



*A time away onto a land
which has birthed Buddhas'.
A spiritual country possessing
vast stores of knowledge and
wisdom, passed down by the
great sages who have walked
this land before us.*

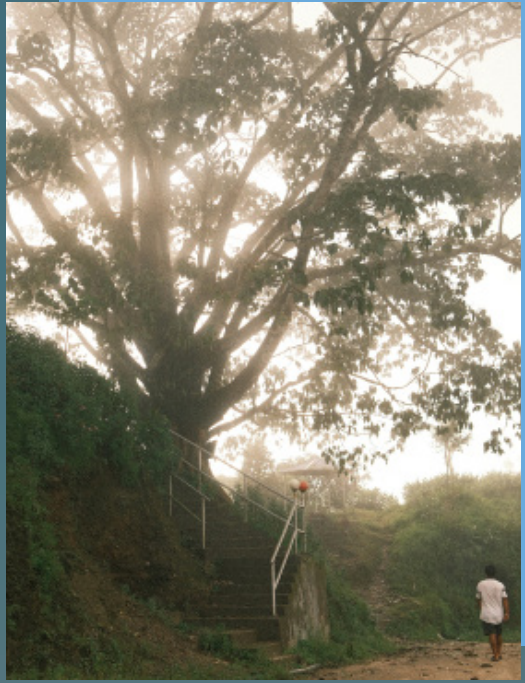
Get in touch

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Men's retreat to Nepal

*DECEMBER 19 -
JANUARY 9*





SALAKPUR

Located in remote village side, surrounded by mountains and nature,

Visit the Divine Love Shower Ashram in Salakpur, in the East of Nepal. Here you will spend 1 week with Guru Premangee, as he gives teachings and daily practices while here.

Salakpur is a beautiful village town surrounded by Mother Nature on all angles. Mountains, forests and flowers will be your view while here at the Ashram.

Vegetarian food is prepared fresh

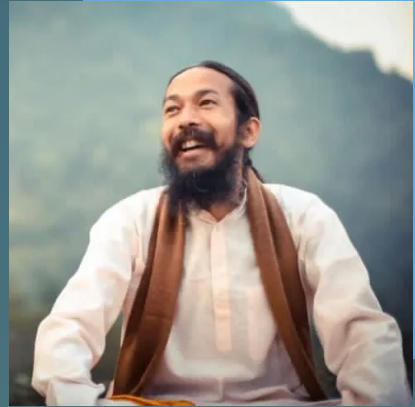
everyday and served in a modest kitchen, Nepalese mud hut style.

While at the Ashram you will have the choice of receiving sound healing or yoga training. This is an amazing opportunity to learn and practice whilst being here.

There is a timelessness here. A gentle, serene tranquility that washes over your entire being.

Guru

Premangee



Guru Premangee is the spiritual teacher and founder of Divine Love Shower. He has been guiding seekers around the world to help them find the meaning of life. With great love and care, he walks with the people to support them in their journey of being free from illusions, to spread love and live in harmony.

Guru Ji will guide your journey whilst you are at the Ashram. His teachings are personal, and direct. Stories, parables and real life examples are one of his ways of transmitting wisdom.

Guru Premangee teaches the necessity of not having any expectations in life. This allows us to live freely, and joyfully. Being able to accept all that life presents to us in a humble way. Guru leads a very simple life, enjoying his daily activities with a smile and helping seekers

around the world to remove the obstacles from their lives.

His teachings are simple and easy to understand. He advises that by the simple practice of right thinking, right speech, and right action, one can get rid of all the inner impurities and prepare for the higher possibility of human life.

He lives an active life and is the driving force behind various projects for humanity. With his effort and guidance, in Nepal we have a school for children, a creative home for women, natural farming, retreats and various other humanitarian projects in different parts of the world.



Pokhara

Himalayan Ranges, majestic lakes, holy sites and breathtaking views.

