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PRECIOUS MOMENTS

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Bewusst Reisen



## *Program details*

### Nepal

Yoga Diamond Retreat with Young Ho Kim  
In the presence of Himalaya

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## Tour details

### Nepal

#### Yoga Diamond Retreat with Young Ho Kim In the presence of Himalaya

##### Itinerary

- Yoga with a view of the Himalaya range
- Feel your deep connection with nature
- Discover the cultural diversity of Nepal



Open your mind to the vastness of the Himalayas, close your eyes and breathe deeply! Listen to the voices of the birds and feel the deep connection with yourself and nature! The Dwarikas Resort in Dhulikhel offers a sublime place that inspires and enlivens your practice. Deeply rooted in the Nepalese culture, it invites you to take a special time out!

##### Diamond Journey Yoga Retreat – A unique Experience

Young Ho Kim is a leading travelling Yoga teacher for over 20 years and a great advocate of evolution in Yoga. The grandeur and beauty of nature and the power of the mountains drive Young Ho every year to find new ways and inspire people. With great devotion Young Ho Kim shares the passion of Yoga and the connection of a harmonious body and mind in the right balance with nature.

Unforgettable moments in magical places and the modern Inside Yoga style inspire and fascinate many people every year anew. At this special place with its breathtaking views, the retreat will be accompanied by the famous Korean photographer Yongsu Kwak, who will create wonderful aesthetic pictures for your personal useage.

Nepal – this country with ancient temples and unique mountain landscapes is waiting to be discovered by you! The resort offers you comfort at the highest level and is considered the most beautiful in the country. The friendly and helpful staff underlines the stylish atmosphere of the houses.

##### Dwarikas Resort Dhulikhel: In perfect harmony with man and nature

The centre of your journey is the Dwarikas Resort, about 30 km east of Kathmandu. Surrounded by the impressive scenery of the Himalaya, you can relax in an wonderful location, in one of the best hotels in Nepal. Pursue your thoughts and experience the special connection between body, mind and nature. The aim of the resort is to inspire and offer new possibilities to find yourself and your inner balance.

During various wellness treatments at the awarded Spa centre you will be able to relax and let go completely. How about meditation in the salt room, for example, particularly beneficial for your breathing and releases negative energies? Or treat yourself to an Ayurvedic massage (optional) with traditional oils. Under the guidance of an Ayurveda doctor and alternative practitioner you will experience an atmosphere of complete harmony, renewal and growth. The fantastic views of the Himalayan chain, which spreads out right in front of you, are breathtaking. Since we have chosen the climatically best time with the most beautiful views for this special journey, nothing should distract your from this unique view.

##### Discover the ancient cities of the Kathmandu Valley

From Dwarikas Resort you have the opportunity to visit the ancient cities of the Kathmandu Valley on optional excursions. The ancient cities of Patan and Bhaktapur are both UNESCO World Heritage Sites and home to hundreds of monuments, sculptures, temples and works of art from that time. Namo Buddha is a famous Tibetan Buddhist temple that you can visit on a trek through rural Nepal.

At the end of your retreat, a day's excursion will take you to the cremation site of Pashupatinath, a most sacred place for Hindu pilgrims, and to Bodhnath, the big stupa, where hundreds of Tibetans practice their meditative evening circumnavigation with mantra recitation and prayers.

Discover the cultural and natural heritage of Nepal and experience a unique journey that you will never forget!

Nepal, the country with ancient temples and the worlds best mountain scenery is waiting to be discovered by you!



