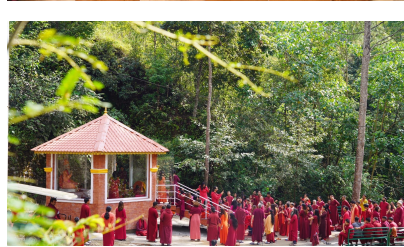


OVERNIGHT AT OSHO TAPOBAN



Highlights

- Rejuvenate body and mind with an overnight wellness retreat at Osho Tapoban.
- Embrace the tranquility of the space, away from hectic everyday life.
- Take part in workshops for yoga, meditation, and other types of therapy.
- Find inner peace in being in the care of nature.

Overview

Overnight at Osho Tapoban is an exclusive trip for those who are looking for a meditation retreat and wants to find inner peace. Osho Tapoban is about 5 kilometers away from the Balaju. Osho Tapoban is a thriving spiritual community, which hosts people from more than ninety countries every year. The commune lies in the forest of the Nagarjun hills. Osho tapoban is a sanctuary who wants to be at their own appraisal and wants to be away from the materialistic world. Furthermore, you can explore the delights of nature. Also while being in the nature, admire the affluent gifts of Mother Nature.

Partake in the daily meditations, satsang, yoga, prabachan and many more activities while you are in Osho Tapoban. Likewise the commune offers various courses on yoga, meditation, psychotherapies and alternate healing as designed by Osho. Therefore, you can treat yourself with these. The daily activities is all related with finding inner peace and being in the care of nature. You may sign up for overnight at Osho Tapoban as a relaxing treat after your hard trek or tours in Nepal. An overnight trip will definitely heal your mind and soul and relaxed your tired body. Come and join Himalayan Social Journey in this spiritual healing vacation. If you want to change in this program please feel free to contact us. We will work out as per according to your suggestion.

Outline Itinerary (Days)

Day 1 :

Drive to Tapoban. Evening meditation and place visit. Overnight at tapoban

Day 2 :

Early morning meditation and yoga. In the afternoon Listen to a prabachan, meditation, place visit, and back to themel at about 3pm



Include / Exclude

- One night accommodation at Tapoban (Twin sharing basis)
- Three meals
- Yoga and Meditation
- Bar bills
- Personal Equipment and clothing
- Any other items not mentioned in included sector



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)