

YOGANI STUDIOS PRESENTS

YOGA ASCENT

# nepal

2012

*12 Day Trekking & Yoga Seva Adventure*

APRIL 13-27

\$2800/PERSON



*Join us on this remarkable journey as we share uniting our culture with the culture and youth of Nepal.*

*Our intention is to deliver school supplies, books and shoes to the children of various mountain villages along our path.*

*This cultural immersion is certain to transform you and the lives of all those you encounter along your pilgrimage.*

*Consider this opportunity to help others while on a yogic expedition through the breathtaking Himalaya.*

*Share an intimate glimpse of mountain culture and village life immersed in habitats as diverse as the jungles of Chitwan and the wondrous peaks of the Annapurna Himal.*

**PRICE INCLUDES PORTER FEES, LODGING, TRANSPORTATION, YOGA/MEDITATION AND ONE TO TWO MEALS PER DAY | AIRFARE NOT INCLUDED**

WITH JOHN ALLEN GIBEL & ANNIE OKERLIN | VISIT [YOGANI.COM](http://YOGANI.COM) FOR DETAILS



You will practice yoga at its intended height, in the country of Buddha's birth, enmeshed within the natural beauty of a forest mountain terrain. In this unique village immersion, you will experience the richness of rural Nepal as the guests of local villagers. Through the altruistic heart of yoga we will offer the gift of the hope, support and education for children in remote areas.

We will visit some of the most scenic locations of this rich and majestic center of spirituality and yoga. This is a opportunity to take your practice out into the world while living your yoga at the altitudes where the gods and goddesses of the yogic pantheon still abide.

#### **Trip Details & Itinerary:**

Cost: \$2800 per person - includes porter fees, all lodging, transportation, yoga/meditation and at least one to two meals per day. Does not include air fair (approximately \$1200- \$1400).

#### **Getting There & Back**

Participants must arrive in Kathmandu by April 15 therefore must arrange to leave the U.S. by April 13. Individuals will meet up with the group and be escorted to lodging and accommodations (Day 1 in itinerary). The first full day April 16 will be spent in Kathmandu (Day 2 in itinerary). First trek begins on April 17 (Day 3 in itinerary). Last day of journey is April 27 (Day 13 in itinerary)

#### **Day 1: Kathmandu Arrival**

Kathmandu can bring about culture shock. You will be captured by the city's mystical thrall of temples, music, buzzing traffic and shopping. Upon arrival, you will be picked up at the airport and taken to the hotel at Thamel, Kathmandu.

Within walking distance of the hotel, is Hanuman Dhoka Durbar a vast series of temples which stretches over 5 acres where you can buy necessary gear and supplies. Everything for your journey is available from sleeping bags to granola bars including school supply items for purchase to pass along to the village children. After shopping we will meet for a traditional delicious Thakali Khana Nepali dinner. Dinner and hotel accommodations are included in the package.





### Day 2: Kathmandu Sightseeing

We will meet for breakfast at 7am. After, we will spend the day exploring and encountering the people, culture and temples of Kathmandu. We will explore Hindu and Buddhist sacred architecture dating back to as early as the 5th century, as well as become acquainted with the magnificent gods and goddess of South Asian culture. We will visit the Boudhanath Stupa after breakfast. First built in 600 AD; it is a powerful Tantric pilgrimage site that will give some insight about the merger of Hindu and Buddhist culture and religion. The Stupa is said to be the embodiment of the Buddha and is believed to fulfill earnest wishes to many. Retreatants will also have the opportunity to participate in a traditional cleansing Tibetan smoke offering ceremony at the Stupa.

We will then visit Pashupatinath, the Temple of Shiva, the god of Yoga. There we will visit the Ghats and practice yoga with the babas and yogis in the courtyards surrounding the temple.

Our last stop will be Bhaktapur for an opportunity to witness the Newari culture and their way of living. It is a fascinating place to visit and we will enjoy some of the local cuisine.

Your breakfast, dinner and hotel accommodations are included in the package, but not lunch, snacks, drinks and museum fees.

