

## SAMPLE ITINERARY

### 8-Day Spiritual, Cultural & Educational Adventure

#### Kathmandu, Nepal

#### DAY 1: ARRIVE AT TRIBHUVAN INTERNATIONAL AIRPORT IN KATHMANDU

Today you arrive at the Tribhuvan International Airport via a flight from your home city. After obtaining a tourist visa in the airport terminal and collecting your luggage, you will be privately transported to the upscale Kathmandu Hyatt Regency Hotel located 4 kms away. The Hyatt Regency offers a calm and luxurious sanctuary to the exotic sites and bustling activities of Kathmandu.

Upon arrival at the hotel, you will be directed to check-in at the Regency Club Lounge on the 6th floor. As a Drala Adventures guest, you will be treated to VIP accommodations featuring local artifacts and a traditional Tibetan hand-woven carpet, a king-size or twin beds, granite bath with tub & walk-in shower, cable tv, and a work area with high-speed wireless internet access. You'll also enjoy lovely views of the Boudhanath Stupa or the Hyatt gardens, plus exclusive amenities such as access to the private Regency Club Lounge with continental breakfast, all-day coffee & tea and evening drinks & appetizers.

Take the afternoon to unpack, relax and explore the hotel property, which includes large gardens, a swimming pool, jacuzzis, tennis courts, fitness center, spa, business center, three restaurants and a lounge.

#### 6pm: Welcome To Drala Adventures!

Guests will gather for evening cocktails followed by a welcome dinner where you will meet the Drala Adventures team and fellow travelers.

#### DAYS 2-7: DRALA ADVENTURES DAILY PROGRAM

#### 6:30am-8:30am: Breakfast

A full breakfast is offered in the Hyatt Regency's main dining room or you may have a continental breakfast in the Regency Club Lounge.

#### 8:30am-10am: Guided Meditation Sessions & Lecture Series

The meditation sessions and lecture series are designed to provide an understanding of how to maximize our human potential. Each day Drala's team of highly accomplished spiritual guides will lead us in exploring how to: achieve a more peaceful state of mind; be of more benefit to ourselves and others; and cultivate a genuine lasting happiness. The morning sessions will close with information offered about the sites & activities of the day's adventure.

Lecture Topics Include:

- Meditation: An ever-growing number of scientific studies and medical practitioners maintain that meditation greatly contributes to our health and well-being. It has been used throughout history as a way to overcome all types of mental and physical suffering such as stress, distractedness, agitation, criticalness, etc. For a short period each morning

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we will practice the ancient & simple art of meditation that leads to being fully focused and present, which is the foundation for our journey.

- Karma – The Law of Cause & Effect: We will learn how the actions of our body, speech and mind produce results that determine how each of us experiences the world. Becoming aware of the results of our actions clarifies our personal responsibility and allows us to make choices that will be of more benefit to ourselves and others.
- Working with Emotions: We will understand how the five disturbing emotions of attachment, aggression, ignorance, pride and jealousy agitate our state of mind, and will learn how the corresponding antidotes free ourselves from these mental disturbances.
- Discovering Wisdom: We will discover how our natural intelligence shines through in the absence of everyday habitual behavior patterns, hopes and fears. This universal wisdom allows a fresh and clear view of ourselves, others and our world.
- Love & Compassion: Through meditation we develop a stability and openness of mind, which leads to understanding that all beings desire the same thing – the desire to be happy and free from suffering. This appreciation generates a genuine kindness & warmth towards ourselves and others.

#### 10:30am: What You'll See

Each day we will venture out with Drala guides for a true insider's experience of the wonders of Kathmandu. We will immerse ourselves in the real spiritual, cultural, historic and artistic marvels of Nepal. We will visit monasteries, sit in on pujas and have audiences with authentic Tibetan Buddhist wisdom masters. We will explore centuries-old temples and ancient meditation caves and visit six UNESCO world heritage sites. We will participate in meritorious offering rituals such as lighting butter lamps, hanging prayer flags, stupa white-washing and life release ceremonies. We will meet prominent Tibetan medical doctors and do cora practice with the locals around the stupas. We will shop in medieval durbar margs (palace squares) for beautiful hand-crafted artisan goods such as jewelry, woodcarvings, pottery, pashmina shawls, textiles, etc. After each day's adventure, we will return to the Hyatt Regency for a short period of rest & relaxation before the evening activities begin.

#### 5pm: Discussion Groups

Led by Drala's spiritual guides, we will break into small discussion groups to share our thoughts and wonders of the day's experiences.

#### 6pm: Evening Cocktails & Appetizers

#### 7pm: Dinner

Dine at the Hyatt Regency or specially selected restaurants in town such as the award-winning Dwarika's where we will step back in time with its magnificent period architecture and spirited Nepali hospitality. On the last night, we will enjoy a festive farewell dinner together.

#### DAY 8: Final Day

After breakfast, it will be time for Drala Adventures to bid you farewell, full of rich memories and lasting impressions that promise to unfold for years to come. If you are headed home, you will be privately transported to the Tribhuvan International Airport. If you decide to extend your visit in Kathmandu or nearby destinations, we will be happy to refer you to helpful travel agents.