



Your Journey in Nepal

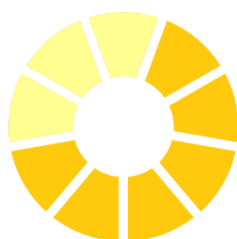
14-day round trip including trekking to Poon Hill and Muldhai Peak

Welcome to your mindfulness adventure!

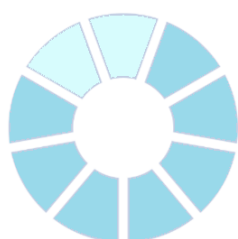
This unique trekking experience is designed to blend the physical challenge and natural beauty of the Himalayas with holistic practices aimed at promoting mental and emotional well-being. The goal is to provide a transformative journey that nurtures your mind, body, and spirit.

The most important facts:

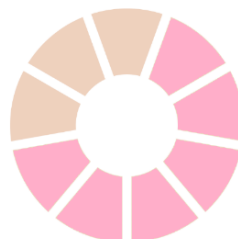
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|------------------------|---|
| Tour character: | Sightseeing & Trekking |
| Difficulty level: | Easy to moderate but strenuous trekking tour <ul style="list-style-type: none">⚙ Up to 1200 metres of ascent and/or descent per day⚙ Up to 8 hours of hiking per day |
| Type of accommodation: | Hotels selected on site & local guesthouses |
| Catering: | Full pension with local delicacies |



Fitness factor



Adventure



Cultural experience



Standard of living



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1. Overview of the itinerary

Day 1: Arrival in Kathmandu

- ⊗ Airport transfer to Darbar Heritage Inn in Thamel
- ⊗ Welcome drink at the hotel and dinner together
(Departure from the hotel at 7.00 pm)

Day 2: Kathmandu

- ⊗ 8:00 am Yoga ground and center (60 minutes)
- ⊗ 9:00 am Breakfast at the hotel
- ⊗ 10:00 pm Tour of Kathmandu and visit to Durbar Square
- ⊗ Lunch as recommended by our tour guide
- ⊗ Visit to the Tergar Oseling Monastery
- ⊗ Visit to the Swayambhunath Stupa at sunset
- ⊗ Meditation with a focus on the root chakra (30 minutes)
- ⊗ Dinner together

Day 3: Bhaktapur (about 30 minutes outside Kathmandu) and Local Village Tour

- ⊗ 8:00 am Sun Salutation (Surya Namaskar) with focus on proper alignment (60 minutes)
- ⊗ 9:00 am Breakfast at the hotel
- ⊗ Visit to the Taumadhi Square in Bhaktapur with pottery course
- ⊗ Lunch together
- ⊗ Visit to the home village of your tour guide Changunarayan with a tour of a wool factory run by women from the village
- ⊗ Yoga Nidra (30 minutes)
- ⊗ Dinner at Momo Mazza

Day 4: Kathmandu

- ⊗ 8:00 am Yoga with balance postures for inner and outer balance
(60 minutes)
- ⊗ 9:00 am Breakfast at the hotel
- ⊗ Nepalese cooking class for lunch



- ⚙ Free afternoon and optional sound healing can be booked
- ⚙ Visit to the Hindu temple Pashupatinath in the evening
- ⚙ Dinner together
- ⚙ Mindful breathing for renewed energy, vitality, and inner balance

Day 5: Pokhara

- ⚙ 8:00 am Yoga - Opening the heart through backbends
- ⚙ 9:00 am Breakfast at the hotel
- ⚙ 10:00 am Private shuttle to Pokhara in the morning (approx. 8h)
- ⚙ Self-reflection exercise during the drive
- ⚙ Walk along Lake Phewa from Pokhara / Lake Side
- ⚙ Evening: Optional visit to the open-air cinema in Pokhara with pizza or dinner as recommended by our guide

Day 6: Pokhara

- ⚙ Sunrise from Sarangkot and Yoga - find strength and welcome the day.
- ⚙ Visit to the World Peace Pagoda
- ⚙ Lunch as recommended by our tour guide
- ⚙ Boat trip on Phewa Lake at sunset
- ⚙ Dinner together

Day 7 - 11: Poon Hill and Muldhai Peak Trekking, mindfulness sessions during the trek

