

# **A Day For Body, Mind & Soul | Duration: 1 Day Days | Cost: \$75**

Immerse yourself in this Yoga experience, a mindfulness meditation practices will bring you closer to living within the present moment with a calm, tranquil and joyful peace of mind. We will luxuriate in Ayurveda treatment, yoga asanas, pranayamas and meditation. It's a great day to spend for your Mind Body and soul. You will be picked up in the morning from Hotel where our transport will take you to our Ashram for about 20 minutes drive. We will spend the whole day to all this lesson and back to hotel late afternoon. Vegetarian Lunch will be served in the middle of day. Note: On-Demand experience.

## **At a Glance:**

- **Tour code:** DBMS004
- **Style:** Day Tour
- **Grading:** ▲▲▲▲▲
- **Suitable for:** Everyone
- **Duration:** 1 Day
- **Start in:** Kathmandu |Hotel
- **End in:** Kathmandu |Hotel
- **Transport:** Private
- **Price:** 75

## **Highlights of the tour:**

- Practice of ayurveda treatment, yoga asanas, pranayamas and meditation
- A lesson to live your life
- Find the tranquility into mind
- Create balance in your Life
- Physical,emotional and spiritual well beings

## **What's Included:**

- Round trip private transfer
- A lesson by a experienced Guru
- Lunch
- Dinner & Breakfast if longer than day trip

## **What's Not Included:**

- Drinks

### **Trekking Team Group Pvt. Ltd.**

Thamel, Chaksibarimarg, Kathmandu, Nepal

(+)977 9851075681 (24Hrs)

(+)977 1 4227506

info@trekkingteamgroup.com

trekkingteam