



The Sacred Trails in Nepal

"The Path to Mindfulness"

February 17 – 24, 2024

NOLAND™
CITIZEN

Welcome

Welcome to "The Sacred Trails in Nepal," a transformative series of three retreats designed to guide you on a unique holistic experience towards mindfulness, self-compassion, and wisdom. Led by Beit Mariam, these retreats offer a unique opportunity to engage yourself in the rich spiritual traditions and natural beauty





Why Nepal

Nepal, land of ancient wisdom and spirituality, has long been revered as an ideal destination for introspection and self-discovery. offering a unique blend of breathtaking natural landscapes, rich cultural heritage, and spiritual traditions. This combination makes Nepal the perfect setting for our retreat series.

The Sacred Trails



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Retreat 1: The Path to Mindfulness - Yoga and Meditation Retreat **FEBRUARY 2024**

Join a life-changing adventure of self-discovery as we explore the peaceful life of Parphing, Nepal, and immerse yourself in the tranquil atmosphere of Neydo Tashi Choeling Monastery, nestled amidst stunning hills. Connect with the profound wisdom of Buddhist monks, participating in mindful practices and ancient teachings.





Continue your journey to the captivating city of Pokhara and indulge in the breathtaking beauty of its natural surroundings, encompassed by majestic mountains and serene lakes. Discover solace in daily meditation sessions, mindful hikes through the heart of the mountains, and rejuvenating yoga practices, revitalizing your mind and body.

This retreat is thoughtfully crafted to provide a perfect balance between the monastery experience and the serenity of nature, guiding you towards deep mindfulness and self-exploration.

Retreat 2 : The Path to Self-Compassion

Indulge in the ultimate luxury and serenity at the breathtaking Dwarika's Resort, the exclusive venue for the second retreat of "The Sacred Trails in Nepal" series. Immerse yourself in the opulent surroundings and world-class amenities of this renowned resort, ensuring a truly transformative experience.

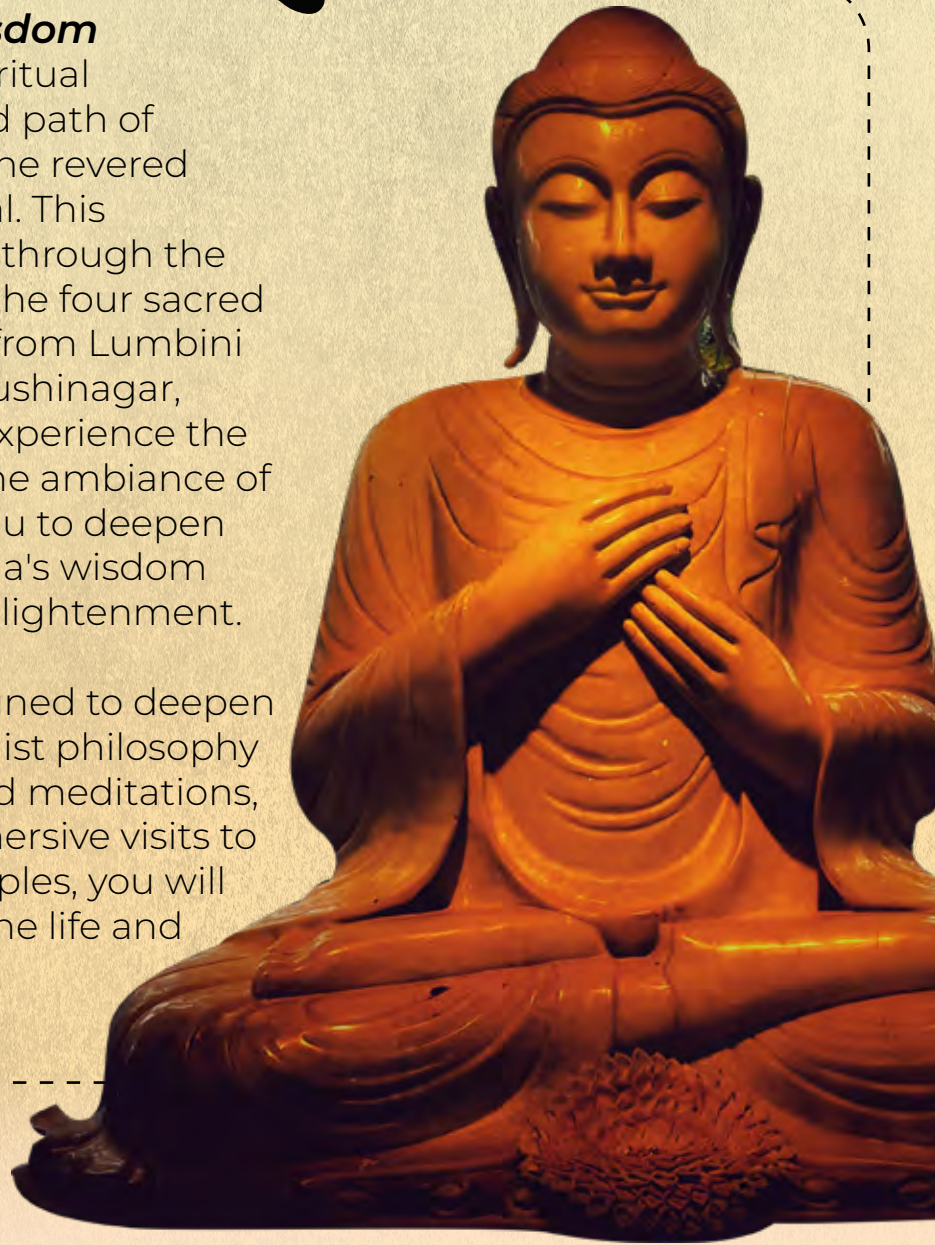
This retreat is specifically designed to highlight the significance of self-compassion. Through a variety of workshops, guided meditations, and healing practices, you will gain a deeper understanding of the importance of treating yourself with kindness, love, and acceptance. Discover how self-compassion can be the key to unlocking your true potential and finding inner peace and contentment. "The Path to Self-compassion" retreat not only offers a luxurious escape but also provides a profound opportunity for personal growth and self-care. Nurture your mind, body, and soul as you embark on a transformative journey towards self-compassion at unique Dwarika's Resort.