- ⚙ **Day 7:** Arrival by jeep from Pokhara (820m) to Nayapul (1070m), trekking to Ulleri (1960m)
- ⚙ **Day 8:** Ulleri (1960) to Ghorepani (2860m)
- ⚙ **Day 9:** Ghorepani (2860m) - Poon Hill (3210m) - Dobato (3349m)
- ⚙ **Day 10:** Dobato (3349m) - Muldhai Peak (3637m) - Tadapani (2630m)
- ⚙ **Day 11:** Tadapani (2610m) to Ghandruk (1940) - return to Pokhara

Day 12: Pokhara

- ⚙ 8:00 am Yin Yoga - stretching, deep relaxation
- ⚙ 9:00 am Breakfast at the Hotel Peace Eye Guesthouse
- ⚙ Optional paragliding in the morning (approx. 150€) or time at leisure



- ⚙ Lunch as recommended by our tour guide
- ⚙ Return flight (approx. 30 min.) to Kathmandu
- ⚙ Dinner together
- ⚙ Meditation with visualization exercises (30 minutes)

Day 13: Kathmandu

- ⚙ 8:00 am Yoga Flow with a focus on twists.
- ⚙ 9:00 am Breakfast at the hotel
- ⚙ Free day for shopping and exploring (optional spa/massage/ sound healing for an extra charge)
- ⚙ Visit to Bodnath Stupa at sunset with dinner
- ⚙ Sharing experiences and feedback together
- ⚙ Gratitude mediation

Day 14: Return day including breakfast at the hotel and airport transfer¹

¹ **Note:** This is an exemplary itinerary. Depending on the needs and interests of the group and unforeseeable events on site (e.g. weather conditions), this itinerary can be flexibly adapted by our local tour guide (possibly at extra cost). The restaurants mentioned can be changed by arrangement and at the request of the guests.



2. Detailed planning

Day 1: Arrival in Kathmandu

Welcome to your adventure! You will land at Kathmandu airport, which, with a bit of luck, will offer you your first breathtaking view of the surrounding mountains, and our English-speaking guide will be waiting for you. She will take you to the beautiful Darbar Heritage Inn hotel, which is located right in the centre of Kathmandu, in Thamel. We have checked the hotel for you on site! We want you to feel comfortable and welcome straight away, and the super friendly staff on site will make sure of that! You will be welcomed with a cup of tea or coffee and (depending on your arrival time) you can spend your first day unpacking and relaxing or taking a walk through the lively streets of Kathmandu. In the evening, we'll get to know the others - your guide will pick you up at the hotel and take you to the restaurant, where delicious Nepalese and Western dishes await you!

Day 2: Kathmandu

We start the day with a mindful session to get to know each other. After that a city tour is on the programme today - Kathmandu is an incredibly exciting and particularly charming city that shows life in Nepal in a very authentic way. There is a lot to discover, so we set off straight after breakfast at the hotel. First, we explore Durbar Square, the old city centre of Kathmandu, which is also a UNESCO World Heritage Site. Durbar Square is close to your hotel, so we can walk there (approx. 20 minutes). This part of the city also has a lot to offer: Our tour guide will show you the most beautiful corners and you can leave the hustle and bustle of the streets behind you over a cup of tea. She will then take you to her personal favourite restaurant at lunchtime.

In the afternoon we will explore the Tergar Oseling Monastery from where you can get a great view of Kathmandu. We then head to the Swayambunath Stupa - one of the absolute highlights of Kathmandu: a huge Buddhist temple complex in the centre of the city! In the evening, you can optionally participate in a mindfulness session to relax after the first sightseeing day. Afterwards, you can enjoy a meal in one of the city's many interesting restaurants and we'll round off the evening together.



Day 3: Bhaktapur and Local Village Tour, private transportation

Start your day with Yoga. After a delicious breakfast at the hotel, we will explore the former royal city of Bhaktapur, located around half an hour outside the center of Kathmandu. Known for its vibrant culture and rich history, Bhaktapur is an enchanting place with traditional Newari architecture and bustling markets.

Our first stop is Taumadhi Square, where we'll immerse ourselves in a hands-on pottery course, learning the traditional craft that has been passed down for generations. Afterward, we'll enjoy a group lunch, savoring the flavors of local Nepali cuisine.

In the afternoon, we'll visit the home village of your tour guide, Changunarayan, where you'll tour a wool factory run by local women, providing a unique insight into their daily lives and the local craftsmanship.

Following this enriching experience, we'll gather for a mindfulness session, allowing you to unwind and reflect on the day. In the evening, we'll enjoy a meal together at Momo Mazza— if you fancy, you can try momos, a dish particularly popular in Nepal alongside dhal bhat! It's the perfect way to end a culturally rich and spiritually refreshing day.

