



ENJOY A SPECTACULAR TRIP TO NEPAL:

TWO WEEKS OF HIKING & YOGA RETREAT IN THE SACRED HIMALAYAS

OCTOBER 7TH – OCTOBER 20TH, 2024

Kathmandu-Manaslu Conservation Area:

**Machha Khola (700m) – Doban (1.070m) – Philim (1.590m) – Bihi
(2.130m)- Serang Monastery (3.200m-3.500m)-
– Kathmandu (Return by Helicopter)**

Nepal is one of the richest countries in the world in terms of spirituality and happiness. This is so, at least in part, not despite the country's poverty but because of it.

This amazing country where inner rewards are valued more highly than material ones offers lessons especially for personal growth. Nepal offers an almost perfect opportunity to discover and make use of your untapped potential of body, mind and soul.



Thirteen days in Nepal combining Royal valley sightseeing, vigorous trekking, amazing mountains, great power places, staying in Serang Gompa – a Buddhist monastery at high altitude – and quiet time for introspection will lead you to reach again the peaks of yourself. Enjoy a different life. Experience yoga and meditation in a truly Buddhist monastic environment.

**Genius
Coaching & Training GmbH**

Gustavstraße 5
D - 45219 Essen-Kettwig
Deutschland

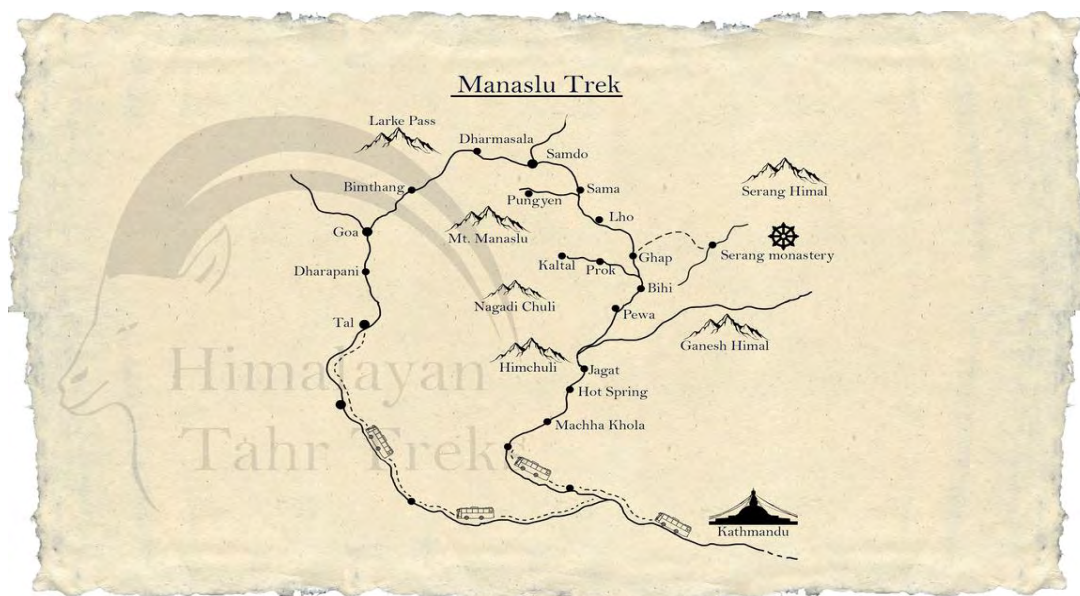
Phone: +49(0)2054 - 9387784
Fax: +49(0)2054 - 9387785
Cell: +49(0)172 - 5991280
E-mail: info@genius-coaching-training.com
Internet: www.genius-coaching-training.com
HRB: 29602 | USt-IdNr.: DE 321423317

Geschäftsführer:
Dr. Thomas Oehler
Bankverbindung:
Deutsche Bank Düsseldorf
IBAN: DE18 3007 0024 0416 8804 00
BIC: DEUTDE3311

MANASLU TREK DESCRIPTION

Due to rapid development, Nepal's remote and untouched Himalayan regions have undergone transformational changes for better and for worse. The renowned Annapurna Circuit now has roads along the entire route with jeeps racing the entire way, and the Everest region has been long obsolete of its traditional style houses. However, the Tsum-Nubri Valleys along the apex of the Manaslu Circuit remain virtually untouched by outside development and were opened to trekkers relatively recently. Both the Nubri and Tsum Valleys are known as "Beyul", a sacred Valley that was blessed and designated as a place of refuge by Guru Rinpoche. The Valley also lies within the Kyimolung Valley, meaning the "Valley of Happiness." For these reasons, and among others, the Manaslu Trek is quickly becoming the most popular trek in Nepal.