Retreat 3 : The Path to Wisdom

Board on an extraordinary spiritual expedition along the hallowed path of Buddha, commencing from the revered birthplace of Lumbini in Nepal. This immersive retreat guides you through the awe-inspiring journey across the four sacred pilgrimage sites, leading you from Lumbini to Bodh Gaya, Sarnath, and Kushinagar, before culminating in India. Experience the profound teachings and serene ambiance of these sacred sites, allowing you to deepen your understanding of Buddha's wisdom and find your own spiritual enlightenment.

“The Path to Wisdom” is designed to deepen your understanding of Buddhist philosophy and practices. Through guided meditations, insightful teachings, and immersive visits to ancient monasteries and temples, you will gain a profound insight into the life and teachings of Buddha.



The three retreats in "The Sacred Trails in Nepal" series work together to provide a holistic journey of self-discovery and personal growth. The first retreat focuses on mindfulness and inner reflection, allowing participants to connect with themselves on a deeper level. The second retreat immerses participants in the natural beauty of Nepal, offering opportunities for physical rejuvenation and connecting with the surrounding environment. Finally, the third retreat focuses on spiritual practices, such as yoga and meditation, to cultivate inner peace and balance. Together, these retreats create a comprehensive and transformative experience for individuals seeking a holistic approach to their well-being.