Day 4: Kathmandu

After Yoga and a delicious breakfast in our beautiful hotel, we head to a Nepalese cooking class for lunch to immerse ourselves in the culture and learn some new skills from the talented local women. Of course, as a reward, you will be able to eat your home-cooked food for lunch.

Once we're back at the hotel, you will have time to watch the wild hustle and bustle of Kathmandu's streets at your own pace - enjoy some time for yourself!

In the late afternoon, we will definitely visit the exciting temple complex of Pashupatinath - one of the most important and largest Hindu temple complexes in the world. Hindu funeral rituals take place here in the evening, which are open to the public and provide a very special insight into Hindu culture. In the evening, breathing exercises for vitality will take place and dinner awaits us to round off the day together.



Day 5: Pokhara

Start your day with yoga and backbends to improve your flexibility. During our approx. 8 hour journey, you will see picturesque landscapes and the real life of Nepal away from the big cities. However, the journey can also be exhausting, as some of the roads in Nepal are not so well developed - there are many potholes and the journey is very long depending on the traffic situation. Of course, we stop for a tasty lunch every now and then.

After your arrival at the Hotel Peace Eye Guesthouse, a relaxing walk along the picturesque Phewa Lake awaits you, where we can admire the majestic peaks of the Annapurna massif and get to know the lakeside town a little better.

The evening we can enjoy a film under the clear starry sky, accompanied by a delicious pizza or a dinner based on our guide's recommendations. The films shown here are often classics - we'll find out for you on the spot what's on the program!

Day 6: Pokhara

Set off early in the morning to arrive in Sarangkot after around 20 minutes and watch the breathtaking sun rise over the Himalayan range with a mindfulness impulse from our teacher! It's often busy here, but the view is worth it!

After breakfast, we visit the imposing World Peace Pagoda, a Buddhist stupa that not only has spiritual significance but also offers stunning panoramic views of Pokhara and the surrounding mountains.

At noon, we enjoy a recommended lunch from our guide. Afterwards you will find time to pack your things for your big trekking adventure. Here is some information from us:

Packing: Each of you has the option of packing a maximum of 7kg of your luggage in a bag to be carried by the porter - this makes the tour easier for you! We are particularly keen to create fair working conditions for the porters, which is why we have set a maximum carrying weight of 14kg and pay the porters an above-average wage.

Porters in Nepal often carry up to 65kg and are not well paid - we want to change that! Only pack what you need for the day (sun protection, water etc.) in your daypack. You can find more information about what you should pack in the 6th section "Packing list"!



In the late afternoon, a scenic cruise on Phewa Lake awaits you, where you can admire the majestic mountains in the background against a breathtaking sunset. The excursion not only offers relaxing moments on the water, but also the opportunity to experience the local culture and life on the lakeshore. In the evening, there is a gratitude meditation, afterwards we will have dinner together and reflect on the impressions of this eventful day in Pokhara.

Trekking Itinerary: Poon Hill and Muldhai Trekking (Days 7-11)

Mindfulness sessions will continue throughout the trek. However, they are not specifically listed in the forthcoming detailed itinerary, as these practices will be adapted to the circumstances and environment, as well as the interests and energy levels of the participants. This flexible approach allows us to take full advantage of the natural beauty and tranquillity of our surroundings, enhancing everyone's experience along the way.

Day 7: Journey by jeep from Pokhara (820m) to Nayapul, trekking to Ulleri

Hiking time: 5-6 hours

Elevation gain: Nayapul (1070m) - Ulleri (1960m)

You will be picked up from your hotel early in the morning by your tour guide and the porters and taken to Nayapul by jeep for around 2-2.5 hours along the dusty and somewhat bumpy roads. On the way, you can watch as the landscape around you becomes more and more mountainous and you get closer and closer to the Himalayas!

Once you arrive in Nayapul, your trekking adventure begins - welcome to the Annapurna Conservation Area! The ascent to Tikhedhunga (1570m), where we will have a delicious lunch, is slow and steady. We walk past charming teahouses, through forests, fields and farmland.

After lunch, you will face a challenge that will hopefully have fortified you for this one - as they say in Nepal: Dhal Bhat Power - 24 hours! The famous "Ulleri Steps" await you - 3500 stone steps to your destination for the day! The climb is strenuous, but rewards you with the first breathtaking views of the Himalayas and its snow-capped peaks!

