

YAMA

YOGA . ARTS . MOVEMENT . ADVENTURE



Wildlife Safari | Yoga | Trekking | Nature | Breathwork | Culture

NEPAL

Poon Hill To
Chitwan



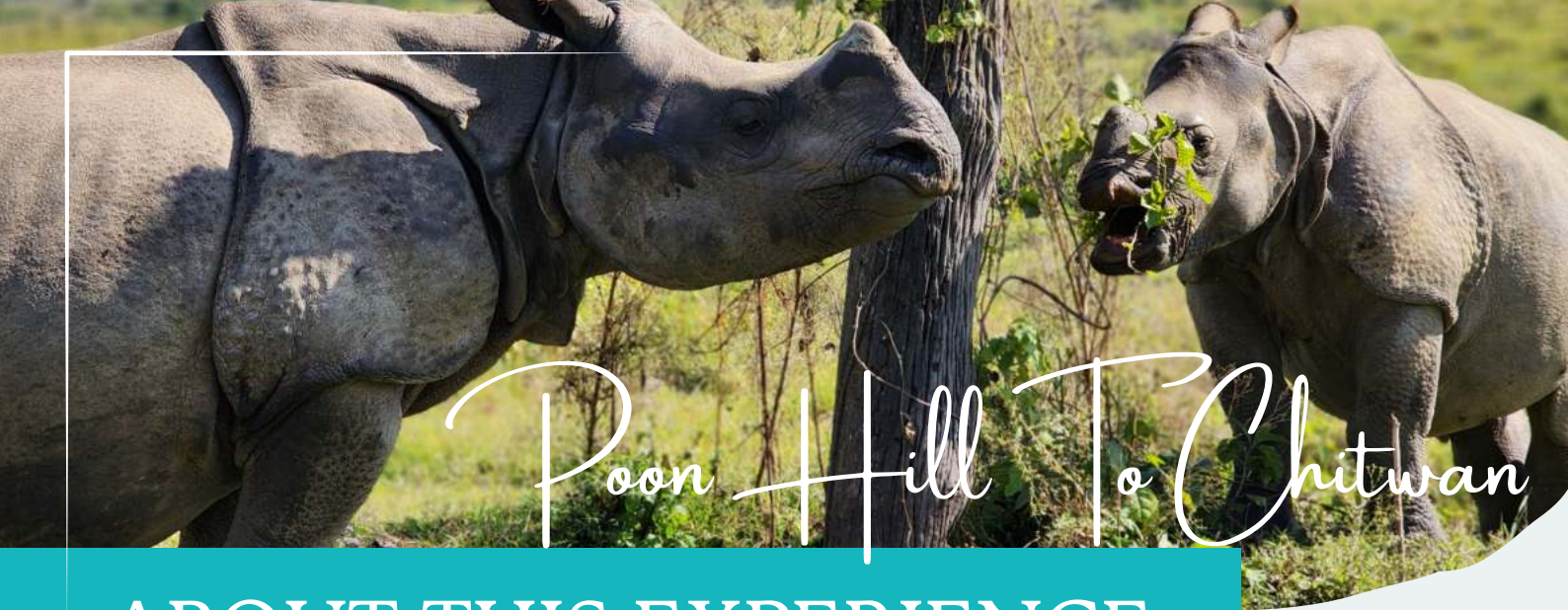
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Poon Hill To Chitwan

ABOUT THIS EXPERIENCE

Are you ready for a life-changing adventure?

From sacred mountains to steamy jungles, this is Nepal like you've never experienced it. This 13-day journey blends mindful movement, trekking, and wild adventure. Hike 38km through the breathtaking Annapurna region, soak in natural hot springs, and witness sunrise views over snow-capped peaks. Our local guides and experienced yoga teachers lead a beginner-friendly five-day trek, with plenty of rest and support. Daily yoga, breathwork, and meditation sessions adapt to the group, catering to your needs whether you crave strength, play, or deep relaxation.

After the trek, we head to the lush jungles of Chitwan National Park for a wildlife safari by canoe, jeep, and foot, with the chance to spot rhinos, elephants, and even tigers. Let us take care of the details while you immerse yourself in nature, form new friendships, and embark on a journey that's equal parts adventure and soul.

Why Join YAMA in Nepal?

This journey isn't about how far you go; it's about how deeply you feel. Let Nepal awaken your senses and ground your soul as you:

- Trek 38km through mountain trails, forest paths, and terraced hillsides guided by local experts and supported every step of the way.
- Practice yoga, meditation, and breathwork daily, with optional sessions tailored to the group's energy, ranging from strength and play to deep release.
- Soak tired legs in natural hot springs, watch sunrises over the Annapurna range, and breathe in crisp Himalayan air.
- Safari into the jungles of Chitwan National Park, spotting rhinos, elephants, and if you're lucky, even tigers.
- Laugh, share, and connect with new friends who quickly feel like family.

This is your invitation to reset, recharge, and rise.