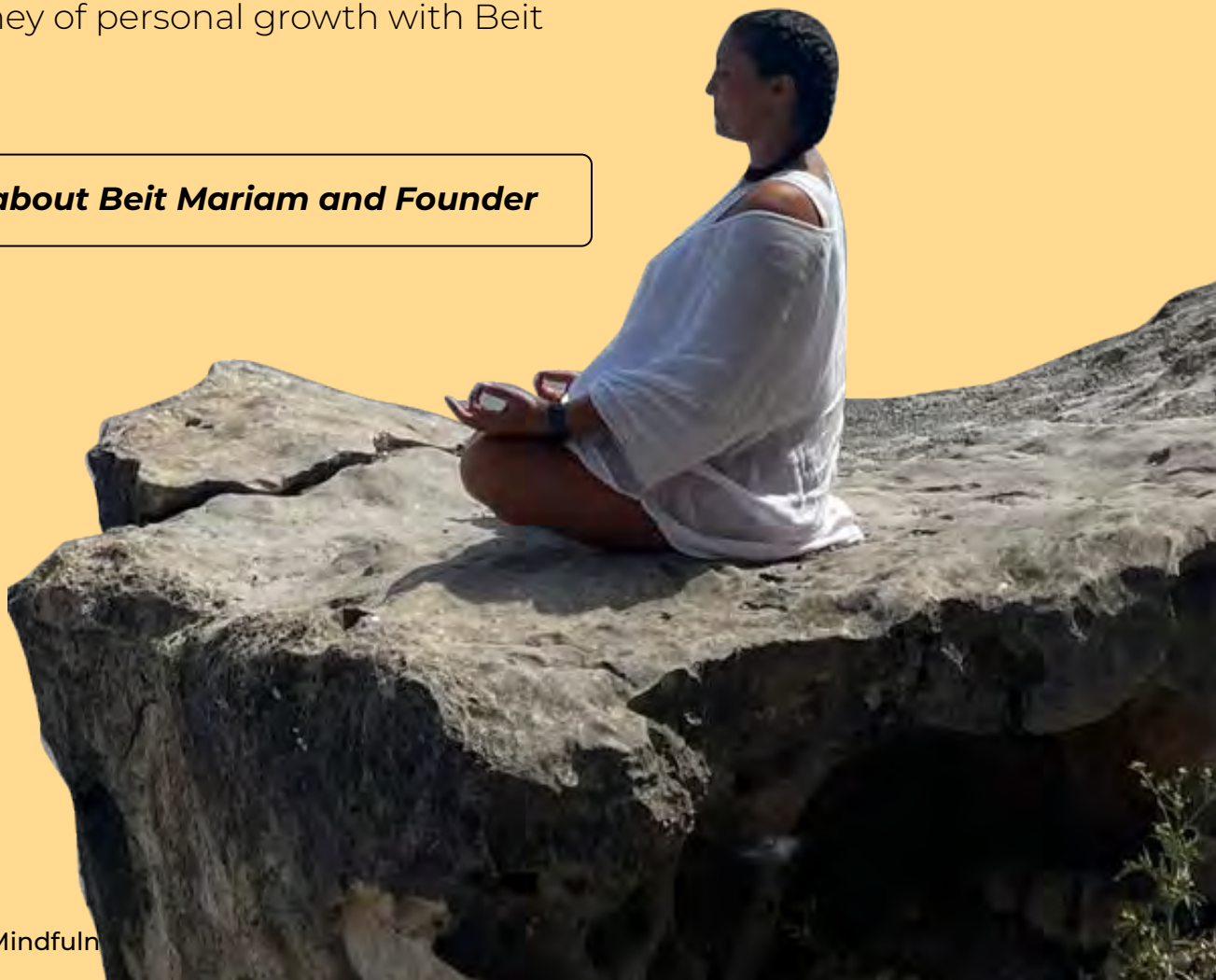
Retreat Spiritual Teacher

Beit Mariam

Beit Mariam is a remarkable sanctuary established in March 2015. With a focus on the principles of yoga and meditation, it provides a transformative haven that encourages self-discovery and cultivates inner peace. Discover the essence of tranquility and embark on a journey of personal growth with Beit Mariam.



[*More about Beit Mariam and Founder*](#)



NOLAND™

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Noland Citizen, an innovative visionary online startup travel platform, set to redefine the travel experience by connecting like-minded individuals through their unique offerings. Their upcoming launch in February 2024 in collaboration with Beit Mariam will introduce the series of sacred trails in Nepal, and the very sacred trail of Noland Citizen's own path as it will mark the kickoff for Noland Citizen, promising a transformative and immersive travel experience unlike any other.



