



Explore Buddhism



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📍 Nepal - Kathmandu

Explore Buddhism in Nepal and experience Buddhist monasteries, meditation and yoga in this spiritual journey!

This program is tailored for those who are interested in Buddhism and who would like to witness Buddhist culture and teaching in Nepal. You will also experience meditation and yoga in this program. You will be able to stay at different monasteries in Nepal which will give you the unique opportunity to immerse in their day-to-day lifestyle and learn about Buddhism.

Culture

Learning

Leisure

Community Engagement

Physical Demand



Program Description

During the first days in this program, you will receive cultural and language lessons in order to make you more comfortable to start the journey to explore Buddhism in Nepal. Then you will visit the sacred Bauddhanath Stupa and Swoyambhunath temple. You will receive a yoga and meditation session as well. After that you will drive to Dhulikhel and hike to Namobuddha and stay at the Monastery in Namobuddha where you will be able to observe the day to day life of monks. Then you will hike to Panauti and drive back to Kathmandu for the weekend.

The second week starts with your tour to 'Lumbini', the birthplace of Lord Buddha. After the tour and overnight stay in Lumbini, you shall drive to Pharping to do a pilgrimage tour. After the Pharping pilgrimage, you shall return to Kathmandu to end your program.

Program Duration & Availability

Min duration (weeks): 2

Max duration (weeks): 2

Aims & Objectives

Experience Buddhism in the birth land of Lord Buddha and explore the day to day life in Buddhist monastery while making a spiritual journey in Nepal.

Schedule

Week 1

Sunday

- Arrival
- Overnight stay in Kathmandu

Monday

- Orientation
- Rituals and Do's and Don'ts
- Tour to Bauddhanath Stupa
- Overnight stay in Kathmandu

Tuesday

- Language Lesson
- Cross culture lesson
- Tour to Swoyambhunath Stupa
- Overnight stay in Kathmandu

Wednesday

- Yoga and meditation session
- Drive to Dhulikhel and hike to Namobuddha
- Overnight stay in Namobuddha

Thursday

- Visit Namobouddha monastery
- Observe the day to day life of monks
- Overnight stay in Namobouddha

Friday

- Hike to Panauti
- Drive back to Kathmandu
- Overnight stay in Kathmandu

Saturday

- Day at leisure in Kathmandu
- Overnight stay in Kathmandu

Week 2

Sunday

- Day at leisure in Kathmandu
- Overnight stay in Kathmandu

Monday

- Bus ride for Lumbini 'the birthplace of Lord Buddha'
- Overnight stay in Lumbini

Tuesday

- Lumbini Tour
- Overnight stay in Lumbini

Wednesday

- Drive back to Kathmandu
- Overnight Stay in Kathmandu

Thursday

- Drive to Pharping
- Pharping pilgrimage tour
- Overnight stay in Pharping monastery

Friday

- Drive back to Kathmandu after lunch
- Overnight stay in Kathmandu

Saturday

- Departure

This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.

Starting Dates

During 2019

This program starts every week.

During 2020

Jan 6th	Feb 3rd	Mar 2nd	Apr 6th	May 4th	Jun 1st	Jul 6th
Aug 3rd	Sep 7th	Oct 5th	Nov 2nd	Dec 7th		

Participant Criteria & Requirements

Minimum age:	-
Maximum age:	-
Minimum English level:	Basic
CRB required:	On Signup
Passport copy required:	On Signup
Resume copy required:	No
Required qualification:	-

Additional Requirements

There are no specific requirement.

Additional Equipment

- There is no additional equipment required.