



High Season Yoga & Meditation Retreat Tariff for the Period

1st October 2023 till 30th November 2023
&
1st March 2024 till 30th April 2024

	ONE WEEK (8DAYS / 7NIGHTS)	TWO WEEKS (15DAYS / 14NIGHTS)
Single Occupancy	Euro 1057	Euro 1764
Double/Twin share	Euro 903	Euro 1456

Our above nett per person costs include the following services:-

- Accommodation at Begnas Lake Resort on "fullboard" (vegetarian Ayurveda meals) for the entire duration of the Yoga & Meditation retreat course with seasonal fruits/juices and specially prepared Ayurvedic drinks.
- Consultations with our resident Yogacharya & Ayurveda Doctor for specific individual Yogic exercise requirements.
- Daily Yoga & Meditation sessions (Mornings & Evenings) under supervision of our Yogacharyas.
- 1 night at the Summerhill House in Kathmandu (on arrival day) on "Bed & Breakfast" basis.
- Round trip transportation for travel on sectors Kathmandu/Pokhara and Pokhara/Kathmandu - one way by private air-conditioned car and one way by flight.
- All necessary airport transfers in Kathmandu and Pokhara.
- Day use room at Summerhill House, Kathmandu if required, for comfortable outbound flight connection on the day of departure from Nepal.

For additional nights' courses, please note our charges will be calculated on "**pro-rata**" based on the applicable weekly rate given above for the required classes.

All other non-specified beverages, snacks, foodstuff, laundry and telephone bills etc; will be charged extra. The Yoga & Meditation retreat packages offered above are for the **full duration** of 7 nights or 14 nights at The Begnas Lake Resort plus the arrival night's arrangement in Kathmandu together with private surface transportation to Pokhara, domestic airfare PKR/KTM, day use room at Summerhill House on the day of departure and all required airport transfers.

Regarding journey to/from Pokhara valley, we reserve the right to switch around travel surface/air depending on prevailing road condition and airseat availability even after the guest's arrival in Nepal.

