

■ 14-Day Women's Transformative Retreat in Nepal ■

Kathmandu → Pokhara → Muktinath → Kusma → Astam → Sarangkot → Yoga Retreat

Dates: 31st October – 12th November 2025

Presented by **Reconnection Tours**

www.reconnectiontours.com.au

■ Retreat Overview

Step into the sacred lands of Nepal for a women-only journey of renewal. From ancient temples in Kathmandu to the high mountain pilgrimage of Muktinath, from clifftop sunsets in Kusma to peaceful village life in Astam — this retreat weaves together culture, yoga, and soul connection.

■ Daily Flow

Days 1–2 | 31 Oct – 1 Nov | Kathmandu Arrival & Sacred Sights

Arrive in Kathmandu, settle into boutique accommodation. Explore Pashupatinath Temple and Boudhanath Stupa with guided reflection. Evening women's circle & intention setting.

Days 3–4 | 2 – 3 Nov | Journey to Pokhara

Overland jeep through valleys, rivers, and rural villages. One night in Pokhara to rest. Full day exploring Pokhara Lakeside with lakeside walk, optional boat ride, and sunset yoga.

Days 5–8 | 4 – 7 Nov | Pilgrimage to Muktinath

Jeep journey up the Kali Gandaki valley, staying in mountain villages en route. Visit Kagbeni & Marpha, then arrive at Muktinath Temple (3,800m) for ritual purification at the 108 sacred waters, women's circle, and offerings.

Day 9 | 8 Nov | The Cliff at Kusma

Travel by jeep to Kusma and stay at The Cliff Resort. Sunset ceremony overlooking dramatic gorges.

Day 10 | 9 Nov | Astam Village Homestay

Journey to Astam, a peaceful hillside village. Homestay with local families: organic food, cultural exchange, and evening circle under the stars.

Day 11 | 10 Nov | Paragliding at Sarangkot

Drive to Sarangkot for sunrise views over the Annapurna range. Optional tandem paragliding. Free time in Pokhara for rest, shopping, or massage.

Days 12–14 | 11 – 12 Nov | Yoga & Closing Retreat

Settle into a serene retreat lodge near Pokhara for 3 days of yoga, meditation, and women's practices. Daily rhythm includes sunrise meditation, yoga flows, workshops, and evening restorative practices. Closing circle on the final evening.

■ What's Included

- 13 nights accommodation (boutique hotels, homestays, retreat lodge, mountain teahouses, clifftop resort)
- All ground transport in private jeeps with trusted local drivers
- Daily yoga, meditation, and women's circles
- Guided visits to sacred sites & cultural immersion
- Meals as noted (blend of homestay cooking, retreat meals & local restaurants)
- All permits & entry fees for temples and heritage sites

■ Why Join?

This retreat is crafted for women who seek more than travel — it is an invitation to pause, to immerse in sacred landscapes, and to rediscover your own inner rhythm. With yoga, ritual, and the shared strength of women's circles, this 14-day journey offers renewal for body, mind, and spirit.

■ Limited spaces available

■ Starts in Kathmandu (31 Oct) | Ends in Pokhara (12 Nov)