

# 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.

Set 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.

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. It's to help you become someone who feels more present, more connected, and more alive than when you arrived.

## PRICE INCLUDES

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- 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 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

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- International airfare

- Nepal visa fees

- Travel insurance (mandatory)

- Personal expenses & gratuities

- CHECKLISTClothing

: Comfortable yoga/movement wear

: Warm layers (mornings & evenings)

: Light hiking shoes

- Essentials

: Reusable water bottle

: Journal & pen

: Personal toiletries

- Documents

: Passport (6+ months validity)

: Travel insurance

: Visa photos