### Young Ho Kim Owner & Founder of Inside Yoga

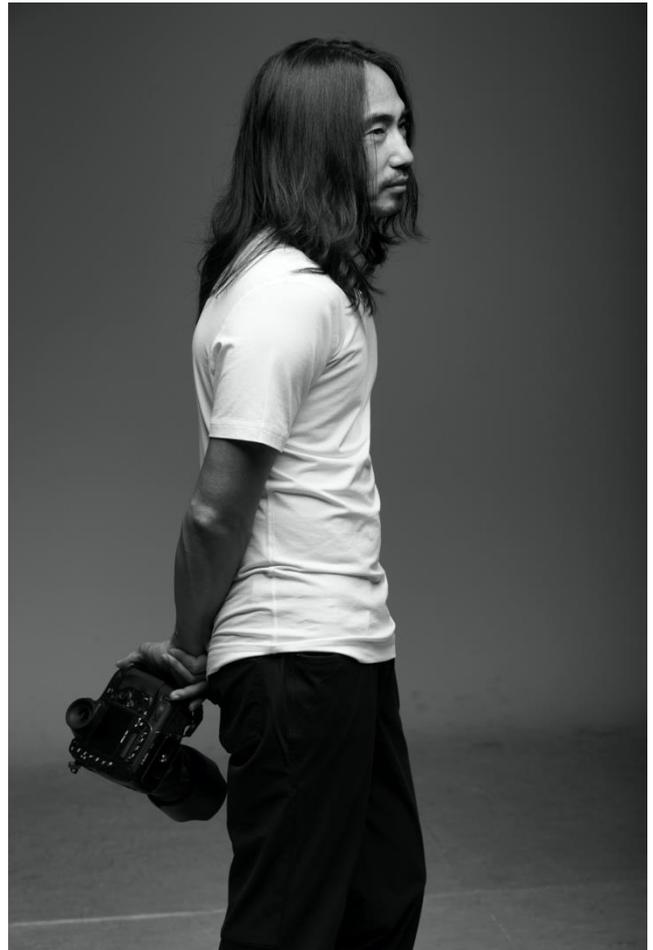
Training supervisor - Yoga teacher - Personal Trainer Master

Young Ho Kim is a leading travelling Yoga teacher for over 20 years. Above that he is a great advocate of evolution in Yoga. Every year he trains hundreds of yoga teachers and challenges them to question and - if necessary - change existing concepts.

Thousands of yoga teachers worldwide teach his Vinyasa Flow course format INSIDEFLOW®, which, underlined with modern music sequences, hits the pulse of the time and the hearts of the participants. In 2007 he founded the Inside Yoga Studio in Frankfurt. There, and during his Retreats, workshops and trainings around the world he teaches modern Yoga, which goes beyond the pure asana practice. His progressive yoga style is characterized by healthy, anatomically correct alignment, lightness and the willingness to change.

In 2016 the next evolutionary step followed with the foundation of his premium online yoga platform TINT. Through TINT he offers yoga students orientation and the opportunity to learn online from the world's best yoga teachers in an increasingly complex time. With great passion and dedication, Young Ho Kim shows his students the way to their inner teacher - because "ALL YOU NEED IS INSIDE®".

### Your photographer · Yongsu Kwak



### Yongsu Kwak · Photographer

The artist Yongsu Kwak known as @yongsu unites in his photographs the elements of power, beauty, grace as well as the connection of man and nature in a special, unique way. Well-known yoga teachers like Dice Ida Klein, Matt Giordano and also Young Ho Kim are enthusiastic about the creativity and professional photo shootings. An additional highlight on our trip is a high quality photo shooting with Yongsu Kwak on 2 days for each participant (included in the price). Magical moments and precious connections will be combined to a particularly beautiful memory during this

special photo shooting. Each participant will receive 6-8 digital photographs for their own use after their trip.

### Captured moments, by Yongsub Kwak



### Captured moments, by Yongsub Kwak



### Diamond Journey Yoga Retreat-Programme

Arrival on 30.10.2021

31.10. – 04.11.2021 · 2 Yoga units daily

08:00 – 09:30 Uhr · Healthy Alignment

16:00 – 18:00 Uhr · Inside Flow®

Suitable for beginners and advanced students

5.11.2021 · Joint day trip to Pashupatinath / Bodnath

6.11.2021 · Departure or individual extension programme

### Diamond Journey Yoga-Course discription

**ALIGNMENT** · The focus in this yoga unit is based on a healthy alignment of body and mind in all yoga postures. Young Ho Kim invites you to discover, reflect and dissolve boundaries and resistances through a healthy alignment. Anatomically applied anatomy brings the

outer and inner posture into a healthy balance. Experience strength, vastness, lightness and openness in body and mind in a particularly beautiful place. And discover new ways for yourself, consciously, intensively and inspiring.