Visit Pokhara and places to see around the venture on a hike around beautiful Pokhara. the Annapurna range. Local trekking guides will guide us. On clear days, the views available are phenomenal.

If trekking isn't for you then no worries. There are many activities and

KATHMANDU

Containing both ancient and modern, Kathmandu is a city of vibrant energy and movement.



While in Kathmandu, we will be staying at our homebase in Basundhara. Very simple, traditional style living. Back to basics.

There are temples and holy sites everywhere in Kathmandu. Very near to Basundhara is the Boudhanath Stupa. A sacred Buddhist site where thousands of devotees come.



Janakpur

There will be a short visit to Janakpur. A very sacred place filled with temples dedicated to Sita and Ram.

Love and peace is ever flowing in this auspicious place.

Having a local, reliable guide who will be lending assistance when needed. of a difference while travelling. During your retreat in Nepal, you will be looked after in all aspects.

Enjoy the food, culture and feelings of Nepal in the front row, immersed in it all.

There will be guides and brothers from Nepal

Live like a local!





Sound Healing

Optional sound healing course available for while you are at the Ashram.

This course will be additional towards the program fees.

In this Course participants will learn the most fundamental and essential things to know before using Singing Bowls such as

1)how to hold the Singing Bowl, drumstick and spinning mallet - step by

step - to gain effective results for meditation and healing therapies.

2)How to perform singing Bowl practice for self .

3)How to perform Singing Bowl Therapy for Others.

4)How to perform Sound Therapy for Groups.

Duration- 3 days Course

Cost - \$ 700

Yoga is considered one of many types of complementary and integrative medicine approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety.

Hatha yoga/ Astanga Yoga are one of the most common styles of yoga, which is slower pace and easier movements related with:

Poses/postures, are a series of movements designed to increase strength and flexibility. Poses range from simple to difficult. In a simple post, you might lie on the floor while completely relaxed. A difficult posture

may have you stretching your physical limits.

Breathing. Learning how to Control your breathing will help to control your body and to quiet your mind.

Meditation or relaxation. Learning how to incorporate meditation or relaxation will helps you to be more mindful and aware of the moment without judgment but simply being present.

Duration: 7 days- 42 hours intensive yoga training can be offered with additional cost from \$500 above .

Yoga



Itinerary

Monday 19th December :

Arrival Kathmandu. Stay at our home in Basundhara*.

Tuesday 20th December :

Rest day in Kathmandu, to adjust and climatized local life.

Stay at our Nepali home in Basundhara* settling with peace & quiet.

In the afternoon to visit Boudha stupa,

one of the sacred temples of Kathmandu.

(Please note our accommodation are basic, if you prefer a little more

extra comfort? We are happy to arrange

hotel/guesthouse for those days

when you are in Kathmandu, at an additional cost)

Wednesday 21st December :

After breakfast we travel to the east of Nepal. (flight & car)

We arrive in the afternoon in a small village, called Ninda.

This is where we spend the night.

We stay with a local family (basic

accommodation)

Thursday 22nd December:

Ninda is a farm village in low-land of Nepal. It's a nice place to spend the day

and see the local life. In the afternoon we hike* up to the Ashram. It's a

beautiful and easy walk uphill, surrounded by lush vegetation and forest.

*Our luggage will be sent by bus.

You are welcome to travel by bus if you don't feel to walk.

Friday 23rd December – Sunday 1st January:

We stay in our Ashram, the Divine Love Shower Healing & Meditation center.

Here we will spend Christmas day together, in the spirit of Unconditional Love.

On 1st January , there will be a special ritual for new beginnings.

Guru Premangee has his own unique way to share his teachings for this time.

Be ready, it can be different to what you might expect!

Divine Love Shower Nepal

Christmas & New Year Retreat

Monday 2nd January:

The time in the ashram comes to an end.

Slowly together we head go back into the world.

Together we will walk down the hill, back to a farm village called Ninda.

Here we have a day to relax.

beautiful surroundings. The powerful Annapurna mountains are on the background. Sometimes the mountains will be hidden by clouds, but on clear days, the views are very near.

