

Nepal Pilgrimage Itinerary

Featuring Jessica Stickler

March 9 - 19, 2025

Swayambhunath

DAY 1: Monday, Mar 9

	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	
5:30 pm	Welcome Dinner	Thamel House
6:45 pm	Depart for Vajra	

DAY 2: Monday, Mar 10

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 Swayambhunath tour (James)	
11:00 am	Depart for Pharping	
12:00 pm	Lunch	Haven Cafe
	Visit Asura Cave & Monastery, Vajrayogini Temple & Giant Padmasambhava	
4:00 pm	Depart for Vajra	
6:00 pm	Dinner	On your own

Boudhanath

DAY 3: Tuesday, Mar 11

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	
10:00 am	Patan Durbar Square	
12:00 pm	Lunch	Pahan Chhen
2:30 pm	Depart for Boudhanath	
3:00 pm	Check-in	Hotel Lotus Gems (HLG)
5:00 pm	Boudha Stupa Tour with James	
6:00 pm	Dinner	Roadhouse Cafe

DAY 4: Wednesday, Mar 12

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)	
	FREE TIME - <i>Enjoy Boudha!</i>	Lunch on your own
1:45 pm	Depart for Teaching	
2:00 – 4:00 pm	Dharma Teaching with <i>Khenpo Tokpa Tulku</i>	TBD
6:00 pm	Dinner	Utpala Cafe

DAY 5: Thursday, Mar 13

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	
8:30 am	Stop at Budhanilkantha Temple (sleeping Vishnu)	
10:00 am	Arrive Nagi Gompa	
11:45 am	Lunch	Nagi Gompa
12:45 pm	Optional Trek to Pullahari	
3:45 pm	Pullahari Visit	
5:00 pm	Bus back to Boudha	
6:00 pm	Dinner	On your own

DAY 6: Friday, Mar 14

6:00 am	Depart for Practice	HLG Lobby
to 9:00 am	Yoga Practice	Boudha Yoga Shala
9:00 am	Breakfast (and shower/change)	
	FREE TIME (Lunch on your own)	
1:45 pm	Depart for Teaching	
2:00 pm	Dharma Teaching with <i>Khenpo Tokpa Tulku</i>	TBD
4:10 pm	Visit to Quilts for Kids camp with James	Boudha Main Gate
6:15 pm	Pashupatinath	
8:00 pm	Bus back to Boudha	
	Dinner	On your own
	Pack for Namu Buddha departure	

Namo Buddha

DAY 7: Saturday, Mar 15

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

DAY 8: Sunday, Mar 16

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
6:00 pm	Dinner	NB Restaurant

DAY 9: Monday, Mar 17

6:30 - 7:00 am	Meditation	Lasho Hall
7:00 - 9:00 am	Yoga practice	
9:00 am	Breakfast (and shower/change)	
10:00 am	Short hike to Namu Buddha/Thrangu Monastery and Stupa	Meet in breakfast area
1:00pm	Lunch	NB Restaurant
	Free Time	
4:45 – 5:45 pm	Sangha gathering with meditation	Lasho Hall
6:00 pm	Dinner	NB Restaurant
	Pack bags and be ready for morning departure	

DAY 10: Tuesday, Mar 18

6:30 – 7:00 am	Meditation	Lasho Hall
7:00 – 9:00 am	Yoga practice	
9:00 – 10:00 am	Breakfast and shower/change	NB Restaurant
	<i>*Pay off any outstanding bill with Resort</i>	
10:30am	Place luggage in front of your cabin	
11:00am	Depart for Kathmandu	

Conclusion: Back to Boudha

12:30 pm	Arrive Boudha - check in	
	FREE TIME	
4:30 pm	Gather	HLG lobby
4:45 pm	Happy Hour/Quilt viewing at James home	
6:00pm	Farewell Dinner	Celestial Palace

DAY 11: Wednesday, Mar 19

6:00 am	Meditation	HLG Lobby
6:45 am	Prayer Flag Ritual	TBD
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