**INSIDE FLOW®** · Inside Flow® is an evolution of the Vinyasa yoga. There is no beginning and no end. A flowing sequence of asanas led by your breath and modern music. Everything flows with the music, the movement and the breathing. A symbiosis of tradition and evolution. To modern music, a choreography with asanas will be set up in this class, in which each breathing movement leads to a body movement. The breath leads the movements and each movement is synchronized with the inhalation and exhalation. This magical and inspiring journey unites body, mind and breath.

### Our Yoga Shala



### Living

You will stay in the individually designed Junior Suites. In the Dwarikas Resort. These are furnished with discreet elegance and rustic charm and thus blend in perfectly with the natural surroundings. Only locally



sourced materials were used for the furnishings in order to minimise the impact on the environment. The suites offer a beautiful bedroom with en-suite bathroom

and a private outdoor area from where you can watch the breathtaking sunrise.



### Surrounding

Dwarikas Resort offers numerous hiking trails and paths on which you can explore the surroundings of the resort



### Enjoy

The soothing effect of this trip is further enhanced by the catering. At Dwarikas Resort you will be served breakfast and dinner in an international, Nepalese or Japanese restaurant. Special attention is paid to the use of fresh, regional products, often grown on the own organic farm or from other local farmers.

### Included services

Airport transfer as collective transfer by bus · 7 over-night stays in the Junior Suite (based on double room sharing) at the Dwarikas Resort in Dhulikel · Halfboard at Dwarikas Resort · Daily Yoga sessions (in english) on 5 days with 4 hours each · Retreat held by Young Ho Kim

and assistant · Day trip to Pashupatinath and Bodnath including lunch at Dwarikas Hotel · NEUE WEGE- information material

### Additional Charge

· Travel Insurance · Nepal Visa fees · Meals others than specified · drinks · Optional excursions

### Optional Services / Supplements

- Junior Suite Double room with terrace (double room sharing) € 160
- executive Suite Double room (double room sharing) € 950
- Junior Suite Double room without terrace for single occupancy € 1.490
- Junior Suite Double room with terrace for single occupancy € 1.690
- executive Suite Double room for single occupancy € 3.450
- Single transfer airport-resort or resort-airport on request
- Extra nights according to category
- Business Class surcharge on request

### Tour dates and price

| Tour-ID:. | from       | to         | Price in € |
|-----------|------------|------------|------------|
| 1NPS9101  | 30.10.2021 | 06.11.2021 | 3790,-     |

### Number of participants

Min: 15, Max:30

### Duration of Journey

8 Days/7 Nights

### Small Checklist

- Book your flight ticket: We will be pleased to assist you for flights departing from Europe.
- Please make sure to possess a travel insurance
- Apply for Visa

### Optional extensions

Many individual extensions are possible: You can extend your stay at the fantastic Dwarikas resort and enjoy wellness treatments or you can immerse yourself in the nature and culture of Nepal. The fascinating neighbouring country Bhutan invites you to explore its beauty.

The beaches of South East Asia in Thailand or Bali offer everything beach lovers are looking for. Let our website inspire you and talk to our Asia specialists.

Ayurveda in the Himalaya: the Begnas Lake in Nepal :<https://www.neuwege.com/ONPP0101>

Bhutan Deluxe: the most beautiful hotels of the kingdom: <https://www.neuwege.com/OBTP0601>

Yoga and Wellness at Kamalaya in Koh Samui: <https://www.neuwege.com/OTGP0301>

Como Shambala: exclusive health oasis in Bali. <https://www.neuwege.com/OLDPO701>

Our travel experts will customize your trip according to your wishes.

