

Nepal Pilgrimage Itinerary
Featuring Vanessa Coomans & Giuliana Carducci
March 22-April 1, 2025

Swayambhunath

DAY 1: Sunday, Mar 22

	Arrive / Check In	Hotel Vajra
12 - 12:30 pm	Lunch	Vajra
12:30 - 2:30 pm	Buddhism & Yoga Talk + Orientation	Vajra Yoga Hall
3:00 pm	Thamel Walk	Vajra Courtyard
5:30 pm	Welcome Dinner	Thamel House
6:45 pm	Depart for Vajra	Van outside TH

DAY 2: Monday, Mar 23

6:00 am	Meditation	Vajra Yoga Hall
to 8:30 am	Yoga Practice	Vajra Yoga Hall
8:30 – 9:30 am	Breakfast (and shower/change)	Vajra
9:30 am	Walk to Swayambhu	Vajra Courtyard
11:00 am	Depart for Pharping	Swayambhu (back parking lot)
12:00 pm	Lunch	Sherpa Cafe
	Visit Asura Cave & Monastery, Vajrayogini Temple & Giant Padmasambhava	Pharping
4:00 pm	Depart for Vajra	
6:00 pm	Dinner	On your own

DAY 3: Tuesday, Mar 24

6:00 am	Meditation	Vajra Yoga Hall
to 8:30 am	Yoga Practice	Vajra Yoga Hall
8:30 – 9:30 am	Breakfast (and shower/change)	Vajra
9:45 am	Bring luggage down	Vajra Courtyard
10:00 am	Patan Durbar Square (Tour with Bidur)	Vajra Courtyard
12:00 pm	Lunch	Pahan Chhen
	FREE TIME in Patan	
2:30 pm	Depart for Boudhanath	Himalayan Java parking lot
3:00 pm	Check-in	Hotel Lotus Gems (HLG)
5:00 pm	Boudha Stupa Tour with James	HLG Lobby
6:00 pm	Dinner	Roadhouse Cafe

Boudhanath

DAY 4: Wednesday, Mar 25

6:00 am	Depart for Practice / stop for puja on the kora	HLG Lobby
to 9:00 am	Yoga practice	Boudha Yoga Shala
9:00 am	Breakfast (and shower/change)	HLG
	FREE TIME - <i>Enjoy Boudha!</i>	Lunch on your own
1:45 pm	Depart for Teaching	HLG Lobby
2 - 4 pm	Dharma Teaching at the monastery	White Gompa
5:30 pm	Pashupatinath (sunset 6:15pm; puja ~6:30pm)	Boudha Main Gate
7:00 pm	Return to Boudha	Bus in back parking lot
	Dinner	On your own

DAY 5: Thursday, Mar 26

6:00 am	Depart for Morning Meditation Practice (no asana today)	HLG Lobby
7:00 am	Breakfast (and shower/change)	HLG
8:00 am	Depart for Nagi Gompa	Meet in TG Lobby
9:00 am	Arrive Nagi Gompa	
11:30 am	Lunch	Nagi Gompa
12:30 pm	Trek to Pullahari	(hiking)
3:45 pm	Pullahari Visit	
4:30 pm	Bus back to Boudha	(bus)
6:00 pm	Dinner	On your own

DAY 6: Friday, Mar 27

6:00 am	Depart for Practice	HLG Lobby
to 9:00 am	Yoga Practice	Boudha Yoga Shala
9:00 am	Breakfast (and shower/change)	HLG
	FREE TIME (Lunch on your own)	
1:45 pm	Depart for Teaching	HLG Lobby
2:00 pm	Dharma Teaching at the monastery	White Gompa
4:00 pm	Visit to Quilts for Kids camp with James	
6:00 pm	Dinner	Utpala
	Pack for Namu Buddha departure	

Namo Buddha

DAY 7: Saturday, Mar 28

6:00 am	Depart for Practice	HLG Lobby
to 9:00 am	Yoga Practice	Boudha Yoga Shala
9:00 am	Breakfast (and shower/change)	HLG
10:00 am	Bring luggage down to hotel lobby	HLG Lobby
10:15 am	Depart	HLG Lobby
11:00 am	Bhaktapur Tour	
	FREE TIME in Bhaktapur / lunch on your own	
3:00 pm	Depart for Namu Buddha Resort	Meet at Bhaktapur gate
4:00 pm	Arrive Namu Buddha Resort	
6:00pm	Dinner	NB Restaurant

DAY 8: Sunday, Mar 29

6:30 – 7:00 am	Meditation	Lasho Hall
7:00 – 9:00 am	Yoga practice	
9:00 am	Breakfast (and shower/change)	NB Restaurant
	FREE TIME	
1:00pm	Lunch	NB Restaurant
2:15pm	Hike around local villages (Local guide)	Meet in breakfast area
4:30 – 5:30 pm	Sangha gathering with meditation	Lasho Hall
5:30pm	Dinner	NB Restaurant

DAY 9: Monday, Mar 30

6:30 - 7:00 am	Meditation	Lasho Hall
7:00 - 9:00 am	Yoga practice	
9:00 am	Breakfast (and shower/change)	
10:30am	Short hike to Namu Buddha/Thrangu Monastery and Stupa	Meet in breakfast area
1:00pm	Lunch	NB Restaurant
	Free Time	
4:30 – 5:30 pm	Sangha gathering with meditation	Lasho Hall
5:30pm	Dinner	NB Restaurant
	Pack bags and be ready for morning departure	

DAY 10: Tuesday, Mar 31

6:30 – 7:00 am	Meditation	Lasho Hall
7:00 – 9:00 am	Yoga practice	
9:00 – 10:00 am	Breakfast and shower/change <i>*Pay off any outstanding bill with Resort</i>	NB Restaurant
10:30am	Place luggage in front of your cabin	

Conclusion: Back to Boudha

11:00am	Depart for Kathmandu	Meet at bottom of stairs in bus parking area
12:30 pm	Arrive Boudha - check in	
	FREE TIME	
4:45 pm	Gather	HLG lobby
5:00 pm	Happy Hour at James home	Celestial Palace
6:00pm	Farewell Dinner	TBD - surprise!

DAY 11: Wednesday, Apr 1

6:00 am	Meditation	HLG Lobby
6:45 am	Prayer Flag Ritual	Stupa
8:00 am	Puja at White Gompa	Ka Nying Shedrup Ling
8:30 am	Breakfast	Shechen Garden Café
	Airport pick-ups begin	

- * Bring luggage to lobby in preparation for departure
- * Pay laundry and/or beverage bills at hotel front desk