Poon Hill To Chitwan

Trekking Map





Trip Highlights

Offerings: Yoga, breathwork, meditation, stretching, conditioning, primal movement, and a rebirthing breathwork session.

City Comfort: 5 nights in Kathmandu & Pokhara.

Chitwan: 3-night hotel stay

Mountain Experience: 5-day trek to Poon Hill (3,210m), led by local expert guides.

Hot Springs: Natural hot springs at Jhinu Danda.

Chitwan National Park: Guided Jungle safari by jeep, canoe & bird watching.

Local Foods: Daily meals prepared with locally sourced ingredients.

Cultural Night: Traditional Nepalese dance performance.

Accommodation

- 2 Nights in Kathmandu & 3 nights in Pokhara hotels
- 3 Nights in Chitwan Hotel
- Twin-share rooms in Nepalese mountain teahouses.

Private rooms are available at an extra cost.



Inclusions:

- ✓ 12 nights twin-share accommodation
- ✓ Domestic flight Kathmandu ↔ Pokhara
- ✓ Daily yoga, breathwork & meditation
- ✓ 3 nourishing meals per day on the trek
- ✓ Cultural performance & dinner
- ✓ Breakfast in Kathmandu & Pokhara
- ✓ 3 nourishing meals per day in Chitwan
- ✓ Airport transfers
- ✓ All transport during the trip
- ✓ Experienced local English-speaking trekking guides
- ✓ Local knowledgeable English-speaking jungle safari guide
- ✓ Porters 10kg per person
- ✓ Warm sleeping bag down bag
- ✓ Permits (TIMS & Annapurna Conservation Entry)
- ✓ First Aid Kits & safety support
- ✓ YAMA magic, community & connection

Exclusions:

- ✗ International flights
- ✗ Nepal entry visa (available on arrival)
- ✗ Personal expenses & snacks
- ✗ Travel insurance (required)
- ✗ Tips for guides & porters
- ✗ Yoga mat & trekking gear
- ✗ Additional activities in Kathmandu/Pokhara

Who Is This Trip For

- Gender-inclusive
- Average age: 20–55
- All you need is a reasonable level of fitness and a sense of fun.

This Trip is For You If:

- You have a basic to moderate fitness level and enjoy a good challenge – no trekking experience needed.
- You're open to personal growth through movement, mindfulness, and nature.
- You love connecting with like-minded, adventurous souls.
- You crave an immersive experience combining hiking, yoga, and culture.
- You're excited by the chance to see wild rhinos and jungle wildlife up close.
- You're into yoga (or curious to try) – all sessions are optional and tailored to the group.

Not Suitable For You If:

- You're unable or unwilling to walk uphill or trek for a few hours a day.
- You prefer ultra-comfy travel with minimal physical activity.
- You're not keen on being in nature, around wildlife, or part of a group.
- You'd rather relax than be challenged mentally or physically.



YOGA, MOVEMENT, BREATHWORK & HIKING

Yoga & Movement: Daily yoga, breathwork, and meditation sessions guided by an experienced teacher. Classes are optional and tailored to the group's energy, interests, and fitness levels—whether you're after dynamic Ashtanga, playful handstands and primal movement, or deeply restorative sessions with rolling, releasing, and breathwork. All practices are designed to support your body through hiking and altitude. Most classes are held outdoors in nature—just bring a light travel mat. Even if you choose not to join the yoga, your experience will still be full, rich, and connected.

Hiking: Hiking on this trip is considered low to medium impact. We average around 10–15 kilometres daily. By day 3, your body will adjust to the longer walks. You don't need to be an experienced hiker; just bring comfortable hiking boots and your love for nature. The scenery along the way is undeniably beautiful.



November & April

WEATHER

We've chosen November & April because these are the best trekking months:

April (Spring Season)

- Lower elevations: 15–25°C (59–77°F)
- High altitude (4100m / ABC): -5 to 5°C (23–41°F)
- Conditions: Dry and mild with blooming rhododendrons and lush greenery. Warm during the day, cold at night. Ideal for trekking with clear mornings and gradual warming throughout the day.

November (Autumn Season)

- Lower elevations: 10–20°C (50–68°F)
- High altitude (4100m / ABC): -10 to 0°C (14–32°F)
- Conditions: Crisp, dry air with crystal-clear mountain views. Warm days and very cold mornings/evenings, especially at higher altitudes.

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You And Me Adventure

ADVENTURE TIME!

Let's Hike High Together
This is a bucket-list experience for the brave-hearted. Those seeking something real, raw, and unforgettable. Whether you're climbing literal mountains or overcoming inner ones, this journey is about personal growth and expansion. It's about community & it's about you.

Are you ready?

WHAT YOU NEED TO KNOW

Once your
Trip is Booked

Now that your trip is booked, let's dive into the nitty-gritty so you feel confident, prepared, and fully supported every step of the way.

WHATSAPP GROUP



- Please download WhatsApp, as it will be our primary method of communication before and during the trip.
- Group opens 3 weeks before the retreat start date.
- Perfect for updates, coordination, and sharing photos post-adventure!