# Practical Advice

## Atmosfair Programme / Arrival / Transfers

### Arrival

You will be met at Kathmandu airport after on 30.10.2021 after your arrival. Collective hotel transfer on 30.10. and 6.11. are included, individual transfers can be arranged and booked on request.

We will be happy to book an economy or business class flight for you from various German and European airports.

### atmosfair – Your participation to save our climate

We compensate the CO2 emissions of your flight: For this purpose, we assume 100% of the atmosfair contribution for all participants of your group trip to Asia. You are surely wondering how the compensation works. At [www.atmosfair.de](http://www.atmosfair.de) you can calculate the CO2 emissions of your flight with just a few clicks. The same amount of carbon dioxide is saved elsewhere in an atmosfair-financed project.. Atmosfair invests it, among others, in the showcase project "Biogas in rural Nepal". Even today, many people in the rural areas of Nepal still use open fires as cooking facilities for their everyday life. A biogas plant can make the lives of these families more environmentally friendly and much healthier. The people no longer get lung disease from the open fire in the house and the children can still study for school in the evening under gas light. Another plus: the local people no longer have to travel long distances to collect firewood and the forests of Nepal are protected from deforestation.

So you can be sure that you combine interesting travels with responsible action - really atmosfair!



## Others / Living / Enjoy

A single room can be booked for an additional charge. For single travellers who would like to share a double room, we will do our best to find a room partner, but cannot guarantee it.. In that case, single room supplement will apply.



## Immigration requirements / Security

### Immigration Requirements

To enter Nepal you need a passport valid for 6 months after departure and a visa, which can be applied for at border crossing points to Nepal or at Kathmandu airport.

The visa fees are currently

Tourist visa 15 days validity: 30 USD

Tourist visa 30 days validity: 50 USD

Tourist visa 90 days validity: 115 USD

All visas allow multiple entries within their validity. Visa fees for visa on arrival can also be paid in US\$ or EUR or other convertible currencies (cash or credit card), Travellers should check immediately after issue whether the visa actually covers the desired period. Otherwise, this may lead to problems at the time of departure, including potential heavy fines. In these case, no exit will be granted without payment.

The completed visa application, (you will receive the application with the booking documents), as well as two passport photos must be presented when applying.

Alternatively, you can apply for the Nepal visa in advance at the Nepalese embassy in your home country. For participants residing in Germany this would be the

Nepalese Embassy in Berlin or the Honorary Consulates in Munich, Frankfurt, Stuttgart, Cologne and Hamburg.

In your own interest, you should have the immigration rules reconfirmed before the start of the trip. They may change at short notice without the Foreign Office being informed in advance.

Further information on visa application and the corresponding visa costs can be found at: <https://de.nepalembassy.gov.np/visa/>

### Security advise

The political situation in Nepal is considered stable. Occasionally there are major general strikes, which can affect public life and lead to disruptions in travel. Money, flight tickets and passport are best carried on your body at all times. Please keep an electronic copy of your relevant pages of your passport and of your visa as well as passport photos separately. Please avoid leaving luggage or valuables in the hotel room unattended.

Up-to-date information on the security situation can be found on the homepage of the Federal Foreign Office: <https://www.auswaertiges-amt.de/de/aussenpolitik/laender/nepal-node/nepalsicherheit/221216>



### Health and vaccinations

The health service of German Department of Foreign Affairs generally recommends protection against tetanus, diphtheria, polio and hepatitis A. In the case of long-term stays of more than four weeks or special risks also Hepatitis B, Japanese encephalitis, rabies, typhoid, and possibly cholera. You can find current information under: <https://www.auswaertiges->

[amt.de/de/aussenpolitik/laender/nepal-node/nepalsicherheit/221216](https://www.auswaertiges-amt.de/de/aussenpolitik/laender/nepal-node/nepalsicherheit/221216)

Before the start of your journey, it is advisable to consult your doctor.. Good information on health issues and vaccinations can be obtained from the Centre for Travel Medicine at [www.crm.de](http://www.crm.de) or from the Tropical Institute Hamburg at [www.gesundes-reisen.de](http://www.gesundes-reisen.de). There you will also find information on malaria prophylaxis.