Once you arrive in Ulleri, you can enjoy your well-earned dinner and end the evening relaxing in one of the teahouses.



Day 8: Ulleri to Ghorepani

Hiking time: 5-6 hours

Elevation gain: Ulleri (1960m) - Ghorepani (2860m)

After a delicious breakfast, we set off in the direction of Ghorepani! Compared to the steps we climbed yesterday, the ascent today is slow. The path leads past forests with tall trees that provide us with shade. We may also encounter some animals along the way, such as the many water buffalo that live alongside the path with the local farmers. We will also see - especially in spring - the beauty of the rhododendron flowers that characterise the region along the way.

We hike past Banthani and Nangethanti, small villages where we can take a well-earned break, before we reach Upper Ghorepani and are rewarded with an incredible view over the Himalayas.

Ghorepani is known for the warm hospitality of its inhabitants. As the Poon Hill Trek is a very popular trek in Nepal, you will find many teahouses here where you can meet other travellers. Don't go to bed too late tonight - we have to get up early tomorrow!

Day 9: Ghorepani to Poon Hill at sunrise, on to Dobato

Hiking time: 1,5 hours to Poon Hill and back, 7-8 hours to Dobato

Elevation gain: Ghorepani (2860m) - Poon Hill (3210m) - Dobato (3349m)

Early in the morning, we start our ascent to Poon Hill before sunrise. It is a steep climb that takes around 1 hour to reach the summit. Here we are rewarded with a breathtaking sunrise over the peaks of the Annapurna and Dhaulagiri Range. You will see the peaks of Annapurna (8091m), the tenth highest mountain in the world, and Dhaulagiri (8167m), the seventh highest mountain in the world. Take your time to enjoy the view!

After a short descent back to Ghorepani and a fortifying breakfast, we set off on today's comparatively strenuous path to Dobato, accompanied by beautiful views and far fewer people, as Muldhai Peak is still a little insider tip!



The path to Muldhai Peak is not for the faint-hearted - it winds its way up a very steep path. Be prepared - it will be very strenuous (but rewarding)! This day is tough but beautiful as you can almost see Muldhai Peak on this day and there are lots of ups and downs.

We would definitely recommend this tour, but if you do not feel up to it - always talk to our guide and she will find a solution for you and the group! It is also possible to do just the Poon Hill summit and then descend again to reduce the difficulty of the tour and make it more beginner-friendly.

Day 10: Dobato to Muldhai Peak at sunrise, on to Tadapani

Hiking time: 1 hours to Muldhai, 4-5 hours to Tadapani

Elevation gain: Dobato (3349m) - Muldhai Peak (3637m) - Tadapani (2630m)

Today we set off again early in the morning and climb to the summit of Muldhai at sunrise after about 1 hour - you will be rewarded again with wonderful views and, depending on the time of year and your luck, you will have the summit almost to yourself - we want to make this trip special for you, most agencies only offer trekking to Poon Hill, which is why it is much more crowded here! As the Muldhai summit is slightly higher than Poon Hill, the view of the surrounding mountains changes - an absolute highlight of this trip!

After the descent and a delicious breakfast, we begin the way down towards Tadapani. In comparison, the descent should now be easier and more relaxed for you.

Day 11: Tadapani to Ghandruk, return journey to Pokhara

Hiking time: 4 hours

Elevation gain: Tadapani (2610m) - Ghandruk (1940m)

Today we cover the last part of the route, enjoy the view of the surrounding Himalayan mountains on a relaxed descent and immerse ourselves in the interesting culture of the Gurung people who live in this section of the mountains. Ghandruk is an impressive village, as you can also see the peaks of Annapurna and Machapuchare from here.



After a delicious lunch, we make our way back to Pokhara by private shuttle. The journey of 32 kilometres takes about two hours. The roads are a bit adventurous for us due to the location in the Himalayas - but remember, the drivers are used to it and are experienced in bringing guests back to Pokhara safely.

Day 12: Pokhara

Start your day after Yin Yoga with a breakfast at Hotel Peace Eye Guesthouse.

After that you have two options: Either experience the thrill of paragliding (optional, approx. 150€) and soar above the picturesque landscape of Pokhara, or enjoy free time at your own disposal to explore the city on your own.

Later, we take a short 30-minute flight to Kathmandu.