GETTING THERE

- Fly into: Tribhuvan International Airport, Kathmandu (KTM)
- Transfers: Free airport transfers are provided within 2 days of your retreat's start and end dates.
- Driver will meet you at the airport with a sign bearing your name.

 **Note: International flights are not included.**

WHAT TO PACK



PACKING LIST

- Small hiking daypack (water bladder ideal)
- Sunglasses, hat, head-torch
- Gloves & beanie
- T-shirts, shorts, hiking pants
- Mix of light and heavy layers, thermal wear.
- Warm long-sleeve shirt
- Lightweight down jacket (Option to hire in Nepal)
- Rain jacket /wind jacket
- Comfortable hiking boots
- Socks, underwear (can hand wash in tea houses)
- Swimwear (for hot springs)
- Lightweight travel yoga mat
- Microfiber towel & plastic bag for wet clothes
- Lip balm, sunscreen, bug spray, hand sanitiser
- Local currency & photocopy of passport (for TIMS permit)
- Sleeping bag liner
- Camera
- Snacks (optional – mountain snack can be \$\$)

EXTRA TIPS FOR WOMEN

- Bring sufficient sanitary products, as tampons/pads may be hard to find in remote areas.



VISA ON ARRIVAL

- Most nationalities can get a 15, 30, or 90-day visa on arrival.
- Cost:
 - 15 days: US\$30
 - 30 days: US\$50
 - 90 days: US\$125
- Pay in cash only (no cards; accepted currencies listed below).
- Not accepted: Credit cards, Indian or Nepali currency.
- Required: Valid passport, one passport-sized photo with light background.
- Pro Tip: Complete your arrival form online www.nepalimmigration.gov.np within 15 days of arrival to skip long queues.

TRAVEL INSURANCE

- You must provide proof of international travel insurance.
- ABC travellers: Your insurance must include emergency evacuation coverage for high-altitude trekking.
- Submit your insurance with your final trip payment confirmation.



ALTITUDE SICKNESS AWARENESS

Altitude can affect anyone above 2,800m (9,200 ft).
Symptoms: Headache, nausea, fatigue, appetite loss.
Serious risks: HACE or HAPE, which can be fatal.

Tips to avoid sickness:

Hydrate (4L/day), avoid alcohol
Eat small, frequent meals
Walk slowly, avoid overexertion
Inform your guide of any symptoms

**Talk to your doctor about medications
or risks before traveling.**

PACKING FOR PORTERS

Porter allowance: 10kg per person
Over 10kg? You'll need to carry it yourself.
Bring a cloth bag to give porters your gear.
storage for all luggage not needed for the trek is available

TIPPING CULTURE: While our Nepali team is paid fairly, tipping is customary. Suggested \$5–\$10 per day for guides and porters, depending on your experience.



GEAR & RENTALS

Down jackets available to hire – essential for ABC travelers (temps drop dramatically past 3,000m)
Sleeping bags provided (you may bring your own liner)

YAMA TRADITION

If you've seen our [@yamamovement Instagram](https://www.instagram.com/yamamovement), you know we love a bit of dress-up fun!

Because space is limited, we'll keep the dress-up theme simple – bring a funny item or costume you can pack light.



1. INCLUSION

Anyone may be a part of our community. No prerequisites exist for participating as long as you act with integrity, care and respect.

2. SHARING, GIFTING & PLAY

We encourage you to bring your unique gift and share it at this gathering. YAMA is a space to express yourself through what brings you joy. This could be everything and anything from a hugging workshop to music, games, play, arts, singing, creativity, culinary, performance and dance. Shine through sharing. It's great for the soul.

3. SELF EXPRESSION

Radical self-expression is our thang - dressing up in exotic locations and taking epic misfit shots. Be outrageous. The more outrageous, the better. Everyone is free to be whoever they want, as long as it doesn't harm others and the environment. We recommend (glitter-free) recycled or second-hand fashion.

4. SUSTAINABILITY

Leave no trace. Just make memories. We are passionate about the natural world, and as visitors, we have a responsibility to keep it clean. YAMA fam love a beach clean! It's SEXY! When our community gets involved. We are working with Climate Force and Reforest Now to give back to the earth and our feathered, furry and scaly friends.

5. POLITICS FREE ZONE

We believe in creating spaces where people from all walks of life can come together without the weight of political division. Creating a sanctuary for curiosity, connection, and personal evolution—free from debate, dogma, or distraction. In a world of noise, we wish to offer a rare opportunity to tune into yourself, to others, and the natural world, judgment-free and politics-free.

6. LEARNING

Learning should be fun. There are many opportunities to learn on a YAMA experience, whether through community gifting or our professional, fun, and young facilitators. We offer intensive learning traincations retreats, and certifications (trip dependent). All our retreats are unique and offer different opportunities for self-development and growth on a physical and mental level.

7. SELF-RELIANCE

Ensure you have all the necessary items for the entire retreat. For guidance, we will provide a packing list for each experience. So that you dont forget your toothbrush or your passport ;)