The Dwarikas Resort meets the highest hygienic standards. Outside the resort, it is best to drink only mineral water from purchased, originally sealed bottles, or treated water. Other bottled drinks (e.g. soft drinks like cola etc.) are also unproblematic as long as the bottles were sealed. Ice cubes in drinks are absolutely taboo. As a precaution, do not eat ice cream or unpeeled fruit. Generally, always keep in mind: "Peel it, cook it, or forget it!"

### Important medicines

Please take your usual medication with you in sufficient quantity. Should you regularly have to take medication or if you suffer from a mental or physical illness, you should consult your family doctor before departure. During the entire journey you should be able to take your medication. In consultation with your family doctor, every traveller should carry a small first-aid kit. Protect yourself from too long and intensive exposure to the sun with a light sun hat, good sunglasses and creams for the lips and skin. Important are medication for flu, as well as for stomach and intestinal upsets. Also think of sufficient protection against insect bites.

Medicines are readily available in pharmacies in Kathmandu. Often, these are licensed products, which are produced cheaply in India or Nepal..



## Take-along recommendations

### Luggage:

A flexible travel bag or suitcase as well as a daypack are best suited for the utensils of daily use (camera, water bottle, medication, rain jacket, flashlight, etc.). Bags should be lockable.

### Clothing and shoes:

Light cotton clothing for the day. Sweater and light jacket for the evening.

From November to February you need warm clothes and a warm jacket in the evening! !

### Others:

Take all necessary toiletries with you, medication according to the list under "Health and Vaccinations", sunglasses, notepads, pens, at least 2 passport photos, a good flashlight, binoculars, umbrellas or rain protection, photo equipment (please make sure you have enough batteries, memory cards or films, flashlight and batteries. UV- or skylight filter because of the strong sunlight).



## Currency / Post / Communications

### Currency

The national currency is the Nepalese Rupee (Rs). It is divided into Paise. You can find out the daily exchange rate at [www.oanda.com](http://www.oanda.com). The first money exchange (US\$ or Euro in cash) is best done directly at the airport upon arrival. Please ask for small notes, as these are most often used. In Kathmandu there are cash machines where you can get rupees with EC / Maestro card or credit card. Credit cards are accepted in the hotels.

### Post

The postal service in Nepal is relatively slow and unreliable. The hotels take care of the postal formalities for you. Do not use public mailboxes, and post directly at the hotel.

### Communication

The country code of Nepal is 00977 and from Kathmandu you can make international phone calls very cheaply via internet. The country code of Nepal to Germany is 0049, to Austria 0043 and to Switzerland 0041.



## Customs regulations

The export of large amounts of foreign currency which has not been declared on entry is punishable by law. Further customs information on importing goods can be obtained from the embassy of your destination country. From your nearest embassy you may receive legally binding information.

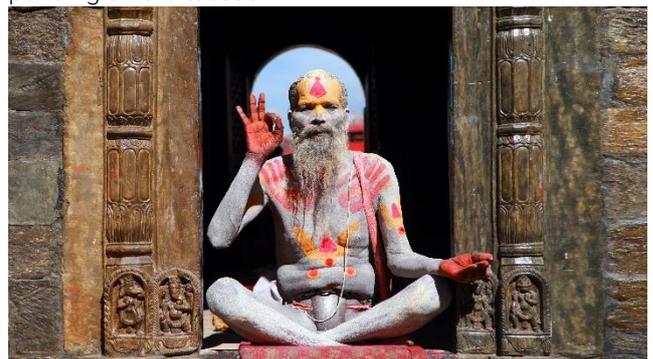
## Worth knowing facts

### Electricity:

The electricity supply in Nepal is with 220-240 volts and 50 Hz approximately identical to the German one. Please note that there is a risk of daily power cuts in Nepal. Therefore we generally recommend taking a torch with you. The sockets have three thick pins, but hotels often have universal sockets that also fit European or American plugs. Nevertheless, the taking along of an international adapter is worth considering.

