

Himalayan Luxury Retreat: An Inner Journey Amidst the Peaks of Mustang

Location: Resort Thasang Village, Bhurjunkt-2, Kobang, Mustang, Nepal **Organizer:** Jivan Parivartan, Goldhunga-5, Kathmandu, Nepal

Discover the Silence of the Soul



Escape the clamor of daily life and journey to a place of profound peace and majestic beauty. Nestled between the towering peaks of the Dhaulagiri and Nilgiri Himalayas, the **Himalayan Luxury Retreat** is more than a getaway; it is a pilgrimage to your inner self.

Organized by Jivan Parivartan, this exclusive 4-day, 3-night program is designed to guide you into a state of deep tranquility, inspired by the teachings of **Maa Nisha Kabir**, who has guided countless individuals to experience the profound silence of the Himalayas. Here, with the sacred Kali Gandaki river flowing below and the snow-capped giants watching over you, you will rediscover your center, heal your spirit, and rejuvenate your body.

The Experience: What Awaits You

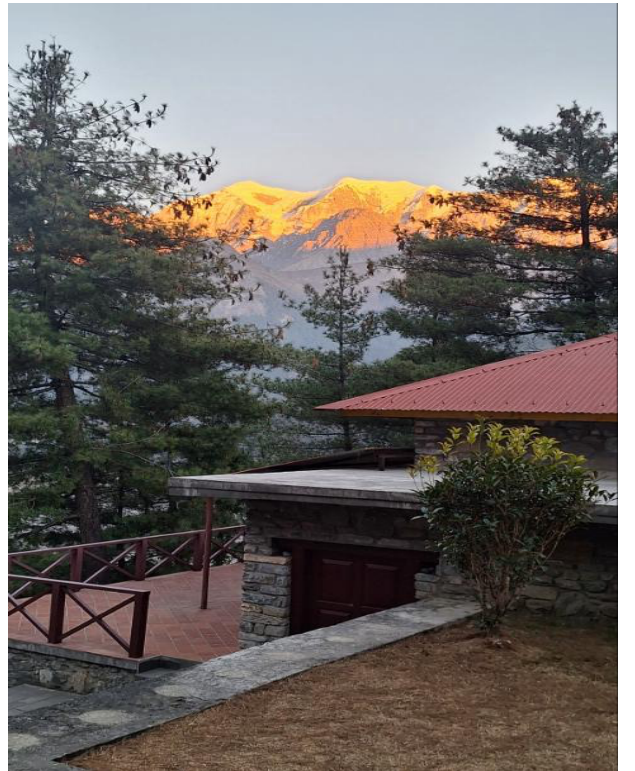
Our retreat is a carefully curated blend of ancient practices and serene luxury, designed to harmonize your mind, body, and soul.

- **Embrace Himalayan Silence:** The core of our retreat is the practice of silence (Mauna). We will guide you beyond the external noise to connect with the deep, restorative silence that the Himalayas offer, allowing for mental clarity and profound self-discovery.
- **Himalayan Yoga & Dynamic Meditation:** Greet the sunrise with specialized Himalayan Yoga sessions designed to warm the body and build resilience in the cool mountain climate. Engage in powerful dynamic meditations to release stagnant energy and emotions, leading to a state of blissful awareness.
- **Meditation in Sacred Nature:** Journey beyond the confines of a room. We will guide you on mindful hikes to meditate in sacred Himalayan caves, beside cascading waterfalls, within quiet forests, and on the banks of the ancient Kali Gandaki river. You will also have the unique opportunity to practice meditation in the tranquility of our apple garden.
- **Vibrational Sound Healing:** Immerse yourself in the healing frequencies of group sound meditations. Using Himalayan singing bowls and other therapeutic instruments, these sessions help dissolve stress, balance your energy centers, and allow you to explore the silence of the Himalayas on a cellular level.
- **Authentic Cultural Immersion:** Experience the heart of Himalayan culture with a special evening program. Enjoy live, traditional music and dance that showcases the vibrant lifestyle and rich heritage of the Mustang region.

Our Sanctuary: Facilities & Amenities

Your comfort is our priority. Our location and facilities are chosen to provide a perfect environment for relaxation and reflection.

- **A Location Like No Other:** Resort Thasang Village is uniquely situated between the majestic Dhaulagiri and Nilgiri mountain ranges, offering breathtaking 360-degree panoramic views that automatically soothe the mind and release stress.
- **Handcrafted Meditation Hall:** Our beautiful meditation hall, built by local artisans from stone and wood, provides a sacred and serene space for our indoor sessions.
- **Cozy & Warm Accommodations:** Retire to comfortable and cozy rooms equipped with hot water and heating, ensuring a warm and restful stay in the Himalayan environment.
- **Himalayan Cuisine:** Nourish your body with delicious, hygienic, and locally sourced Nepali Himalayan food. Our menu is primarily vegetarian, designed to be both healthy and flavorful.
- **Wellness & Relaxation:**
 - **Therapeutic Oil Massage:** Indulge in a relaxing oil massage to release physical tension and deepen your state of calm.
 - **Ofuro (Japanese Hot Tub):** Experience the ultimate relaxation by soaking in our Ofuro bathtub, allowing the warm water to melt away your worries while you gaze at the mountains.



