



CREATIVE SOULS'

# YOGA JOURNEY

*Real Raw Nepal*  
TRAVEL LIKE YOU MEAN IT





## CREATIVE SOULS' YOGA JOURNEY

### **Ready to dive into the cultural wonders of Nepal? . . .**

Imagine a journey where every detail is meticulously arranged for your comfort, allowing you to relax and fully savor each moment. With the dedicated support of your private Tour Guide (and Yoga Teacher), who has 20 years of experience in Nepal, you'll receive assistance from the moment you book until your journey concludes

Indulge in a journey crafted for those looking to immerse themselves in Nepal's culture while embracing their own inner exploration.

This joyful experience invites you to reflect, reinvigorate, and honour your unique life path with mindfulness and grace. Embrace curiosity, creativity, and deeper self-awareness, savour nourishing vegetarian cuisine and the company of like-minded individuals. If spiritual connection is an integral part of your life, and you appreciate both solitude and meaningful companionship, this is the perfect tour for you.

Exclusively limited to just ten guests worldwide, this boutique journey is exquisitely curated for those with a creative mind, yogic heart, refined palate and passion for authentic and conscious travel. You need not be an artist or seasoned yogini - just someone who values refinement, soulful exploration, a touch of luxury and meaningful connection.

If this is exactly what you've been waiting for, your invitation awaits. With places strictly limited, a 25% deposit will secure your spot on this rare and unforgettable experience—an intimate escape designed for those who seek beauty, depth, and inspiration in every detail.

**P.S.** For those of you who prefer adventure and the challenge of hiking to 3500m - checkout our original Real Raw Nepal 'Cultural/Hiking Adventure'.



# YOUR NEXT CHAPTER AWAITS

Our team will greet you at the airport, ensuring you feel at ease from the moment you arrive as you check in to our 'home away from home'—The Nanee Boutique Hotel. This superb heritage-style hotel serves as our luxury oasis, perfectly positioned in the centre of Bhaktapur; one of the oldest living museums and historic cities in the world. Each of the eighteen rooms at The Nanee are a masterpiece, showcasing the elegance and artistry of the local Newari culture which is indigenous to the Kathmandu Valley.

Discover the hidden gems of Nepal beyond the usual tourist trail. Whilst most visitors confine themselves to the typical Kathmandu sites offered by mass tourism operators, you will experience an exclusive journey that combines hand-picked, unique experiences that are not only fun, immersive and culturally respectful but also support reputable philanthropic initiatives.



Your private guide (Melitta) has 20yrs+ experience in Nepal and a profound respect and passion for the culture and people. This is not just a trip; it's a rare opportunity to gain authentic insights into the heart of Nepal - only offered once a year for a select group of mindful travellers. Don't just visit Nepal to tick it off your bucket list . . . CHOOSE to completely immerse yourself in a journey like no other where you will unlock unique experiences that most visitors miss.

Having a guide who is genuinely passionate about sharing the beauty of Nepal transforms your journey! This isn't just a job for Melitta and you're not just another client in a mass tourism offering. You'll become part of the Real Raw Nepal community, gaining access to unique, authentic experiences beyond this trip. Melitta has thoughtfully curated this boutique journey with the heartfelt intention for you to discover and fall in love with the true, unfiltered essence of Nepal!







# DAY ONE

## DISCOVER ENCHANTING BHAKTAPUR AND BOUDHANATH

We begin with colorful, joyful energy! Boudha Stupa (revered by Buddhists worldwide) represents the embodiment of the enlightened mind of all the Buddhas and is one of the largest stupas in the world. It is a masterpiece of ancient architecture, with its striking mandala shape, the all-seeing eyes of Buddha, and the vibrant prayer flags fluttering in the wind. Walking around the stupa is a deeply serene and joyful experience as locals and pilgrims chant mantras, spin prayer wheels and make offerings. After soaking in the peaceful energy here (and acknowledging that same energy within), we'll enjoy a delicious lunch with a view.

Our private mini-bus will wind its way through the color, creative and chaos of Kathmandu, finding its way to our superb, boutique hotel, nestled in the centre of Bhaktapur. There's time to check-in and unwind before enjoying the alluring laneways of Bhaktapur on our exclusive guided walking tour filled with stunning UNESCO architectural wonders. This is the perfect introduction to Nepal's spectacular culture and vibrant, intricate craftsmanship. Our expert Nepalese Cultural Guide will provide you with deep insights into local traditions as you explore the old-world charm of this historic city. He also loves questions so have them ready.