### Taking photos:

Photographing in the monasteries often has to be paid extra and can cost up to 10 USD or more per photo depending on the location.



## Insurance

We recommend to purchase a travel insurance. Please ask for an insurance directly when booking your trip with NEUE WEGE. Please note that the insurance must be taken out at least 30 days before departure and does not cover any damage already incurred.

In any case, we also recommend that you take out travel health insurance. This insurance can also be obtained from NEUE WEGE.

## Service charges / Tips

The additional costs are low in Nepal. If you were satisfied with the service, then a reasonable tip is appropriate, because wages are low throughout Asia and people are happy to earn extra money. In Nepal about 50-100 Rupees are appropriate for small services. In the restaurants about 10 %, if not already included in the bill. Personal tour guides and drivers, who contribute substantially to the success of the trip, expect a generous gesture. Please calculate here depending on your satisfaction with 5-10 US\$/day.

In monasteries it is customary to contribute a small donation, about 100 rupees per visit. Please donate 500 to 1000 rupees at personal audiences with high lamas.



## Environment

As a sustainable tour operator, we give great importance to environmental protection and appropriate use of local resources. We all bear responsibility here and can contribute to making every trip sustainable! Water and electricity are a rare good in Nepal. By using these resources sparingly, you support sustainable development. Since waste disposal doesn't really meet western standards, you should take care to produce as little waste as possible. Even a few small steps can be very helpful! The use of plastic bottles can be avoided by taking reusable drinking bottles with you. These can

be refilled with purified water. Do not dispose of batteries and other sensitive waste on site, but take them back with you to your home country. So you will avoid an unnecessary burden on the host country. When shopping, you can avoid the use of plastic bags by taking a cloth bag with you. In this way you can help to reduce the amount of plastic.

Visiting cultural institutions and meeting the local population will be an unforgettable experience, especially if you follow the advice of the tour guide and the "Sympathy Magazine" we send out.

## Sustainable travel with NEUE WEGE

### With NEUE WEGE you travel sustainable!

Corporate Social Responsibility (CSR) describes the corporate responsibility for sustainable development. It refers to the economic activities of a company, to environmental aspects and even to social relationships and structures. The CSR seal, which is awarded by an independent certification council TourCert (experts from tourism, science, environment, development & politics), provides information about the significance and verifiability of sustainable development in tourism companies. Sustainability has been an elementary component of NEUE WEGE's corporate philosophy since the company was founded. We have taken the CSR initiative and provide you, as a responsible holiday guest, with orientation and create more transparency on the subject of sustainability. Since receiving the CSR award in 2009, NEUE WEGE have issued sustainability reports to document all CSR activities.

**See for yourself and read more in the NEUE WEGE sustainability report:**

[www.neuewege.com/csr](http://www.neuewege.com/csr)

## Time zones and climate

At Central European Time (CET) the time difference for Nepal is plus 3.75 hours (summer time) and plus 4.75 hours (winter time).