Tuesday 3rd January:

Early morning, we leave by car on a beautiful journey. After 4 hours drive, we

arrive in a city called Ittahari. Here is where we will spend some time to visit a sacred Krishna

temple. After that we continue our travels to the sacred city of Janakpur, which is 4 hours by car.

Wednesday January 4th:

Janakpur is a very special and auspicious place where you find many temples

dedicated to Sita & Ram. Janakpur is the birthplace of Sita.

The energy of Sita & Ram is unconditional love.

We have all day to visit the temples & lakes.

Thursday 5th January:

A visit to Nepal isn't complete without seeing the white mountains.

From Janakpur we travel to Pokhara, 2 domestic flights.

In Pokhara, we can enjoy the peaceful scenery and relax at the lake. On clear days we can

see the mountains from the lakeside.

Friday 6th January till Sunday 8th January:

Step by step we integrate the retreat.

Together we go on a short hike*.

We walk through small villages, with

The hiking trail is easy. We are accompanied by a guide & porter, and sleep in basic teahouses.

We hike to Australian Camp & Sarangkot.

Both have excellent views on the mountains at clear days.

(Please note: No worries if you don't feel to hike. There is an option to stay in Pokhara and join us for the last night in Sarangkot)

Divine Love Shower Nepal

Christmas & New Year Retreat Page 5

Sunday 9th January :

It's the end of our journey. In the afternoon we fly back to Kathmandu.

We stay again at our home in Basundhara.

Monday 10th January:

The end of the retreat. Travel home.

Options:

If you like to extend your travel and explore Nepal?

Please contact us for more information.

We have qualified guides & porters which are happy to take you on trekking.

Explore the heritage of Kathmandu & Kathmandu valley and much more.

General information

Be ready to go local!

We are living a local, simple life. This starts already on arrival in Kathmandu.

The first 2 weeks we spend in places where tourist never come.

Our accommodation is basic and simple.

The bathrooms are basic and clean, sometimes only with a bucket shower.

While travelling the toilets can be challenging but take it easy every thing will be organised.

The food is local home cooked vegetarian food, prepared with love.

Surprises

We practice a life in spontaneity, without expectations.

Nepal will help us to do that! The program is subject to change due weather conditions, road conditions or strikes. Also, Guru Premangee's teachings can ensure that the journey may goes different than expected.

Please don't worry:

The program will give you exactly what you need to grow spiritually.

This trip is a complete Nepal experience.

We discover the local life, enjoy, relax & unwind, connect with our souls, visit sacred temples, and end the trip with a view of the white peaks of the Annapurna mountains.

Price for this one of a kind of 3-week retreat: 2,345 USD

Almost everything in this beautiful journey is included. We don't want you to worry about money during this trip, please read carefully below so there are no financial surprises.

Included:

Program & accommodation based on shared rooms.

Local homecooked meals: breakfast – lunch – dinner.

Transportation by taxi, local bus or private vehicle.

Trekking: guide – porter – accommodation – food.

-Yoga Classes (please note - Yoga teacher Training can be offered with additional cost)

-Sound Healing (please note - Singing Bowls and crash course can be offered with additional cost)

Excluded:

International flight

Domestic flights

Travel & health insurance

Visa Nepal & PCR test (if needed)

Meals in restaurants in Pokhara, Kathmandu & Janakpur

Souvenirs, snacks & drinks

Extension of your travels and upgrade hotel in Kathmandu

Extra cost, domestic flights:

Kathmandu – Bhadrapur 125 USD

Janakpur – Kathmandu 56 USD

Kathmandu – Pokhara 99 USD

Pokhara – Kathmandu 99 USD

Total 379 USD

Flights will be arranged by Divine Love Shower and passed on in the local price.

Unexpected price changes in flights are passed on.

This special program will give you an unforgettable Nepal experience!

Nepal, the country of Never Ending Peace And Love.