### Day 3: Kathmandu to Jalbire to Chandibhanjang | 4-5 Hour Trek

We will meet for breakfast at 6am. After breakfast we will head to Jalbire along the Trishule River. It is about 100km south from Kathmandu and takes about 3 hrs by bus. You will witness breathtaking scenery right after we depart Kathmandu. The mountainous landscapes in the middle part of Nepal are home to many different villages with different faces. Once we arrive in Jalbire, we will stretch our legs, enjoy a light lunch and start our first day of trekking. By the end of the day we will arrive at Chandibhanjang. We will dine there that night and spend the night in this hilly village among local people in mud houses. All three meals, bus travel and lodging are included, snacks and drinks are not included.

### Day 4: Chandibhanjang to Gadi 2150m | 6-7 Hour Trek

We will convene for yoga at 6am and then meet at 7am for breakfast. We will then tour a local secondary school, and around 9am we will start our day long trek to Gadi. Along the way we will encounter some native people, beautiful hills, and maybe some exotic birds and monkeys. After 3 or 4 hrs walk we will stop by at village to eat our lunch, locally prepared. We will catch a breath and head to our final destination Gadi (2150m). Once we arrive at Gadi,

we may have an opportunity to see a cultural program. We will eat our Dal Bhaat and Tarakari, a local dinner, and finish the day. All three meals and local lodging are included.

### Day 5: Gadi to Chitwan National Park | 4-5 Hour Trek

We will meet for yoga again at 6am breakfast at 7am and then visit a local elementary school in the morning. Then we will head down the last hill of Chitwan to reach Shaktikhor by midday. We will walk along a stream, passing through a Parza settlement. After four hours, we will take a break at Shaktikhor and eat our Parza style lunch. Shaktikhor is at the very southern part of Nepal. This region borders to Northern India, so we will begin to see Tharu and Indian settlements here. Our final destination for the day is Shauraha or Chitwan National Park. We will take a bus from Shaktikhor to Shauraha and spend the night at Chitwan National Park. Here you will find some western style restaurants and pubs, and you will be on your own for dinner. Choose the meal that you like and just relax. Breakfast, lunch and guest house lodging included.

### Day 6: Day In Chitwan National Park

The highlight of Day 6 is a two hour elephant ride through the jungle and cultural dance program at the evening by local people. Meals will be provided.

### Day 7: Chitwan to Pokhara to Tikhe Dhunga | 6 Hour Bus Ride Plus 3 Hour Trek

We meet at 6am for yoga and have breakfast at 7am. After the breakfast we will catch a bus to

Pokhara. It is one of the most beautiful places in Nepal where many trekking routes begin. On a clear day, one can see the entire western Himalaya range from here. We will see some beautiful landscapes of the western part of Nepal during our bus ride. We will stop for lunch and then arrive at Pokhara by the mid day. We will start our trek from Naya Pul (New bridge), and trek to Tikhe Dhunga (1495m/4905ft) It will be a good walk after a long bus ride. All three meals, bus travel and lodging included, but not snacks and drinks.

### Day 8: Tirkhe Dhunga to Ghorepani 2850m | 5-6 Hour Trek

On day 8, we will practice yoga and meditation in the morning and then enjoy a more leisurely walk through rhododendron and oak forests and across streams before making a short, final climb to Nangethanti. We will see some old Magar and Gurung settlements along the way. From Nangethanti we head up to Ghorepani (2850m), it is a pleasant walk. Weather is perfect during this time of the year. All three meals and local lodging included.





### **Day 9: Ghorepani to Poon Hill to Tadapani | 2520m**

An early start and an hour hiking to Poon Hill (3195m) leads us to a brilliant spectacle: the vantage point provides an unobstructed view of sunrise over the high Himalayas.

After spending about an hour practicing meditation on the hillside, we come back to Ghorepani, have a hot breakfast, and start walking to Tadapani. From Ghorepani the trail climbs along ridges and through pine and rhododendron forests to Deurali (2960m). We descend to reach Banthanti, before winding our way to Tadapani (2540m). All three meals and local lodging are included.