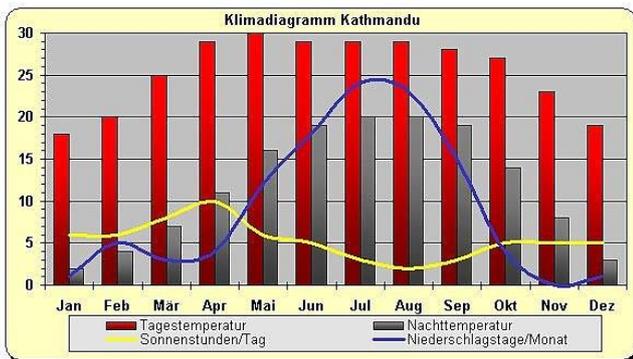
Climatic seasons in Nepal differ considerably from the European climate. The weather is characterized by the monsoon, which comes from the Bay of Bengal and brings the main precipitation. The seasons are also named after the main monsoon. March to May is considered pre-monsoon. From the beginning of June, when the main rainfalls starts, until the middle of September, it is monsoon season. From end of September November it is post-monsoon season.

The post-monsoon brings days of incredible clarity, making the size of the mountains even more impressive.

This is also the best season for hiking / trekking. However, you have to be prepared for somewhat lower temperatures. Above 4,000 m the temperatures sometimes drop below -10 degrees at night. Rainfall at this time is rare, but not completely impossible.

This is the classic classification of the climate in Nepal. However it is under constant change, due to the worldwide climate change over and over again in recent years, so that the weather can no longer be predicted precisely.

You can find further climate information at: [www.iten-online.ch/klima/asien/nepal/nepal.htm](http://www.iten-online.ch/klima/asien/nepal/nepal.htm)



## Language and Understanding

The official language of Nepal is Nepali. It is descended from ancient Indian Sanskrit, the so-called "language of the gods". Nepali is very closely related to the North Indian languages such as Hindi or Bengali. On the usual tourist hotspots you can get along very well with English. In rather remote corners you need a good phrase book and a lot of patience.



## Religion and culture

About 80% of the Nepali population consider themselves as Hindus. Nepal is the only country where Hinduism is the official state religion. Furthermore, about 15% of the population are Buddhists (especially in the remote mountain valleys along the border to Tibet and the Kingdom of Mustang). Other religions and beliefs are also tolerated.

In earlier times Buddhism was more strongly represented, but since the confession to Hinduism brings social advantages, the statistics do not show how many Nepalis are "officially" Hindus, but unofficially practice another faith or mix the contents of different religions.

For Buddhists there is a big difference between Buddhism and Hinduism. Buddhism is not a belief in the gods, but the teachings of Buddha. Buddha teaches methods for attaining enlightenment, called Dharma. Mahayana Buddhism teaches methods for attaining enlightenment for oneself and all living beings. From the Buddhist point of view, enlightenment can only be attained by practicing the holy Dharma.

For Hindus the Buddhas and the enlightened meditation goods of Vajrayana are simply integrated into their own great world of gods. Religious Nepalese all believe in Buddha. Tibetan Buddhism is very different from the original teachings of the historical Buddha (world renunciation teachings of Theravada or Hinayana Buddhism) and is a variation of Tantrism ("Diamond Path"), which is also alive in Tibet, Mongolia and Bhutan.



## Food and Drinks

Nepal surprises with a rich variation of food and drinks. The restaurants have adapted to the taste of the visitors in the last years and therefore offer western cuisine.

The quality and cleanliness is very good in the usual tourist restaurants.

Traditional Nepalese cuisine is easy to avail, as the simple Nepalese restaurants almost exclusively offer the already legendary standard dish Dal Bhat: rice, lentils and vegetables. This dish is served in Nepal at any time of day. It can also be supplemented with additions such as meat, fish, potatoes, eggs and spicy sauces. Another speciality of the Nepalese cuisine are momos (dumplings filled with meat or vegetables). The restaurants offer western drinks such as soft drinks or beer and wine. Tea, in the form of green tea, butter tea or milk tea (Chai) is Nepal's national drink.



