

Day Yoga Package



We have a special day package for those who don't have time to stay package with us.

Outline Itinerary (1 Days)

Day 1 : Day Schedule

06:30 - 07:00 am – Jala Neti (Nasal Cleansing) and Herbal Tea

07:00 - 08:45 am – Bhakti Yoga (Prayer/ Chants), Warm up exercise, Suryanamaskar, Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra)

9:00 - 10:00 am – Breakfast and Herbal Tea

11:00 - 01:00 pm – Ayurvedic Massage, Helping & Cooking in Kitchen, and Self Study

01:00 - 02:00 pm – Lunch and Herbal Tea

02:30 – 05:30 pm – Sound Healing & Self Exploration

05:30 - 05:45 pm – Herbal Tea

05:45 - 07:00 pm – Bhakti Yoga (Prayer/Chants), Spinal Asana/ Suryanamaskar, Yoga-nidra, Mudra, Dhyana Yoga (Meditation)



HIMALAYAN
SOCIAL JOURNEY

Include / Exclude

- Hotel pick-up and drop-off
- Breakfast and Lunch with Herbal Tea
- Ayurvedic Massage
- Personal Expenses
- Extra meals



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

Our Contact

House No 244, Buddha Tole Marg, Kumari Club, Shorakhutte

reservation@hsj.com.np

+977-01-4952211, +977-9865452271 (Whats app)