

Fast Facts and Frequently Asked Questions.

Things to know before you go....

Be prepared to sweat and unleash your potential.

Ask questions – the instructors/teacher/s are there for you!

We practise yoga on an empty stomach

Classes are open to all levels

Arrive to class 10 minutes early

All retreats are alcohol, drug and meat free

Bring your Spirit and be ready to soar!

Travelling To the Himalaya

Frequently Asked Questions - Travel to and within Nepal

Do you have recommendations for booking my flight?

There are many options for finding a flight. It all depends on where you're flying out from. The internet is your best source to explore your options. Some sites that may prove helpful are www.cheapflights.com, www.lowfares.com and www.cheaptickets.com. You may also wish to use a travel agent to assist you in booking your flight.

Do I need a passport?

Yes. Your passport must be valid for the dates of your trip. If you do not have a passport please allow adequate time to get one. You will not be allowed to board a plane leaving the country without a passport.

Do I need a Visa for Nepal?

Yes, you will need a tourist visa to travel to Nepal, India and Bhutan. We suggest you get one in your home city before you leave or at the airport upon arrival (except in India); whichever makes more sense for your future travel needs. You will not be allowed to board a plane bound for India without a valid Indian visa.

Where should I fly into and when should I arrive?

Kathmandu Nepal in most retreats. You need to arrive the day before the retreat starts.

When should I get to the lodge?

You need to be at the resort the day before for meeting and meditation that night.

When do we leave the lodge?

The last day of the retreat unless staying on to trek, or to explore more.

Any suggestions for a healthy flight?

Since the flight is so long we do recommend drinking plenty of water, at least 8 ounces per hour. Drinking caffeinated beverages is not recommended. If you want a

special meal remember to order in advance with your airline (we like "Asian Vegetarian). Vitamin C, electrolytes or coconut water are highly recommended. These come in handy packets and are helpful in fortifying your immune system during the flight. Snacks of fruits and nuts will help too. When not sleeping or watching movies, take regular breaks to get up, walk around and stretch.

How do I get from the airport and back?

We will be happy to help you; we will be offering free transportation from Kathmandu the day before any retreat. Another option is to get a taxi; it is usually 1000-2000 Nepalese rupees.

No matter which method of transport you choose, you must be in Dhulikhel by nightfall the night before. Upon return we will offer rides to the airport and Kathmandu at the end of the retreat. There is departure tax at the airport and is around 2000nrp.

Why do we have to be there before nightfall?

This is to settle and relax. We debrief, met and greet, and start the evening off with a meditation

What should I pack?

Once you register you will be provided with a suggested packing list. We suggest you bring one large suitcase or duffel as checked luggage and one small bag or knapsack as your carry on. Bring an empty duffel packed into your suitcase to bring home your purchases. Don't over pack!

Remember, airlines are imposing stricter guidelines for luggage and weight. Also, within India we have limited space for luggage on trains and busses. Also, there are times you will have to carry your own luggage, so make sure the luggage you bring is luggage you can handle carrying.

Do I need vaccinations?

This depends and varies person to person as everyone has a different medical history. We suggest you consult with your doctor if you are concerned about this issue, and do whatever makes you feel comfortable. The staff of the retreat have been going for years do not get vaccinations in stead use homeopathy and Tibetan medicine, but again, this is an individual choice.

Health and disease prevention

Please...

Don't drink water from the tap and avoid taking ice cubes in your drink. Reputable brands of bottled water or soft drinks are generally fine. Take care with fruit juice, particularly if water has been added. (Good brands of water purification tablets can also be used).

Only drink/use water that comes in sealed bottles or that was boiled previously. We suggest you clean your teeth with purified water rather than straight from the tap. Wash your hands frequently, as it's quite easy to contaminate your own food, or if water is not available, we suggest you use anti-bacterial hand gel, available in most super markets around the world and in Nepal.

Milk should be treated with care as it is often un-pasteurised. Boiled milk is fine if it is kept hygienically.

Don't eat anything that hasn't been cooked, fried or can be peeled unless at a good quality restaurant where they have been treated in iodine water.