### Shopping and Souvenirs

Nepal is a true paradise for souvenir hungry people. Souvenirs are offered everywhere in the country and trading is important. You can do good shops mandu in the Thamel district of Kathmandu. At the Stupa of Bodnath there is a very beautiful and absolutely recommendable Tibetan market. In Kathmandu you get, among other things: Tibetan carpets, silverware, silver jewelry, cotton clothing, wool sweaters, rice paper prints, bronze statues, antiques of various kinds (which often only look old), silk fabrics, khukuri knives, papier-mâché masks, yak wool blankets, copperware, Buddha statues, thankas and much more. The shops are open between 10 and 19 o'clock. Saturday is a day of rest in Nepal. But tourist shops and trekking shops are also open on Saturdays.



### Recommended behaviour

Please bear in mind that in Nepal many traditions, ideas and customs are different from those in western Countries. This „strangeness“ is one of the characteristics that fascinates and inspires visitors. However, this difference demands consideration and tolerance towards the hosts from every visitor. Sacred cows have a religious status; they can do almost whatever they want. Please never hit a cow, there are heavy penalties for this act. Entering Buddhist temples is often only allowed without shoes. Few Hindu temples are completely closed to non-Hindus.

It is frowned upon to exchange tenderness in public, this includes a public shown kiss in the streets. Despite the heat you should always cover your body. Women should wear long trousers or skirts, shoulders should be fully covered. Men are not allowed to walk around with their shirts off!

A greeting in Nepalese is not done with a handshake, but with both palms facing each other, holding them in front of the face and then greeting the other person with "Namasté" or "Namaskar".

If you visit a temple or a high lama, it is a sign of politeness and respect to hand over a silk scarf, which you receive back from the lama as a blessing. In Asia, when greeting monks or priests, one does not shake hands but bows.

You will often pass so called chortens. These are worshipped with great devotion and were built to pacify local deities, gods or spirits. You should always pass a chorten, as well as Mani stones, in a clockwise direction. The prayer wheel of a lama is also turned clockwise

and monasteries and temples should be visited in this direction. According to Buddhist belief, the earth and the universe also rotate in this direction. Some prayer wheels look very old and worn out, but this does not diminish their importance and power in any way. In the prayer wheels there are rolls of paper with prayer formulas, which are strengthened in their effect by the constant turning. If you respect all these religious symbols, you will quickly become familiar with and appreciate the special customs and values of the culture of this region.

## Recommended travel literature

We strongly recommend that you read up for the trip and prepare for visits with travel literature. There are many books and publications about Nepal. A small selection of interesting books is listed here. The books can be ordered in any bookshop.

Various travel guides:

**Stuart Butler, Mark South, Daniel Stables:**

Stefan Loose Travel Guide Nepal.

LOOSE (2018).

ISBN-10: 3770178726

**Ludmilla Tüting, Ram Pr. Thapa:**

MARCO POLO Travel Guide Nepal.

MairDuMont (2017).

ISBN-10: 382972845X

**Krack, Rainer:**

Reise Know-How Travel Guide Nepal:

Kathmandu Valley

Reise Know-How (2018).

ISBN-10: 9783831730414

**Grünewälder, Otto:**

Everything is different in Nepal.

ESTe (2013).

ISBN-10: 3000406379

**Mayhew, Bradley:**

Nepal (Country Regional Guides).

Lonely Planet (2018).

ISBN-10: 9783829744522

General

**Timmerberg, Helge:**

The Mantra against fear or

Ready for everything: Nine days in Kathmandu

Malik Verlag (2019).

ISBN-10: 3890294537

**Nepal: Alone between the Sky and the Earth.**

Wishbohn Verlag (2011).

ISBN-10: 3939545082

**Linke, Katja.:**

Let's go Himalaya!: How do I get to Shangri La?.

TWENTYSIX Verlag (2020).

ISBN-10: 3740766972

**Grossmann, Ralf:**

Experience Nepal – By foot through the silence.

Wishbohn Verlag (2005).

Weitere Literatur

**Studienkreis für Tourismus und Entwicklung:**

Understanding Nepal – Sympathie magazine (brochure)

Understanding Hinduism – Sympathie magazine (brochure)

Understanding Buddhism – Sympathie magazine (brochure)

## Your personal contact



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