Day 13: Kathmandu

The last day is yours - you want to buy presents for your loved ones after Yoga Flow? You want to pack your bags in peace or simply write down your best travel stories over a cappuccino in a nice rooftop bar or relax in the hotel or at the spa (We can organize a massage or sound healing for you on request for an extra charge)? Holidays should also be about relaxation, so there's not so much on the agenda today. However, after sharing experiences and feedback we would like to spoil you with an absolute highlight of the city - we will enjoy the sunset overlooking the Bodnath Stupa during our last dinner together. At the end of the day there is a gratitude meditation.

Day 14: Return day including breakfast at the hotel and airport transport

On the last day of the trip, it's time to say goodbye. Depending on when your flight departs, you will either have some time in Kathmandu or you will leave for the airport after breakfast! Transport is provided in any case and you don't have to worry about anything. We hope you have unforgettable memories and adventurous stories in your luggage when you arrive back in your home town!

Thank you for choosing to tour with us! Namaste!



3. Mindful practices

Breathwork:

Start your day with invigorating breathwork exercises! Our daily breathwork techniques will energize your body, clear your mind, and optimally prepare you for the hike. You'll feel refreshed and full of energy, ready for the day's adventures.

Meditation:

After an eventful day, unwind in our evening meditation sessions. Various methods will help you mindfully end the day and calm your mind. These moments of silence and reflection give you the opportunity to process the day's experiences and find inner peace.

Yoga:

Yoga is the perfect way to restore balance to both body and mind. The gentle stretches and relaxing poses help to loosen muscles and relieve tension that may have built up from walking on uneven terrain. Additionally, the mindful breathing practiced during yoga promotes relaxation and helps clear the mind. A few minutes of meditation at the end of the session can also aid in reflecting on the day's experiences and finding inner peace. This way, the day is harmoniously concluded, and the body is well-prepared for the next adventure.



4. Living standards

Nepal is a developing country, which is why living standards naturally differ from those in more developed countries. However, the hotels in the large cities of Kathmandu and Pokhara are comparable in standard to simple hotels in developed countries. The huts on the trek in Annapurna National Park are very simple and bring you closer to the true local culture and way of life of the people in the country. This is your opportunity to take a break from everyday stress and fully immerse yourself in the adventure that is Nepal! Things you need to bear in mind:

- ⚙ It is not always possible to take a hot shower on the hike. You usually have to pay for hot water (approx. 200 Rupees, approx. 1.50€).
- ⚙ The toilets in Nepal look different to those in Germany; in rural areas, on the hike and when travelling by bus, they consist of holes in the floor. Flushing is done with water from a bucket next to the toilet. The toilets may not always be connected to the rooms during the trek, but may also be located outside the rooms, available to all guests of the guesthouse.
- ⚙ In the mountains, people drink the water from the river, usually only filtered with a cloth. We therefore recommend taking chlorine tablets to purify the water and, if necessary, a filter for the bottle to purify the water. To be on the safe side, only use this water for brushing your teeth! However, you can also buy water from plastic bottles on the hike - but to minimise your waste, we recommend chlorine tablets or filter bottles!
- ⚙ The beds in Nepal are traditionally made of wood and usually only have a thin and hard mattress. Our guide will endeavour to select the accommodation with the best mattresses for you



5. Tour character and tips for your safety

- ⚙ The trekking to Poon Hill and Muldhai Peak is very well developed in terms of tourism, so it is also suitable for beginners with a little experience. Although the tour is strenuous in parts, we have designed the trek so that it is possible for anyone with a normal level of fitness to take part. If the Muldhai summit is too strenuous or difficult for the group, an alternative can be found on site in consultation with our guide.
- ⚙ The highest point of our hike is Muldhai Peak at around 3637 metres. However, we do not spend the night here, but descend directly. The highest overnight stage is Dobato at 3349m. As we have already climbed Poon Hill at 3210m on the same morning, we are well acclimatised and you don't have to worry about altitude sickness - but to be on the safe side, consult your doctor beforehand!
- ⚙ Some of the paths are steep and slippery and require surefootedness. The paths correspond to classic mountain paths (stone, earth, gravel and forest paths).
- ⚙ Annapurna National Park is home to a variety of wild animals such as leopards, wild dogs, bears etc.. Unfortunately, we probably won't see them on the hike (what a shame 😞)! However, we want to make sure that you are not surprised that these animals live in this part of the world.
- ⚙ Depending on the time of year, it can get very hot in Nepal during the day and very cold at night in the mountain huts. So make sure you have the right clothing for the tour and stock up on a warm sleeping bag. It is best to pack according to the onion principle so that you are prepared for any weather! Of course, it can also rain or snow (depending on the time of year and altitude).
- ⚙ Should someone get injured or fall ill, you will find a solution together with your experienced tour guide and the local porters! Otherwise, everyone should have taken out international health insurance that also includes helicopter rescue, which can evacuate you in an emergency.