You'll have your first chance to savor the flavours of Nepal with a delightful culinary experience, featuring both lunch and dinner, meticulously prepared to offer a taste of the region's finest cuisine. There will also be time to relax and unwind in your beautiful, artisan-designed room with time to reflect and thank yourself for saying YES to this nourishing trip.





## CREATIVE REFLECTIONS ON MODERN **KATHMANDU**

Optional yoga before breakfast. We are very lucky to be invited to Nepal's only Traditional Art University where we will enjoy a guided meditation as part of the traditional Paubha painting process. In this workshop, the emphasis lies in the joy of learning and painting, rather than the final artwork. This approach creates a truly inclusive and mindful activity and is led by one of Nepal's most famous (and modest), internationally renowned artist of this genre. Enjoy the RRN Creative Reboot Workshop, designed to inspire you to reflect on and express your experience each day through meaningful, personal creative practices.

Lunch invites you to experience modern Nepal just as the local professional do — at one of their favourite stylish eateries, followed by a visit to the iconic Karma Coffee café nearby. This blend of contemporary flair and timeless heritage brings a rich, layered perspective to your cultural journey.

In the spirit of nurturing travel, we've arranged a delightful treat: a Nepalese-style sound healing session to truly rest and digest in style. We'll return to our hotel for this, with plenty of free time afterwards to unwind before our group dinner. In keeping with the yogic nature of the journey, please note that meals are vegetarian, and no alcohol is served.



TODAY  
TWO





# DAY THREE

## JOURNEY TO WHAT MATTERS **MOST**

Optional yoga before breakfast then we embark on a mystery trip 20km outside Kathmandu to an undiscovered gem. Here we will meet some extraordinary people, enjoy a yoga session and have an experience that is unique to the Real Raw Nepal trip and often one of the highlights for many trip participants.

On the way there, I'll teach you some Nepali language. You will be amazed at how far knowing a few Nepali phrases helps you to connect with the locals who are keen to interact. After lunch, we return to our home base where you are free to spend the afternoon exploring Bhaktapur's old city at your leisure, with an optional wood carving demonstration if you wish.

We are invited to have dinner in the home of my friend's relatives which is a lovely way to experience the generosity and warm-hearted nature of family life Newari style. You may like to throw in one smart outfit to wear as Nepalese people have a knack of always looking beautiful for social gatherings. Three delicious meals are included today for your enjoyment.





## RELAXED WALK TO SOOTHE YOUR SENSES

It's a truly tranquil experience to get up early for a walking meditation to see the streets and traders of Bhaktapur begin their usual morning routine. The divine light cast on temples in the background makes it such a beautiful way to witness the natural morning life of Nepal.

We return to our hotel for a sumptuous breakfast before setting off on a 4hr (round-trip) walk through the atmospheric hillside region of Nagarkot (2,100 m; no training required). This peaceful journey offers a rare glimpse into village life beyond the city and is a delight for mindful travellers seeking spiritual connection - with the option to walk in noble silence, if you prefer.

Take your time to soak in the surroundings before we return to The Nanee for some well-deserved relaxation with a yoga nidra and meditation practice, followed by free time for R&R, journaling, creativity and/or rest. Savour another stunning meal at The Nanee at your leisure.



# DAY FOUR





# DAY FIVE



## WELCOME TO POKHARA

After enjoying a nourishing breakfast, we make our way to the airport to journey to the tranquil lakeside town of Pokhara. If the skies are clear, we'll be treated to breathtaking views of the snow-capped mountains as we approach the Annapurna Mountain range.

Upon arrival, we settle in for a relaxed lunch at the beloved Moon Dance restaurant before checking-in to the serene Lakeview Resort. Later, we set out on a peaceful boat ride across the shimmering waters of Lake Fewa, with an option to take a refreshing swim for those who wish. The remainder of the day is yours to enjoy at your own pace: indulge in a soothing massage, unwind by the lake, or wander through the charming streets of Pokhara at your leisure. The choice is yours!

