

*Meditation Retreat  
Nepal Himalayan  
Mountains  
10th - 17th November, 2017*

**8 days of magic facilitated by Kira Kay - with daily Yoga by Rafael Ebner**

*“When one tastes the sweet nectar of connecting deeply with thy own soul, finding the quiet peace within that is always present, one never forgets this remembering. My years of journeying and deepening my own personal practice of meditation and self enquiry has inspired me to invite others to join me in the profoundly powerful and evocative location of Nepal. These 8 days together allow for depth and quietness to be experienced, to travel deeply into who you are - all while being nourished and supported in a variety of ways.” Kira Kay*

This exquisite mountain location with its panoramic views of the Himalayan range naturally invites sunrise and sunset meditations to awaken to life and your-self. Daily yoga sessions provide support and stretch your body enabling a natural flow of energy that complements the intensity of meditation practice. Kira offers one-on-one sessions to support your self-enquiry and deepening of your meditation practice.

The country of Nepal offers a diversity of experience and during our time together there will be additional complimentary segments offered, including visits to Kira's social impact projects, that encourage wider perspectives on humanity, life, karma yoga and compassion in action.

**Practical details: Price:** €950 shared room; €1250 single room (does not include airfare)

• includes all meals from dinner 10th - breakfast 17th Nov. • water & tea/coffee are included, any additional beverages are at own cost • transport - from airport to hotel, Kathmandu hotel to mountain location, outings & return travel back to Kathmandu hotel • bedding/towels provided • cultural excursions within the days

All meals are vegetarian, sourced from the organic gardens of the locations we will be staying. The cuisine is Nepali style - moderate spicy curries, rice, flat breads. Filtered water & unlimited cups of chai available!

**Come, join us for a deeply enriching and potentially life-changing experience!**

To register or further details contact Josie Blythe: [bookings@kirakay.com](mailto:bookings@kirakay.com)



**Kira Kay** – brings to this group her rich life experiences and extensive practice in facilitating self-discovery, meditation and intuition development. [www.kirakay.com](http://www.kirakay.com)

**Rafael Ebner** – brings his many years of practice in a variety of yoga styles, synthesising this experience into a gentle yet powerful unique form. [www.rafaelebner.com](http://www.rafaelebner.com)

