:00 PM: Dinner.
- 7:00 – 9:00 PM: Halfway Reflection Circle.

Day 6: Village Life, Herbal Therapy & Wellness Practices

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Explore local rhythms through practical healing traditions. Learn to create herbal massage pouches
and oils, participate in spa therapies, and engage in advanced herbal pharmacy workshops. The
evening includes storytelling and journaling.

Day Activities

- 6:00 – 9:00 AM: Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 – 11:00 AM: Making Traditional Herbal Massage Pouches.
- 11:00 AM – 12:00 PM: Preparing Herbal Massage Oils.
- 12:00 – 1:00 PM: Lunch.
- 1:00 – 3:00 PM: Spa and Wellness Therapies.
- 3:00 – 5:00 PM: Advanced Herbal Pharmacy Workshop and Take-Home Wellness Kit Creation.
- 5:00 – 6:00 PM: Guided Journaling.
- 6:00 – 7:00 PM: Dinner.
- 7:00 – 9:00 PM: Storytelling Evening.

Day 7: Advanced Ayurveda Training & Practical Take-Home Tools

Visit a local Ayurveda facility for immersive learning. Develop advanced herbal formulations and
create a personalized take-home wellness kit. The day concludes with sound healing and an optional

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guest speaker session

Day Activities

- 6:00 – 9:00 AM: Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 – 11:00 AM: Drive to Local Ayurveda Facility in Jarebar.
- 11:00 AM – 12:00 PM: Advanced Herbal Pharmacy Workshop.
- 12:00 – 1:00 PM: Lunch at the Ayurveda Facility.
- 1:00 – 3:00 PM: Continue Advanced Herbal Pharmacy Workshop and Take-Home Kit Preparation.
- 3:00 – 4:00 PM: Return to Rupakot Resort.
- 4:00 – 5:00 PM: Free Time.
- 5:00 – 6:00 PM: Sound Healing Session.
- 6:00 – 7:00 PM: Dinner.
- 7:00 – 9:00 PM: Optional Guest Speaker Session.

Day 8: Integration, Cultural Immersion & Closing Celebration

A spacious integration day featuring an optional hike to Rupakot View Tower, spa time, and final

Ayurveda consultations with written take-home protocols. The retreat concludes with a Gandharva

Music performance and bonfire celebration.

Day Activities

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- 6:00 – 9:00 AM: Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 AM – 12:00 PM: Optional Hike to Rupakot View Tower.
- 12:00 – 1:00 PM: Lunch.
- 1:00 – 3:00 PM: Spa and Wellness Session.
- 3:00 – 5:00 PM: Final Ayurveda Consultation and Written Take-Home Wellness Protocol.
- 5:00 – 6:00 PM: Gandharva Cultural Music Performance.
- 6:00 – 7:00 PM: Dinner.
- 7:00 – 9:00 PM: Bonfire Celebration.

Day 9: Cultural Exploration & Spiritual Kathmandu Experience

Return to Kathmandu and explore Kathmandu Durbar Square and local markets. In the evening,
Witness the sacred Aarati ceremony at Pashupatinath Temple, followed by a cultural farewell dinner.

Day Activities

- 6:00 – 9:00 AM: Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 – 11:00 AM: Transfer to Pokhara Airport.
- 11:00 – 11:30 AM: Flight to Kathmandu.
- 11:30 AM – 12:00 PM: Transfer to Nepali Ghar Hotel.

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- 12:00 – 1:00 PM: Lunch.
- 1:00 – 5:00 PM: Kathmandu Durbar Square sightseeing and a local market walk for herbs, spices, and souvenirs.
- 5:00 – 7:00 PM: Experience the Sandhya Aarati ceremony and observe the traditional cremation rituals at Pashupatinath Temple.
- 7:00 PM onwards: Cultural Farewell Dinner.

Day 10: Certification, Closure & Departure

Final pranayama session followed by a closing ceremony and certification presentation.

Departure

Transfer to the airport concludes the retreat.

Day Activities

- 6:00 – 9:00 AM: Intensive Pranayama Training (Core Certification Hours).
- 9:00 – 10:00 AM: Breakfast.
- 10:00 AM – 12:00 PM: Closing Ceremony and Certification Presentation.
- 12:00 – 1:00 PM: Lunch (subject to departure schedule).
- From 1:00 PM onwards: Transfer to Tribhuvan International Airport for departure.

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