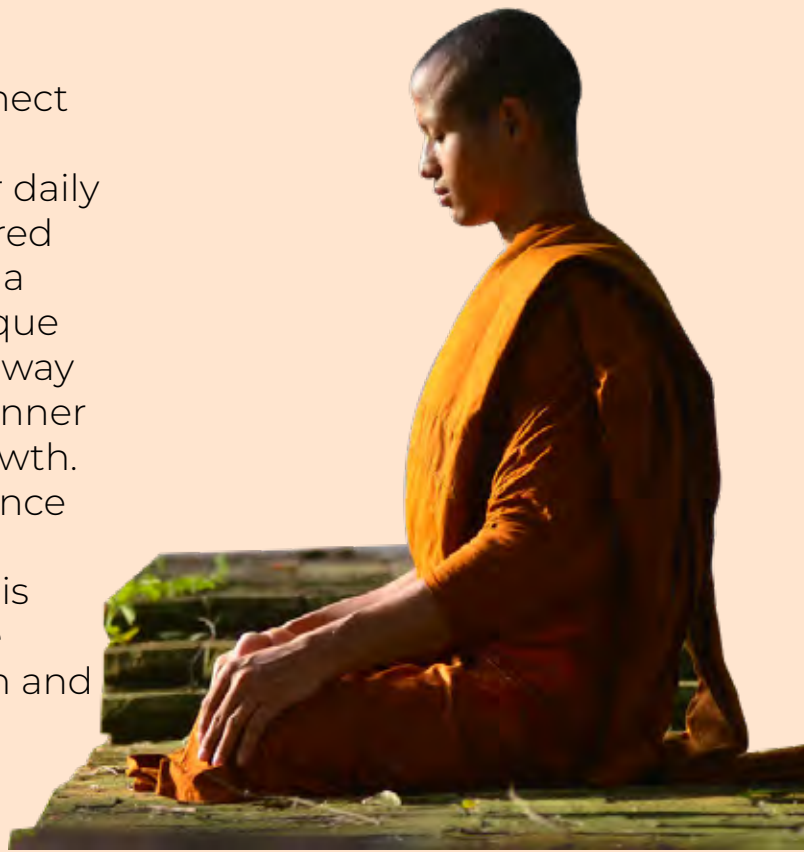
The Path to Mindfulness Overview

(February 17 – 24, 2024)

A Monastic Bilss

Board on a transformative 8 days journey of self-discovery as we delve into the monastic experience and embrace the serene surroundings of Parphing, Nepal. Our first retreat of "The Sacred Trails in Nepal" series begins at the sacred **Neydo Tashi Choeling Monastery**, nestled in the heart of Kathmandu Valley, offering an immersive monastic experience for **4 nights**.

You will have the opportunity to connect with monks, learn from their ancient wisdom, and engage yourself in their daily rituals, meditation practices, and sacred teachings blended with our daily yoga practice led by Beit Mariam. This unique opportunity to witness the monastic way of life will provide deep insights into inner peace, mindfulness, and spiritual growth. The truly authentic monastic experience El Neydo Hotel is a carefully chosen sanctuary for our mindful journey. This simple and serene hotel provides the perfect setting for deep introspection and spiritual growth, blending traditional monastic values with simple and comfortable accommodations.



After experiencing the monastic life, we will continue our journey to the picturesque city of Pokhara, nestled in the lap of the majestic Himalayas. The **Fishtail Lodge**, located on the serene banks of Phewa Lake, will be our sanctuary for **3 nights**. Surrounded by lush forests, cascading waterfalls, and awe-inspiring mountain vistas, this tranquil oasis will rejuvenate your senses and deepen your connection with nature.



Submerging ourselves in the healing power of Pokhara's nature through yoga and meditation sessions amidst the breathtaking landscape. We will board on guided hikes to explore hidden trails, visit sacred sites, and experience the profound tranquility of lakeside sunrises and sunsets.

“The Path to Mindfulness” retreat is designed to cultivate a harmonious balance between inner exploration and connecting with the beauty of nature, allowing you to awaken your inner light and find profound peace within yourself.

