Explore shamanism with shaman/teacher, Bhola Banstola and witness the spiritual practices of other Himalayan tribal shamanic healers in beautiful Nepal!

Autumn is the best time to visit Nepal! Weather permitting we can see the Annapurna Range from Pokhara and Ganesh Himal and other Himalayan ranges from Kathmandu and Bhaktapur. Kathmandu is 1400 meters (4,600 feet) above sea level and Pokhara is 600 meters (1,900 feet) above sea level. The average temperature range is about 67ºF to 77ºF and about 5 degrees cooler at night.

September 24: Arrival in Kathmandu and check in hotel & dinner

Included in the tour:
- Hotel transportation for airport arrival and departure
- 10 dinners in the Hotel Vajra & some of the best restaurants in the town
- 2 lunch during the workshop days
- 1 lunch as a farewell on the last day
- 2 days workshop with Bhola Banstola
- 2 flights to and from Pokhara
- 8 nights in Hotel Vajra on bed and breakfast basis
- 2 nights in Pokhara in Temple Tree resort or Fishtail Lodge
- Visit to three other tribal shamans, interpretation, travel
- Private vehicle to visit the city of Bhaktapur, Kathmandu Palace Square, Pashupatinath, Boudhanath, Swayambhunath, Budhanilakantha & Patan
- Entrance fees to all these sites
- Cultural guide service
- Use of conference hall for meditation any time
- Use of hotel’s library
- All necessary assistance from the time of arrival to the time of departure
- Shamanic medicine bag with sacred healing objects

October 4th: after breakfast drive to the airport

Not included:
- Your flights to and from Kathmandu
- Travel, Emergency, Health, Baggage or Cancellation insurances
- Expenses of personal nature like: drinks, laundry, phone calls, meals not mentioned in the itinerary
- Anything else that is not mentioned as included in the tour.

Optional:
- Individual healing sessions from the shamans
- Mountain flight
- Shopping
- Extension of tour

Actual daily itinerary will depend upon the availability of tribal shamans.

$2,500 per person, double occupancy-Single supplement $750

A non-refundable fee of $500 reserves your place. Register early to avoid disappointment!

For information please contact Spirit Passages: (207) 846-6829 or register online at: http://www.spiritpassages.com/calendar.html

Spirit Passages • PO Box 426, Yarmouth, Maine 04096
www.spiritpassages.com