Detailed Program Schedule (4 Days / 3 Nights)

This is a tentative schedule designed to provide a balanced and immersive experience. The flow may be adjusted based on weather conditions and the group's energy.

Day 1: Friday – Arrival & Grounding

- **4:00 PM - 4:30 PM | Arrival & Herbal Welcome** Settle into your cozy room and be greeted with a warm, detoxifying Himalayan herbal tea, specially prepared to help you acclimate and transition into a state of peace.
- **4:30 PM - 5:30 PM | Himalayan Singing Bowl Healing** Begin your journey with a session of vibrational healing. The pure, resonant tones of Himalayan singing bowls will wash over you, calming the nervous system and clearing mental chatter.
- **5:30 PM - 7:30 PM | Personal Rejuvenation Time** Unwind at your own pace. You may choose to enjoy a pre-booked therapeutic oil massage, soak in the Ofuro hot tub, or simply find a quiet corner to read and reflect on the majestic views.
- **7:30 PM - 8:30 PM | Nourishing Community Dinner** Enjoy a delicious and healthy dinner prepared with fresh, local Himalayan ingredients, designed to nourish your body and soul.
- **8:45 PM - 9:30 PM | Restorative Sleep Session: Yoga Nidra** End your day with a guided Yoga Nidra session. This "yogic sleep" is a powerful meditation technique that induces deep relaxation to prepare you for a profoundly restful night.

Day 2: Saturday – Deep Dive & Rejuvenation

- **7:00 AM - 8:30 AM | Sunrise Yoga & Morning Meditation** Greet the day with a dynamic Himalayan Yoga flow to awaken and warm the body, followed by a guided meditation to set a positive intention, all while basking in the golden light hitting the Nilgiri peaks.
- **8:30 AM - 9:30 AM | Wholesome Breakfast** Replenish your energy with a nutritious breakfast, offering a variety of healthy, local options.
- **10:00 AM - 11:30 AM | Dynamic Meditation** Explore an active meditation to release pent-up energy and emotions through movement and breath, leading to a state of silent, blissful awareness.
- **12:00 PM - 1:00 PM | Immersive Sound Bath** Experience a full-body immersion in sound. In this session, you will be surrounded by the powerful vibrations of multiple singing bowls, creating a "sound bath" that promotes deep healing and cellular rejuvenation.
- **1:00 PM - 2:00 PM | Local Himalayan Lunch** Enjoy a balanced and delicious lunch made from fresh, local produce.
- **2:00 PM - 5:00 PM | Afternoon Leisure & Spa Therapies** The afternoon is yours to enjoy. This is another opportunity for spa treatments, meditating in the apple garden, journaling, or simply relaxing and taking in the stunning views of the Mustang landscape.
- **5:00 PM - 6:00 PM | Sunset Pranayama & Reflection** As the sun begins to set behind the mountains, join us for a session focused on Pranayama (yogic breathing techniques) to balance your energy, followed by a quiet period for personal reflection.
- **7:30 PM - 8:30 PM | Community Dinner** Share a nourishing meal and connect with fellow participants on your journey.

Day 3: Sunday – Nature Immersion & Cultural Connection

- **7:30 AM - 8:30 AM | Mindful Movement Yoga** Prepare your body and mind for our nature excursion with a gentle yet energizing yoga practice.

- **8:30 AM - 9:30 AM | Hearty Breakfast**
- **10:00 AM - 3:00 PM | Sacred Hike & Cave Meditation** Embark on a guided, mindful hike into the Himalayan landscape. We will journey to a sacred cave for a profound silence meditation, connecting with the ancient energy of the mountains. The hike will include mindful moments by a waterfall or the Kali Gandaki river. A light, packed lunch will be enjoyed amidst nature.
- **3:00 PM - 7:00 PM | Rest & Relaxation** Return to the resort for well-deserved rest. This is an ideal time for an oil massage or a warm soak in the Ofuro.
- **7:30 PM - 8:30 PM | Celebratory Dinner**
- **8:45 PM onwards | Himalayan Cultural Evening** Immerse yourself in the local culture with a 1-hour program of live traditional music and dance, offering a beautiful window into the soul of the Himalayas.

Day 4: Monday – Integration & Departure

- **7:30 AM - 8:30 AM | Gentle Yoga & Gratitude Meditation** Our final session focuses on gentle stretches and a heart-centered gratitude meditation, helping you integrate the benefits of the retreat and carry a sense of peace forward.
- **8:30 AM - 9:30 AM | Farewell Breakfast** Enjoy one last nourishing meal with the new friends and connections you've made.
- **10:00 AM - 11:00 AM | Closing Circle & Sharing** We will gather one last time to share our experiences and insights in a supportive and open environment, officially closing our sacred retreat space.
- **11:00 AM onwards | Departure** Check out at your leisure, leaving refreshed, renewed, and with a deeper connection to yourself and the profound silence of the Himalayas.