The Path to Mindfulness Destinations



Parphing - Kathmandu Valley

Nestled peacefully in the Kathmandu Valley, Parphing is a small village renowned for its spiritual significance. This serene location offers a tranquil escape from the hustle and bustle of city life. Neydo Hotel, located in Parphing, provides a peaceful haven surrounded by lush greenery and ancient Buddhist monasteries. Participants will have the opportunity to connect with the spiritual heritage of Nepal, deepen their yoga and meditation practice, and immerse themselves in the serene ambiance of Parphing.



Pokhara – Annapurna Range

Situated in the lap of the majestic Himalayas, Pokhara is a picturesque city known for its breathtaking natural beauty. Fishtail Lodge, located in Pokhara, offers a serene retreat amidst the serene Phewa Lake and the towering Annapurna Mountain range. Participants will have the opportunity to rejuvenate their body, mind, and soul while being surrounded by the awe-inspiring natural landscapes. From tranquil lakeside strolls to adventurous hikes in the Himalayan foothills, Pokhara provides an ideal backdrop for self-reflection and connecting with nature.

Mindfulness Practice

Yoga and Meditation

We will experience a blend of yoga & meditation practices that brings mindfulness & peace to our heart and mind, learning more about yoga philosophy and core concepts of the practice

***Learn more about different
Yoga and Meditation styles***



The Path to Mindfulness Accommodations

Participants will spend four nights at the tranquil Neydo Monastery Hotel, nestled amidst lush greenery and offering a unique opportunity to live amongst monks. Then, they will spend three nights at the scenic Fishtail Lodge in Pokhara, with comfortable rooms and stunning views of the Himalayas.

The Neydo Hotel

1- Parphing -Kathmandu Valley

Nestled in the idyllic village of Parphing, the Neydo Hotel offers a tranquil retreat amidst the majestic hills of Nepal. Surrounded by lush greenery and stunning mountain views. The Neydo Hotel provides comfortable and well-appointed accommodations, carefully designed to enhance relaxation and rejuvenation. Experience warm hospitality and indulge in delicious Nepalese cuisine, prepared with fresh local ingredients. Explore the nearby monasteries, participate in meditation sessions, and immerse yourself in the rich spiritual heritage of the region.



More Details



2- The Fishtail Lodge: Pokhara - Annapurna Range

In the enchanting city of Pokhara, the Fishtail Lodge offers a truly magical experience. Located on the tranquil shores of Phewa Lake, this luxurious lodge is surrounded by pristine nature and awe-inspiring mountain vistas. Step into a world of serenity as you relax in spacious and tastefully decorated rooms, designed to provide the utmost comfort and tranquility. Take in the breathtaking views from your private balcony or indulge in rejuvenating spa treatments. Enjoy delectable cuisine at the lodge's restaurant, featuring a blend of local and international flavors. Explore the natural beauty of Pokhara, from peaceful boat rides on the lake to hiking adventures in the nearby Himalayas. The Fishtail Lodge offers a dream-like sanctuary where you can unwind and connect with nature.

More Details

The Path to Mindfulness Daily Itinerary

Day 01

(17-02-2024)

Arrival in Kathmandu and Enchanting Drive to Pharping (D)

As you arrive in Kathmandu, our friendly representative will warmly welcome you and assist you throughout your journey. Embark on a scenic 1-to-1.5-hour drive to the spiritual haven of Pharping. Check-in at the Neydo Hotel and enjoy a delicious dinner as you prepare for a transformative journey. ---



Day 02

(18-02-2024)

Discover the Inner Self through Buddha Teaching and Meditation (B, L, D)

Greet the day with a soothing yoga and meditation session, allowing the serenity of Pharping to wash over you. After a hearty breakfast, delve into the wisdom of Buddha through enlightening teachings and meditation practices. Relish a wholesome lunch before continuing your journey towards self-discovery. Conclude the day with a sumptuous dinner and unwind with another tranquil yoga and meditation session. ---





Day 03

(19-02-2024)

Explore Ancient Mysteries at Asura Cave and Kali Walk (B, L, D)

Awaken your mind and body with an invigorating morning yoga and meditation session, immersing yourself in the serene beauty of your surroundings. Fuel up with a nourishing breakfast before embarking on a thrilling exploration of the sacred Asura Cave and a peaceful Kali Walk led by a wise and serene monk. Enjoy a delightful lunch and savor a delicious dinner, followed by a blissful yoga and meditation session.

