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Yoga and Meditation in Kathmandu

URL: https://himalaya-discovery.com/trip/yoga-and-meditation-in-kathmandu/

Destination
Nepal

Activity
Climbing and Expedition

Duration
1

Max. Altitude
1400m

Best Season
Round the Year

Group Size
1 – 16

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

Trip Overview

Courses :
Beginners: 1 Week
Intermediate: 2 weeks
Available in daily basis

Syllabus

Theory: The secret of the Upanishads. The concept of SVYASA movement. Practice: A first course on Asanas (postures). 'OMKARA' Dhyana (meditation). Devotional session. Karma Yoga, Cyclic Meditation and Pranayama (breathing exercises).
Objectives
Ever engrossed in incessant activity, modern man needs some respite to revitalize himself periodically. Our grand Spiritual Heritage offers a scientific means to release packed-up tensions, to cleanse the mind of in built limitations, to solve inner conflicts- intellectual and emotional.

Further it acquaints us with our real nature, the potentially divine character. This itself will bring a great transformation in our outlook. And when this happens at the nature's lap, far from the maddening crowds, an experience of harmonious living emerges.

Daily Routine

- Wake-up: 5:30 am.
- Meditation: 6:00 to 6:30 am.
- Chanting: 6:30 to 6:45 am.
- Yogic Cleansing 6:45 to 7:00 am.
- Pranayama Yoga 7:00 to 7:15 am.
- Yoga Exercise Details 7:15 to 8:45 am
- Breakfast 8:45 to 9:45 am
- Contemplative Tour till 12:30 pm.
- Lunch 12:30 to 1:00 pm.
- Tea Time 2:00 to 2:30 pm.
- Lecture & Discussion Details 2:30 to 4:00 pm.
- Yoga Exercise Details 4:00 to 5:30 pm.
- Pranayama Details 5:30 to 5:45 pm.
- Free time
- Dinner 7:30 pm.

Ananda Yoga Center

Ananda Yoga Center intend to provide a friendly, positive environment for you to grow and develop as a yoga student. Mary Angela Buffo and Andrew Cohen started Ananda Yoga Center seven years ago with a vision of wellness for the community. While all our classes teach the physical aspects of yoga, it is our hope that our students learn greater self awareness and in the process become better, more loving people.

We offer classes for every level of student and welcome you to try a variety of classes since all our excellent teachers have their own unique style. Our class schedule runs seven days a week throughout the year.

Kopan Monastery

Regular 10 day introductory courses are held in March, April, May, June, July, September and October. The courses give an introduction to Tibetan Buddhism, teach meditation skills and include a two day analytical and single pointed meditation retreat. The courses are led by Ani Karin, a senior Western sangha, with daily teachings from a Tibetan Lama.

If you are just interested in Buddhism, or experience problems in your life such as uncontrolled emotions, dissatisfaction, etc – this course will give you some skills to address these problems and make your life more fulfilling and meaningful.

The daily schedule consists of sessions of meditation, teachings and discussion groups. The course leader as well as the Tibetan Lamas of the monastery are available for personal guidance. The daily program starts at 6.30 am and finishes at 9 pm. The participants are expected to attend all session. Half day silence is kept as a course discipline.

All courses are residential with accommodation and food provided. The course starts at 5 pm on the first day (check-in recommended by 3 pm), and finishes at 12 noon on the last day.

Address

Nagarjun 5, Swayambhu
Kathmandu, Nepal