But don't worry - our guides are experienced and the tour is absolutely doable even for inexperienced hikers and an experience you will remember forever!



6. Packing list

In addition to your normal luggage, we advise you to also pack the following items:

| | Wrapped up |
|---|------------|
| ✓ Fully charged power bank for charging your mobile phone if there is no power socket! | |
| ✓ Sleeping bag (also suitable for sub-zero temperatures) | |
| ✓ Sun protection (capi, sun cream 50, sunglasses) | |
| ✓ Chlorine tablets to purify the water and, if possible, a water bottle with an integrated filter - this will help you to protect the environment! (But you can usually also buy plastic bottles of water). | |
| ✓ Tannacomp for diarrhoea (possibly take as a preventative measure after consulting a doctor) | |
| ✓ Headlamp with batteries for ascents before sunrise | |
| ✓ Ski underwear | |
| ✓ Warm jacket | |
| ✓ Good hiking boots with hiking socks | |
| ✓ Hiking poles if required (highly recommended, especially for the descent!) | |
| ✓ Money for tips for porter/guide (recommendation: 5€ per day, cash in the mountains) and tea/coffee, own expenses | |
| ✓ Comfortable clothes for the breathwork, Yoga and meditation sessions as well as a cloth or towel that you can sit on | |
| ✓ Yoga mat is available on site (if you want to use your own, otherwise you will receive one on site). | |
| ✓ Optional: Journal & pen | |



7. Prices and contact

Our offer to you:

Group of 6 to 10 people:

1949,00€ per person / twin room

100€ single room fee

(only guaranteed in Kathmandu, during the trekking a single room is not possible)

You are welcome to register for the trip on your own. We will advertise the date and find fellow travellers! The trip is binding with at least four registrations. We will let you know when this limit has been reached!

What is included?

- ✓ 13 nights, including 5 nights in a double room in the mid-range hotel *Darbar Heritage Inn* with very good reviews in Kathmandu, 4 nights in a double room in the mid-range *hotel Peace Eye Guesthouse* in Pokhara with very good reviews and 4 nights in huts during the trekking in Annapurna National Park
- ✓ Breakfast, lunch and dinner on days 2-13, Dinner on day 1, Breakfast on day 14
- ✓ Daily mindfulness sessions
- ✓ Experienced local female tour guide
- ✓ Cooking class and pottery class
- ✓ All transportation in Kathmandu as well as transportation to Pokhara by private jeep and domestic flight to Kathmandu, transportation to the starting point of the trek and back to Pokhara
- ✓ Porter during the trekking (one porter for two people)
- ✓ All entrance fees in Kathmandu and Pokhara, the trekking permit and entrance fees for Annapurna National Park



Explore Nepal and Give Back: Helping Local Communities Thrive:

♥ In addition to the included aspects of the trip, a significant portion of the profits will be donated to the non-profit organization **Ashavadi Project e.V.** The organization supports social and sustainable projects in Nepal to help improve the lives of local communities. For more information about their mission and initiatives, please visit www.ashavadiproject.org.

What is not included?

- × Flights to Kathmandu and back
- × Visa (15 days, 30 USD, Visa on Arrival)
- × Insurances: We recommend taking out foreign travel health insurance and travel cancellation or trip interruption insurance.
- × Personal expenses for tea, coffee, beer etc.
- × Tip for guide and porter (in Nepal usually about 5€/day)
- × Optional expenses (paragliding (approx. 150€ p.p.) or sound healing) - should be paid in cash on site

Note: Citizens of the Federal Republic of Germany require a passport to enter the country, which must be valid for at least 6 months beyond the end of the journey. Citizens of other nationalities should enquire at their consulate.

Contact & Registration

If you have any questions – please reach out! We are also happy to offer you an online information evening or answer all your questions by e-mail - as you wish!

To register for the trip, simply send an e-mail to Elisabeth. I will inform you about the registration process!

Elisabeth Mark

E-RYT 500 Yoga Alliance certified yoga teacher & ZPP certified

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