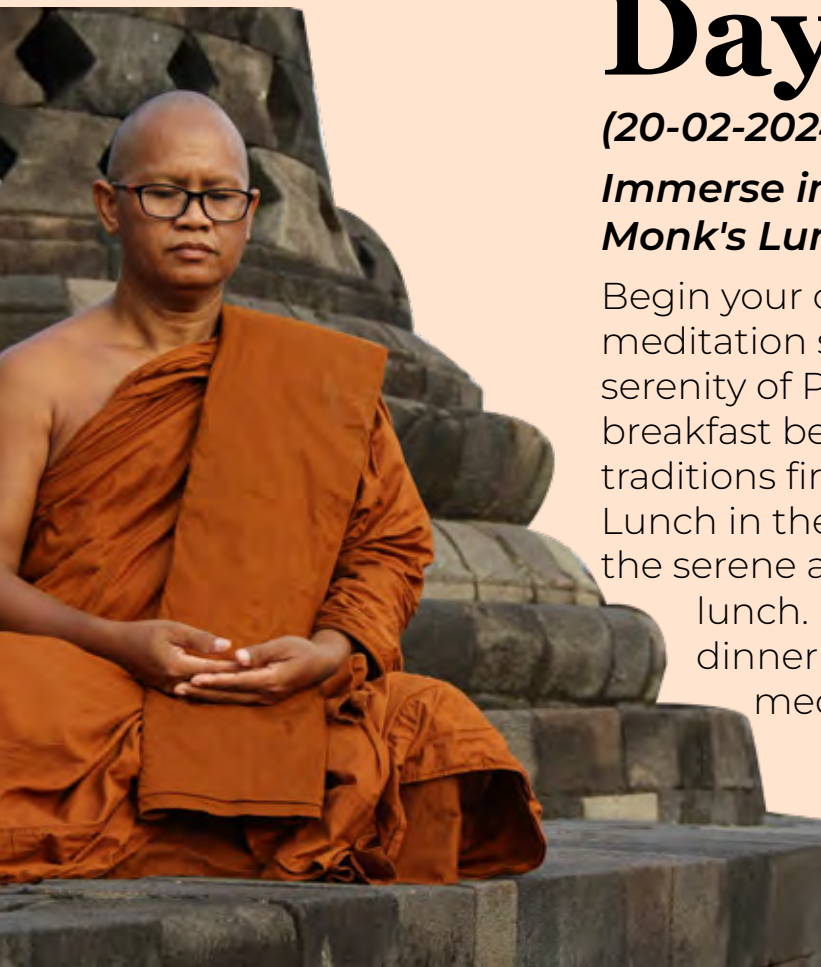


Day 04

(20-02-2024)

Immerse in Monastic Traditions with Monk's Lunch (B, L, D)

Begin your day with a tranquil yoga and meditation session, grounding yourself in the serenity of Pharping. Indulge in a nourishing breakfast before experiencing the monastic traditions firsthand with a special Monk's Lunch in the dining hall. Immerse yourself in the serene ambiance and enjoy a delectable lunch. End the day with a wholesome dinner and another tranquil yoga and meditation session.



Day 05

(21-02-2024)

Fly to Pokhara and Embrace the Beauty of Nature (B)

Greet the morning with a delicious breakfast before heading to the domestic airport for a scenic flight to Pokhara. Indulge in the breathtaking views of nature's wonders as you arrive in Pokhara. Transfer to the exquisite Fishtail Lodge and spend the rest of the day at leisure, admiring the stunning surroundings; end your day with a relaxing mindful yoga session



Day 06

(22-02-2024)

A Delightful Combination of Peace and Adventure in Pokhara (B, L)

Start your day with a rejuvenating yoga and meditation session, finding harmony amidst the tranquility of Pokhara. After breakfast, embark on an enchanting boat ride across the lake, followed by a gentle uphill walk to the World Peace Stupa. Explore this sacred site and descend to Chorepatan, immersed in the beauty of nature and spend the evening at your leisure.





