

# Nagarjun Resort Retreat: Your Sanctuary for Wellness & Transformation in Kathmandu

**Venue:** Nagarjun Resort, Kathmandu, Nepal **Organizer:** Jivan Parivartan

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## Escape, Rejuvenate, and Transform



Discover a sanctuary of peace nestled in the serene hills surrounding Kathmandu. The **Nagarjun Resort Retreat** is a premier wellness experience, thoughtfully curated to guide you on a journey of profound rest and self-discovery. This is your invitation to immerse yourself in a holistic environment that blends ancient healing traditions with the comfort of a luxury resort.

Whether you seek a single day of deep relaxation, a multi-day journey of transformation, or professional training in the healing arts, our programs are designed to restore your balance, rejuvenate your spirit, and empower you with the tools for lasting well-being.

## About the Organizer: Jivan Parivartan

**Jivan Parivartan** ("Life Transformation") is one of Nepal's leading wellness organizations, dedicated to fostering holistic health and personal growth. Founded on the principle that true well-being comes from harmonizing mind, body, and spirit, Jivan Parivartan specializes in authentic, traditional healing modalities. Our team of experienced masters and practitioners are experts in Yoga, Meditation, Reiki, and the sacred art of Himalayan Sound Healing. We are

committed to creating supportive, transformative experiences that honor ancient wisdom while meeting the needs of the modern individual.

## **About the Venue: Nagarjun Resort**

Perched on the tranquil outskirts of Kathmandu and bordering the lush, protected forests of Nagarjun National Park, **Nagarjun Resort** is an oasis of calm and luxury. The resort is intentionally designed to be a peaceful escape, offering breathtaking panoramic views of the surrounding hills and glimpses of the majestic Himalayas. With its state-of-the-art spa facilities, comfortable accommodations, and serene natural setting, Nagarjun Resort provides the perfect backdrop for healing and introspection—a place where you can feel a world away from the city's hustle while remaining conveniently accessible.

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## **Our Programs: Choose Your Path to Wellness**

We offer a range of experiences, from flexible wellness retreats to in-depth certification courses.

### **A. The Holistic Wellness Retreats**

This is our signature offering, perfect for anyone looking to relax, de-stress, and recharge. This retreat is a flexible, all-inclusive experience combining a wide array of therapeutic and recreational activities.

#### **Core Activities & Inclusions:**

- **Daily Yoga & Meditation Sessions**
- **Singing Bowl Sound Baths** for deep relaxation.
- **Full Spa & Wellness Access**, including Sauna, Steam, Jacuzzi, and Swimming Pool.
- **Therapeutic Massage** sessions included in multi-day packages.
- **Nature Immersion** (for stays of 3+ days), including guided nature walks, sunrise/sunset viewing, and short treks.
- **Serene Evening Gatherings** with music or community sharing circles.
- **Nourishing Meals** (breakfast, lunch, and dinner).

#### **Available Durations:**

We offer flexible durations to fit your schedule. Each day promises a new and enriching experience.

- **1-Day Rejuvenation Pass (Morning to Evening)**
- **24-Hour Immersion (1 Night / 1 Day)**
- **3-Day / 2-Night Deep Dive**

- **5-Day / 4-Night Transformation**
- **7-Day / 6-Night Complete Reset**

**\*For details on inclusions and investment for our Holistic Wellness Retreats, please inquire.**

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## **B. Specialized Training & Certification Courses**

For those who wish to deepen their practice or become a certified practitioner, we offer dedicated training programs led by experienced masters.

### **1. Sound Healing & Singing Bowl Therapy Training**

Learn the ancient art and modern science of sound healing. Go beyond receiving a sound bath to becoming the one who can facilitate healing for yourself and others.

- **3-Day Foundational Training**
- **5-Day Advanced Training**

### **2. Reiki Healing Certification**

Learn to channel universal life force energy for healing, stress reduction, and spiritual growth. We offer certification for all levels.

- **Reiki Level 1 (1 Day)**
- **Reiki Level 2 (2 Days)**
- **Reiki Level 3 - Master Level (3 Days)**

### **3. Immersive Yoga Programs**

For dedicated practitioners seeking to deepen their understanding and practice of yoga in a focused, retreat-style environment.

- **7-Day Thematic Yoga Retreat**
- **30-Day Intensive Yoga Training**

**\*For course curriculum, schedules, and investment for all Training & Certification Programs, please inquire.**

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## **Begin Your Journey Today**

Ready to invest in your well-being? We invite you to join us at the Nagarjun Resort Retreat.

For a detailed consultation about which program is right for you, and for all booking information, please contact us directly.

- **Website:** [www.jivanparivartan.com](http://www.jivanparivartan.com)
- **Contact/WhatsApp:** +977 9818514837, +977 9863049261

We look forward to welcoming you to a transformative experience.

