

5-Day Introductory Meditation Retreat

URL: <https://himalaya-discovery.com/trip/5-day-introductory-meditation-retreat/>

Trip Code

MTD087

Start / End Point

Kathmandu / Kathmandu

Duration

5

Per Person From

USD 780

Accommodation

custom-content

Max. Altitude

3150m

Best Season

All year round

Activity Per Day

4 - 5

Group Size

1 - 8

Transportation

Jeep / Bus

Homestay

BLD

Breakfast, Lunch, Dinner

Easy

Easy trekking involves gentle, well-marked trails with minimal climbs, perfect for beginners or those seeking a relaxed adventure in nature.

Highlights of the 5-Day Retreat

- Authentic learning of **foundational meditation practices**
- Direct experience of meditation's benefits on **physical, psychological, and spiritual levels**
- **Highly beneficial energy-awakening practices** to support meditation
- Warm hospitality and guidance from **experienced teachers and staff**
- **Small group size** for a more personal learning experience
- Quiet time for **self-reflection, peace, and silence**
- A **highly spiritual location filled with vibrant natural energy**
- Practical guidance on **continuing meditation practice in daily life**

Trip Overview

Our **5-day introductory meditation retreat** offers a practical, beginner-friendly introduction to meditation. During this retreat, you will learn and practice the fundamental techniques of meditation under the guidance of experienced spiritual instructors. The retreat takes place in a peaceful and vibrant meditation place located in **Daduwa, Sailung**, approximately **135 km from Kathmandu**.

The purpose of this retreat is to help you understand the profound significance and transformative potential of meditation in enriching every aspect of life. Throughout the program, you will receive valuable guidance on how to integrate effective meditation practices into your daily routine. In addition to meditation sessions, participants will also learn **basic energy-awakening practices**, which can greatly support and deepen regular meditation practice.

Beyond the formal meditation sessions, participants will have the opportunity to visit **Sailung Hill**, one of the most beautiful natural destinations in Nepal. Situated on the border of **Ramechhap and Dolakha districts** at an altitude of **3,150 meters**, Sailung is both a sacred and naturally stunning place. The name *Sailung* comes from the Nepali words "**shai**" (**hundred**) and "**lung**" (**hills**), referring to the hundreds of small hillocks that roll across the landscape like heavenly meadows.

The hike to Sailung also provides a meaningful opportunity to explore the **culture, traditions, and daily life of rural villages** in the region. Despite its remarkable beauty and spiritual significance, Sailung remains a relatively less-explored destination, making it an ideal place to experience authentic nature, culture, and serenity.

From the **summit of Sailung**, visitors can enjoy breathtaking panoramic views of the **Mount Everest range, Ganesh Himal, Langtang**, and the **Rolwaling Himalayan range**, along with spectacular views of the **Mahabharat range and the Terai region**. The landscape becomes even more enchanting during the winter season, when snow blankets the hills for nearly two months, creating a magical setting with magnificent snow-capped mountain vistas.

During the retreat, you will also have ample time to simply **be with yourself**, enjoying peace, silence, and the calming energy of the surroundings. In your free time, you may read spiritual books, reflect quietly, or relax in the tranquil natural environment. The combination of powerful meditation practices and the vibrant spiritual energy of this place will help you **deeply refresh and rejuvenate your mind, body, and spirit**.

Itinerary

Day 1: Arrive in Kathmandu

Welcome to the Himalayas. Our representatives will welcome you at the airport and transferred to the hotel.

Today is free and rest day in Kathmandu, or you can wander around the city to get familiar with the surrounding. There are various of shops and fun places where you can hang out and enjoy the time.

Highest Altitude:

1400m

Accommodations:

Hotel

Day 2: Drive to Daduwa

After breakfast we start our drive to Daduwa, which takes around 5 - 6 hours. We drive along big rivers in a spectacular landscape crossing green hills and valleys. A drive in Nepal is an experience in itself with people using the streets as their backyards and all along the way.

Arrival at Daduwa and settle into your accommodation. Afterward, first meditation session of the journey will begin, followed by a tea/snacks and rest period. Then continues with a serene Meditation session. Then, the evening holds the delightful ambiance with a Sunset Meditation session. The day concludes with a communal dinner.

- 3:30 pm : Arrival time
- 4:00 pm : Tea /Snacks
- 4:30 pm : Introductory meditation
- 5:00 pm : Relaxation / First Guided Meditation Session
- 7:30 pm : Dinner

Trek Duration

5 - 6

Highest Altitude:

2000m

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Homestay

Day 3: Daily Schedule

Begin next day with a soulful Sunrise Meditation and Yoga session in the tranquility of the morning. Following this, enjoy a breakfast and a refreshing walk. After a while, engage in Meditation session for about 1,5 hours. Then, savor a mindful eating Lunch and Rest for some time. Embark on a guided village walk to explore the beauty of Daduwa. Then yoga and meditation time in evening for relaxation of body. The day concludes with a communal dinner.

- 06:30 am: Yoga Session
- 07:45 am: Herbal Tea
- 08:15 am: Morning meditation
- 09:30 am: Breakfast
- 11:15 am: Meditation Session
- 12:30 am: Personal time
- 02:00 pm: Lunch
- 03:30 pm: Energy practice
- 04:15 pm: Herbal Tea Break
- 04:45 pm: Sound Healing session.

- 06:00 pm: Dinner

Highest Altitude: 2000m
Accommodations: Homestay

Day 4: Hike to Sailung & Meditation

During the ascent to Sailung along with the journey, you will visit Rajveer monastery and receive a blessing from the Monks. The trail passes through rhododendrons forest with a wide variety of native tree, shrubs and different species of birds. We arrive at Khola Kharka where you will have lunch.

- 7:00 am: Breakfast
- 8:00 am: Hike to Sailung (2 - 3 hrs)
- 11:00 am: Tea break at Khola Kharka & hike up to Sailung (35 minutes stair climb)
- 12:00 pm: Relaxation and meditation (1 hr.)
- 01:30 pm: Lunch
- 02:00 pm: Rest
- 02:30 pm: Return to Daduwa (homestay)
- 05:00 pm: Tea break / Pranayama (breath work) session
- 05:45 pm: Sound Healing session.
- 07:00 pm: Dinner & program ends.

Trek Duration 5
Highest Altitude: 3,150m
Meals: Breakfast, Lunch, Dinner

Accommodations:
 Homestay

Day 5: Departure

Start your day with a serene sunrise meditation. Afterward engage in yoga session. Then enjoy your final breakfast and rest for some time. As the retreat concludes, you will be return to your accommodation in Kathmandu safely and comfortably in a private vehicle.

- 6:00 am: Wake up
- 6:30 am: Meditation Session
- 7:30 am: Breakfast
- 08:00 am: Departure

Trek Duration 5 - 6 hours drive
Highest Altitude: 1400m
Meals: Breakfast, Lunch

Accommodations:
 Hotel

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 950
2 - 3	USD 780
3 - 4	USD 595

Address

Bijeshwori Swayambhu
Kathmandu, Nepal