Day 07

(23-02-2024)

Relax and Unwind in the Serene Ambiance of Pokhara (B)

Wake up to a calming yoga and meditation session, immersing yourself in the peaceful ambiance of Pokhara. Enjoy a leisurely breakfast as you soak in the tranquility of your surroundings. Spend the day at your own pace—whether it's exploring the town, pampering yourself with a spa treatment, or simply basking in the serenity of Fishtail Lodge; ending your day with soft and gentle yoga & meditation practice to guarantee a good night sleep.



Day 08

(24-02-2024)

Fly back to Kathmandu and Depart with an Enriched Soul (B)

After breakfast at the hotel, you will be transferred to Pokhara airport for your flight back to Kathmandu. From there, you can catch your onward departure leaving you with a fulfilling and transformative experience during the "Sacred Trails in Nepal" retreat series.



The Path to Mindfulness Cost

Price are based on standard room BB basis

<i>Price per person in DBL room</i> \$1,700	<i>Price per person in SGL room</i> \$2,065
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Payment Policy

10% Booking Fees

SGL \$206
DBL \$170

Second payment

SGL \$930
DBL \$765
Before November 1, 2023

Third payment

SGL \$930
DBL \$765
Before January 10, 2024

Cancelation and Refund Policy

- 1- A non-refundable booking fee of 10% of the total amount will be charged.**
- 2- If the cancellation is made before December 15, 2023 a cancellation fee of 30% of the total package cost will be charged.**
- 3- Starting from January 10, 2023, a non-refundable fee of the total -amount will be applied to any cancellations.**

Changes in bookings will be subject to availability and may incur additional fees. It is recommended to inform us as early as possible if any changes need to be made.

We understand that unexpected circumstances may arise, and we will do our best to accommodate your needs while adhering to our cancellation and refund policy.

To cancel or make changes to your reservation, please contact our booking team.

Contact Booking Team

Inclusions

- 7 Nights accommodation on Standard BB Basis (4N in Parphing/3N in Pokhara)
- 3 Lunches at the Neydo Hotel
- 4 Dinners at the Neydo Hotel
- Yoga and meditation sessions with Beit Mariam
- Guided teachings and activities at Neydo Monastery
- Half day trek from Sarangkot to Naudanda
- Boat ride + hike to Peace Stupa
- Internal flights (Kathmandu – Pokhara – Kathmandu)
- Airport Transfer in Nepal
- Transportation within Nepal
- English Guide throughout the program
- Entrance Fees for mentioned excursions
- Meet & Greet Departure/Arrival Cairo International Airport.

Exclusions

- International flights
- Visa Fees
- Personal expenses
- Travel insurance
- Extra activities
- Extra meals
- Tips & gratitude
- Anything not mentioned above

BOOK YOUR CAIRO - AIRPORT TRANSFER

Nepal Visa

Tourist visa

Tourist visa for Nepal is granted upon arrival in Tribhuvan International Airport Immigration.

Visa Cost

15 Day - \$30

30 Days - \$50

Embassy in Egypt

ADDRESS

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Flights to Nepal

For a smooth and well-coordinated travel experience, we suggest reaching out to our booking team to assist you with your flight arrangements. They will offer expert advice and options that match the retreat schedule. By flying with the Beit Mariam leader and other participants, you can establish connections and share in the excitement right from the beginning of the transformative retreat.

It's important to note that joining the recommended flight is not obligatory, but we highly recommend considering it to ensure optimal coordination and camaraderie.

IN CASE YOU CHOOSE TO BOOK YOUR OWN FLIGHT:

1- We kindly ask that you arrive in Kathmandu on Sunday, February 17, 2024, no later than 2:00 PM., for later arrivals please note that airport transfers will be at extra charge.

2- Make sure that your departure flights from Kathmandu on Sunday, February 24, 2024, are not scheduled earlier than 4:00 PM to ensure a smooth transfer process between Pokhara to Kathmandu to catch our international departure flights.

Contact Flight Assistance Team

For more information to reserve your spot, please contact

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*We look forward to sharing this sacred journey with you.
Beit Mariam & Noland Citizen Teams*