### **Day 10: Tadapani to Ghandruk**

We practice morning yoga at 6am and will take a journey on a downhill descent and observing a cornucopia of breath-taking views of the Annapurna Mountain. We will then take a somewhat-steep drop at Kimche (1630m) where we will rest for a moment before pressing on to Chane. Next, we walk along a flag-filled path which slides through the Gurung-inhabited village of Ghandrung. We will visit the Annapurna conservation office and museum, as well as take time to explore the village.

### **Day 11: Ghandruk to Pokhara**

Our last day of trekking takes us through the village of Pothana (2110m) before reaching Nayapul (950m). On arrival in Nayapul, mid Day, our bus meets us before driving to Pokhara where our trek ends. We will spend the night in Pokhara a modern well populated city. We will be on our own for dinner this night

which will give us an opportunity to take a small break from the group and enjoy a little quiet time. This marks the end of our trek. We will head to Kathmandu the following morning. Breakfast, lunch and bus travel included.

### **Day 12: A Day In Pokhara**

Morning yoga. The rest of this day is yours to explore this majestic city.

### **Day 13: Pokhara to Kathmandu**

We will meet one last time for morning yoga at 7am and then have breakfast. Afterwards we will catch a bus from Pokhara to Ktm. The last stop for today will be Patan Durbar Square. Here we visit a museum that will offer insight into how people lived in Kathmandu in the past. We will end our day with dinner in Patan. You will be on your own from this point; you can choose to hang out in Kathmandu for a few more days or fly back home.

### **Note:**

Yoga Ascent Nepal is a rigorous trekking experience through remote locations in rural areas. The trek will include walking for at least 5 hours a day up and down moderate to difficult terrain. All applicants must be in good physical health and should be able to run a 5k before considering this retreat.

**For additional information and details related to international travel please see FAQ sheet @ [yogani.com](mailto:yogani.com)**



**John Allen Gibel** was first introduced to the marvelous feats of Indian Yogis by reading about them in the Time Life Mysteries of the Unknown book series when he was 10

years old. Since that time he has formally studied traditional styles of Hatha Yoga and postural yoga in several lineages, focusing primarily on the Ash-tanga Vinyasa tradition. John Allen has studied diverse lineages of Yoga practice as well as Buddhist meditation techniques during retreat in the Himalayas with the renown meditation master Yogi Acharya Lama Gursam. It is through the kindness of his teachers Lamchen Gyalpo Rinpoche, Chenga Rinpoche, Ani K.D. Palmo, Drupon Thinley Ningpo, Manju Jois, and Kino MacGregor that he has had the honor to share these Yoga systems. Following the direct inspiration of his teachers he also leads small group yoga retreats and contemplative meditation workshops in wilderness based settings, for it is within these conditions that deeply transformative realization is most likely to occur.



**Annie Okerlin**, founder of Yogani Studios and the Exalted Warrior Foundation, began practicing yoga in 1996. Intent on deepening her practice, Annie attended

Bikram Yoga Training in 1999 and within three weeks she knew teaching yoga was her life's passion. Yogani Studios opened in 1999 as a small one room studio. Since that time, Annie's energy and compassion have led her to expand Yogani into a thriving community for yogis and yoga teachers in Tampa.

In 2005, Annie founded the Exalted Warrior Foundation and began a new path of working with wounded veterans. Through EWF, Annie teaches yoga to wounded populations throughout military and Veterans hospitals. Annie and EWF support nationwide programs assisting the re-integration of the wounded back into civilian life, and have begun documenting best-practices to present in teacher training programs.



**Rupendra Karmacharya** Born and raised in Chitwan province, Nepal, is an ecologist and explorer, and is an official within the Nepal Birdwatch Society. He is a major figure in

the eco-tourism movement in Nepal. Rupendra is an expert in the local tribal culture of Nepal's countryside. He is also the president of Books4Nepal, a non-profit organization which provides education supplies and lunch for schools in remote hillside of Chitwan. Visit his blog <http://ranichari.blogspot.com> for more information about his ecological and educational initiatives. One of his co-workers in Books4Nepal has stated that he is one of the only people that he has ever seen completely transform a rural community single-handedly. He is also working together with the Tampa based non-profit organization Global Action Coalition on other humanitarian projects in Nepal. It is a great privilege to have someone of his knowledge and passion as our personal guide through rural Nepal.