Salads and fruit should be washed with purified water or peeled where possible. Try to avoid insect bites by covering bare skin when insects are around, by screening windows or by using insect repellents.

If, after following this advice you do get diarrhoea, this usually lasts 1 or 2 days and is not dangerous. You should drink a lot of water (from sealed bottles!) and not eat spicy food. Diarrhoea also goes along with a loss of minerals. In order to provide

enough minerals to your body you should add a mineral powder such as Jeevan Jal (or just 'Jal') to your drinking water. Jal can be obtained for a few rupees at the pharmacy, as can various diarrhoea tablets. If you are not feeling better within 3 or 4 days consult us so we can take you to the doctors.

Culture shock

When entering a new environment where very little is familiar to what you are used to, you will probably be disoriented to start with. Some people call this 'culture shock'. Experts have suggested that there are four stages of culture shock:

1. Initial euphoria
2. Irritability and hostility
3. Gradual adjustment
4. Adaptation

Almost everyone experiences a culture shock to some degree. It can be frustrating and confusing. There are positive steps you can take to minimise the impact:

1. Realise that this is normal and that you will live through it.
2. Be open-minded and ready to learn. You will come to realise that there are different ways to do things and that's okay.
3. Research your new culture. You can begin today, reading as much as you can about the Nepalese culture that you will be experiencing.
4. Look for logical reasons for behaviours in the new culture that you may find strange. With a little analysis, you may find that these different behaviours don't seem so strange after all.

What about supplements and medicines?

Once you register you will be sent a list of recommended supplements and suggestions to stay healthy during your time in the Himalaya.

Frequently Asked Questions – the lodge living, food & dress

I just noticed that the room & board fee is based on double-occupancy. What if I really want a room by myself?

A single room will be an additional US\$30 per night. Please let us know a.s.a.p

What if I would prefer to stay elsewhere?

If you choose to then it will be up to you to find your own accommodation in Dhulikhel and meals. We don't suggest this as it breaks the group energy and it also puts you at risk of getting food poisoning.

What is the lodging like?

Beautiful. Each room has its own western style attached bathroom, but hot water can be sporadic so you might want to practice taking cold showers before you come. (Cold showers are very good for you!). Every room is serviced daily. With clean towels, sheets and toilet paper.

Is the food and water clean?

All water used at the lodge for cooking and drinking is from a safe bottled water company. Drink only bottled water while in Nepal/Bhutan. It is readily available. Do

not drink water out of any tap, unless you're at the lodge. We suggest using bottled water to brush your teeth as an added precaution. We do ask that you bring your own drink bottles and re-fill to help reduce the use of plastic.

What kind of food will there be at the lodge?

The lodge serves fresh vegetarian Indian food. A typical breakfast includes yogi tea (with or without milk), oatmeal, yogurt and fruit. Lunch and dinner are a vegetable subji (mix), fresh mixed vegetable salad, chapatis, rice and dahl. The food is vegetarian with many vegan options.

If you have specific dietary requirements, such as a vegan or wheat-free diet, you can bring snacks with you. We can also direct you to many healthy eateries and safe vegetable and fruit stands outside the ashram once we are in India. As long as you buy fruit that has a peel on it, it will be fine to eat! Many vegans have travelled with us to Nepal and had no problem finding delicious food to eat!

All of our retreats are meat and alcohol/drug free. In the past we have not been strict with this and due to the lack of respect to this aspect we will ask people to leave who can not refrain from meat, alcohol or drugs, no questions asked, no refund, no further help.

Will my cell phone work? Is there Internet? How can I call home?

Most networks now have international options, though the cost of your calls may be expensive. Most carriers will unlock your phone for you, for international travel – **please call your cell phone service provider for more information.**

There are also plenty of phone offices in Nepal with inexpensive rates if you choose not to bring a cell phone. In Nepal there are Internet cafes close to the lodge. Just know that Internet service is very slow.

Your phone will be required to be on silent during the retreat.

How should I dress once in the Himalaya?

Modestly and with respect to the culture.

