

# YAMA

YOGA . ARTS . MOVEMENT . ADVENTURE



Yoga | Trekking | Breathwork | Nature | Culture

# NEPAL

*Annapurna Base Camp*



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## ABOUT THIS EXPERIENCE

### **Are you ready for a life-changing adventure?**

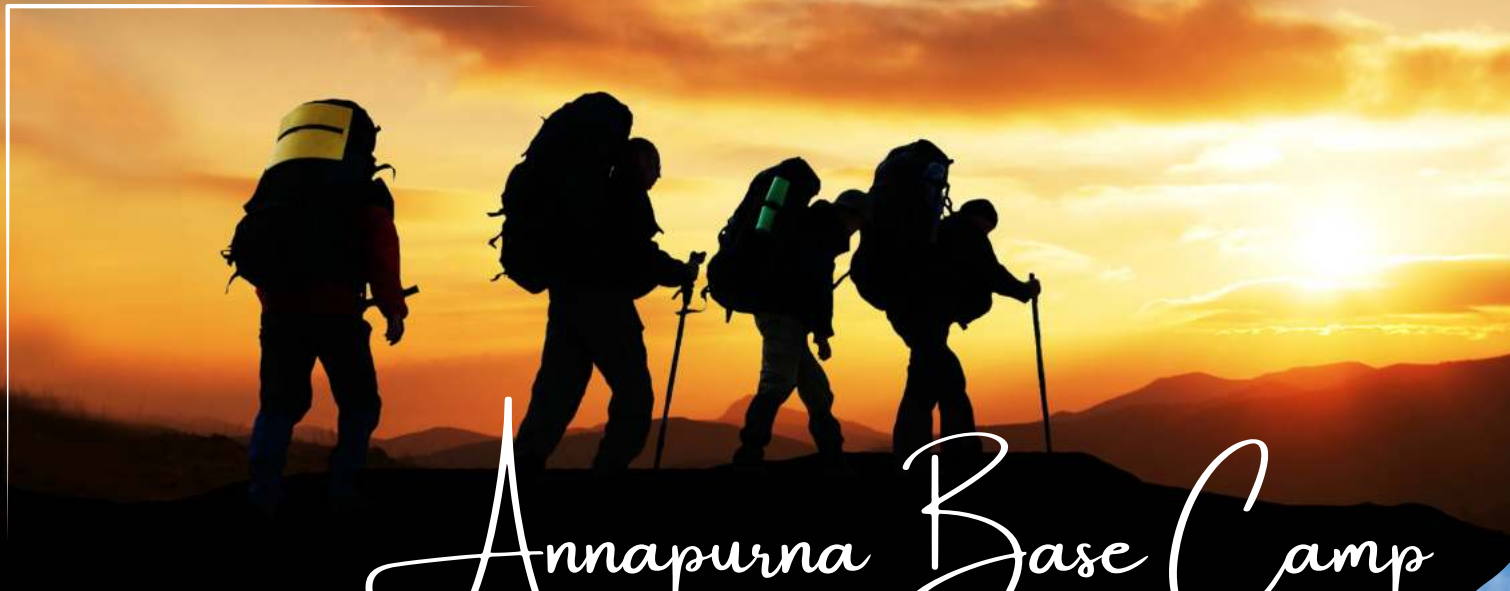
There's a place where mountains kiss the clouds, the earth hums with ancient wisdom, and the people touch your heart, Nepal. This is more than a trek; it's a transformational journey that will test your limits, uplift your soul, and awaken your spirit.

Welcome to the YAMA Annapurna Experience, a journey of inner and outer discovery. We've curated an unforgettable 14-day immersion into the majestic Himalayas, combining trekking, yoga, breathwork, culture, and community. Every step is a step inward, every breath a path to presence.

### **Why Join YAMA in Nepal?**

This journey isn't just about reaching the summit; it's about expanding your mindset, building resilience, and reconnecting with what matters most. Let nature be your teacher as you:

- Hike to 4,100m through lush forests, cascading waterfalls, suspension bridges, charming villages, and majestic snow-capped peaks.
- Practice daily yoga, breathwork, and meditation to ground your body and elevate your awareness.
- Soak in natural hot springs, gather by the fire, and share stories under starlit Himalayan skies.
- Cultural immersion through traditional Nepalese dance, music, and food.
- Build lifelong connections, from strangers to family.



# Annapurna Base Camp

## Trekking Map



# Trip Highlights

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

**City Comfort:** 5 nights in Kathmandu & Pokhara.

**Mountain Experience:** 8-day trek to Annapurna Base Camp (4,100m), led by local expert guides.

**Hot Springs:** Natural hot springs at Jhinu Danda.

**Local Foods:** Daily meals prepared with locally sourced ingredients.

**Cultural Night:** Traditional Nepalese dance performance.

## Accommodation

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

**Private rooms are available at an extra cost.**



# Inclusions:

- ✓ 13 nights twin-share accommodation
- ✓ Domestic flight Pokhara ↔ Kathmandu
- ✓ Daily yoga, breathwork & meditation
- ✓ 3 nourishing meals per day on the trek
- ✓ Cultural performance & dinner
- ✓ Breakfast in Kathmandu & Pokhara
- ✓ Airport transfers
- ✓ All transport during the trip
- ✓ Experienced local English-speaking trekking guides
- ✓ 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:

- Have a moderate level of physical fitness and enjoy being challenged.
- Are seeking personal growth, mental clarity, and deep connection with nature.
- Crave time away from daily life to reconnect, reset, and realign.
- Are open-minded, adventurous, and open to connecting with like-minded community.
- Want to experience yoga and breathwork as tools for inner transformation and increase physical fitness and flexibility.

## Not Suitable For You If:

- Are unfit or unable to walk long distances with elevation gain.
- Prefer a luxury trip focused only on comfort and ease.
- Dislike physical challenges, shared spaces, or being immersed in nature.
- Are not ready to hike high—physically or emotionally.



# 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 will be a medium-high impact. We average at around 10 – 15 km per day and max at an altitude of 4130m. By day 3, your body becomes accustomed to long walks. A moderate level of fitness is required for this experience. It is important to bring comfortable hiking boots and warm clothing.



# 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?**

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# 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](http://www.nepalimmigration.gov.np) within 15 days of arrival to skip long queues.

## TRAVEL INSURANCE

- You must provide proof of international travel insurance.
- ABC travelers: 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](#), 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 ;)