

## **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 an independent flight from your home city. After obtaining a tourist visit 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, where you will be greeted by a Drala team member. 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 refreshments, 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 & Class Series**

During our week together, Drala's team of inspiring Tibetan Buddhist meditation masters and Western Dharma teachers will guide us in exploring how meditation can help us achieve a more peaceful state of mind, be more beneficial to ourselves and others, and cultivate a genuine lasting happiness.

The meditation and class series is designed to provide you with a background of understanding to absorb the day's spiritual adventures. No previous experience is required! Each day you will be guided in a short meditation practice to experience a calm and relaxing state of mind. Following the meditation practice, the class topics provide a progressive understanding into integrating a spiritual outlook into our daily lives, and close with offering information about the daily expedition. Some of the class topics include:

- The life and example of the Buddha, a human being who discovered his own inherent wakefulness and dedicated his life to sharing this with others.
- Karma – the science of cause & effect. We will learn how the actions of our body, speech and mind produce incontrovertible results that determine how we experience the world.
- The five disturbing emotions of attachment, aggression, ignorance, pride and jealousy that agitate our state of mind, and the five corresponding antidotes that stabilize and liberate the mind.
- Discovering wisdom – how our natural intelligence shines through in the absence of habitual patterns, hopes and fears.
- Love & compassion, which arise from the clarity of meditation as a genuine way to work for the benefit of others and ourselves.

#### 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, lunch with the monks and have audiences with authentic Buddhist masters. We will explore centuries-old temples and ancient meditation caves and visit museums and 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 Beverages and Appetizers

#### 7pm: Dinner

Dine at the Hyatt Regency or specially selected restaurants in town such as the award-winning Dwarika's where we 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 may continue to unfold for years to come. If you are headed home, the Hyatt Regency will transport you 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.