For women, do not wear clothes that are tight, transparent. This means no tank tops, halters or short t-shirts/skirts or shorts. This is to not only to show respect for the culture but so that you don't draw unwanted attention to yourself. Instead wear loose fitting, graceful clothes such as cargo pants, jeans, trekking pants are all okay. Traditional Indian wear is appreciated but not essential.

Once in Nepal there are many shops where you can purchase beautiful and inexpensive clothing to wear and to do yoga in.

For men we suggest modest clothing, in Nepal not many men wear khakis and Indian kirta shirts anymore, however no tank tops in public.

Because you'll be doing Yoga every day, we recommend white or light colored clothing and a head covering for Kundalini classes.

Will there be yoga mats or do I need to bring me own?

You can if you wish too. There are mats available for your use.

Frequently Asked Questions - Money

How much money should I take with me?

That's entirely up to you and how much you want to buy. Things in Nepal are much more inexpensive than they are in the US, Australia or Europe, so your buck goes pretty far. Traveller's checks are harder to exchange in Nepal than cash, so we recommend bringing cash and a money belt. ATMs are available in Nepal and in close proximity to the lodge. ATMs are also available in Kathmandu, but not necessarily in close proximity to where we will be.

Most stores take credit cards, but its cash only at the markets.

What about tipping?

We do not tip any staff during our stay at the lodge. Rather, we leave a collective

group tip at the end of our stay, which the staff divides between them. Generally this tip is around \$20/person.

Anywhere you need to go in Dhulikhel you can easily walk to.

What is the currency and how can I exchange my monies?

The currency in Nepal is the rupees. There is a money exchange in the airport. When you fly into Kathmandu, exchange some money into rupees at the airport.

You can easily walk to places in Dhulikhel to exchange money.

The Nepalese rupees is not exchangeable outside of Nepal so however much money you exchange into rupees, know that you must either spend it or exchange it back before leaving the country.

Autumn (Sept-Nov) : This is the time when you can expect better visibility, the air is fresh, and the weather is perfect and that the Nepalese most important festivals (Dashain and Tihar) are marked during this season The best season offering excellent weather and tantalizing mountain views. This is our favourite season!

Winter (Dec-Feb) : This season is noted for occasional snowfall and the air can be quite cold at all elevations. Tantalizing mountain views can be seen from just about everywhere in Nepal. We like this season although it can be very cold, dry and dusty.

Spring (March-May) : Spring is particularly lovely as the mountain slopes are covered with beautiful and colorful flowers and still have plenty of high snow to enhance the magic of the Himalaya. The temperature is quite moderate, getting warmer closer to May and the mountain views are unpredictable but generally excellent.

Summer (June-Aug) : End of may to early August is wet, hot, wet, muddy, hot and very wet; Mid to late August the weather is still warm but not as wet. This season is for the adventurous.

Do I need to fill out all of this paperwork to register?

YES! We need the registration forms returned to us and the deposit paid before we can consider your registration complete.

Do I have to do every class?

To get the most out of a yoga retreat it is suggested you do, we ask that you try your best! If your doing a healing retreat yes, we will not give out certificates to those who miss classes.

Do we have to go to sadhana whilst on retreat?

Yes! We highly recommend attending sadhana every morning. You'll be amazed at how much it will deepen your practice and enhance your experience!

I'm new to Kundalini Yoga - what's "sadhana"?

Sadhana is a 2 hour morning practice consisting of prayer, yoga and meditation. It's powerful and uplifting! For more information about sadhana, including Yogi Bhajan's answers to common questions about sadhana, please see the [KRI wesbite!](#) Kundalini Sadhana is offered only on Kundalini retreats.

Are there any scholarships or work exchange positions available?

Unfortunately no. If this interests you might be interested in our volunteer program.
www.3hohimalaya.org

What about discounts for International or Indian students?

None are available at this time. If you feel you can exchange something/or a skill valuable get in touch!

Is there any way to connect with my fellow yogis prior to the trip?

Yes! We provided everyone's email contacts to each other. This is highly suggested you all make contact.

What will the daily schedule be like?

We give these out along with a what to take list once your deposits are down!

Ta Da! That's all of our questions answered.

Who do I contact if I have additional questions?

Please contact us! - We will be happy to answer any of your questions!

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