**NB: Dinner is not included today as you will be out and about exploring and want to choose for yourself from the many and varied lakeside eateries.**





## EXPLORE AND UNWIND: LAKESIDE POKHARA

Enjoy yoga and breakfast before immersing yourself in the vibrant charm of this popular Lakeside destination. Endless activities await you on your free day. Whether you're exploring its lively streets, exploring local cuisine, or indulging in some shopping, there's something for everyone. Be sure to reserve your complimentary massage at the Resort Day Spa to unwind in style. For personalised recommendations, feel free to consult your guide, Melitta, who will be delighted to suggest unique ways to make the most of your time in this captivating destination.

**NB: Dinner is not included today as you will be out and about exploring and want to choose for yourself from the many and varied lakeside eateries.**



# DAY SIX





## WELCOME TO POKHARA AND MONASTERY LIFE

After yoga and breakfast, we will spend the morning enjoying the International Peace Pagoda. This spiritual landmark is a poignant reminder of our shared human longing for peace and the ideal space for reflective travellers to meditate, journal and/or explore creativity. We will take our time to soak up the energy of this auspicious place and enjoy lunch overlooking the stunning Lake Fewa and Annapurna Mountain range.

Nature lovers and mountain enthusiasts will enjoy our visit to Nepal's International Mountain Museum, offering insight into the region's rich mountaineering history. We'll then step into the peaceful world of a working monastery, where we'll learn about the daily life of monks and the inspiring not-for-profit school they run. If classes are in session, we may even meet the young monks, many of whom speak excellent English and are always delighted to connect with curious visitors.

Tonight, our accommodation and food will be modest; clean and peaceful – in keeping with the monastic environment. **We purposefully choose to stay at the adjoining Buddhist Monastery Hotel as all profits fund the not-for-profit Monastery school visited during the day.**







## COOKING CLASS AND YOGA RETREAT

Start your day with the mesmerising sound of monks' chanting as we join them in the main monastery temples to listen to their daily morning practice. You'll need to get up a bit earlier for this different yoga session which truly is a once-in-a-lifetime, unforgettable experience.

Give yourself time to integrate your morning experience whilst enjoying a simple, monastic breakfast and the peaceful atmosphere in the monastery. They even have a café downstairs so feel free to treat yourself to a cheeky coffee!

This day just keeps getting better as we head out of town to a small, rural village to attend a fun cooking class at a local vocational skills centre. Fab School provides hospitality skills and employment opportunities to under-privileged youth. There we enjoy lunch with the students before heading to the peace of Pavillion Eco Resort.

For the next two days, go at your own pace and enjoy three sumptuous meals, optional yoga nidra, yoga and meditation sessions and an infinity pool overlooking rice fields.



DAY  
EIGHT





DAY  
NINE



## BOUTIQUE ECO RESORT – YOGA RETREAT

The resort features 14 luxurious villas, is powered entirely by renewable energy, and boasts an organic farm that supplies fresh, seasonal produce for the chef's inspired creations. A schedule of hatha yoga, yoga nidra and meditation sessions will be offered in the private yoga hall by your guide Melitta. You can choose to attend as few or as many as suit your needs.

This is the perfect place to rejuvenate your mind, body, and spirit amidst the serenity of this luxury eco-resort. Enjoy journaling, creativity, sitting by the pool, connecting with group members or yourself. The choice is yours . . .





## MOUNTAIN FLIGHT AND FAREWELL

Today we fly back to the color and creativity of Kathmandu, leaving the Annapurna Mountain ranges behind, taking wonderful memories, inner learnings and gratitude with us. Another day well- paced to allow for a relaxing lunch, an afternoon of R&R at our hotel, closing yoga circle and one final evening of fine dining. The trip concludes after dinner (accommodation included) and you can relax knowing that our complimentary airport transfer will get you to your outgoing flight seamlessly the next day to ensure a calm conclusion to your unforgettable experience in Nepal.

**We have a range of optional pre and post trip experiences you may like to add on to your journey. Ask Melitta for details.**

Post trip note . . . Take a sacred moment to honour yourself for saying YES to inner fulfillment by joining this journey! Wishing you abundant joy, self-love and santosha. I hope to see you in Nepal!

Namaste  
~Melitta

DAY  
TEN



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DISCOVER THE HEART  
OF NEPAL THROUGH  
A JOURNEY OF SELF  
RENEWAL, LIKE NO OTHER

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