The trek is centered around Mt. Manaslu, the world's eighth highest mountain at 8,163 meters (26,781 ft.). Like the Everest and Annapurna Circuit, the Manaslu Circuit also offers humbling Himalayan scenery, high mountain passes, rich biodiversity, and the rewarding journeys to get there. This awe-inspiring natural beauty is only accentuated by the rich culture and traditions that exist there. The Manaslu Trek's serenity and cultural richness provides an authentic experience unlike anywhere else, and it can only be tapped into with the help of our locals who was shaped by the very area they are guiding.



Building upon years of family and personal knowledge, locality, and heritage, we are able to bring you this experience.

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BIC: DEUTDE33



YOGA RETREAT DESCRIPTION

Daily yoga and meditation classes await you in beautiful, sacred surroundings. This combination will ground you, energize you and fill you with new inspiration. Get in touch with your body and mind and recognize your true, inner nature. Allow yourself to be you, to just be and deepen your practice for everyday life at home.

Daily routine yoga retreat at the monastery (subject to change):

- 5.00 am awakening conch, silent meditation or working meditation
- 7.00 am puja or yoga class
- 8.30 am breakfast
- 10.00 am karma yoga/work meditation
- 11.00 am selfstudy or consultations or workshops
- 1.00 pm lunch, free time
- 3.00 pm yoga & meditation class
- 6.30 pm dinner
- 7.00 pm consultations
- 9.00 pm lights out

We will practice different yoga styles and different meditations. A little previous experience with yoga and meditation is helpful. We will have the opportunity for various consultations and workshops with the monastery heads, for example: visiting the monastery and the school, meditation in a holy cave, pujas, Buddhism painting and others (the actual program depends on the current situation). Also use our group for support and community as well as personal advice from your coaches and trainers.



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BIC: DEUTDE330303309

14-DAYS-PROGRAM

Day 0 oct. 6th: Departure from your home country

Day 1 oct. 7th: Kathmandu Arrival (1,400m)

Upon arrival, be greeted by our team at the airport and let us help you settle in.

Day 2 oct 8th: Kathmandu Preparation

Take this day to explore, shop, and prepare for the trek departure. Optional: Day-Trip to Bhaktapur. This evening meet our team over dinner for the Trek Briefing.

Day 3 oct 9th: Kathmandu to Soti Khola (730m)

Drive 12 hours. Rise early for our departure to Soti Khola, the starting point of our trek. We will arrange a pick-up at your hotel to deliver you to the bus station or for your private jeep. From there, drive along the Kathmandu-Pokhara Highway, and then along the banks of the Budhi Gandaki River for the remainder of the drive.

Day 04 / 10 Oct, 2023: Soti Khola to Macchakhola (930m)

Trek 7 hours / Moderate / 15 kilometers walking distance (Approx.)

Wake up early in the morning, have our breakfast by 7:00 Am, and get ready to start our day. We begin walking along the river and busy dust along the ongoing construction of the road trail. Make sure to bring your mask that covers your nose and face. We cross a long suspension bridge over the Labu Besi Khola and then ascend to reach Machhakhola.

Day 05 / 11 Oct, 2023: Machhakhola to Jagat (1,410m)

Trek 8 hours / Moderate / 16 kilometers walking distance (Approx.)

We begin walking along the river. We cross a long suspension bridge over the Yaru Khola and then climb stone stairs to reach Jagat, the village very close to the Budigandaki River.

Day 06 / 12 Oct, 2024: Jagat (1,410m) to Pewa

Trek 8 hours / Moderate

On this day, we arrive at the intersection that leads to either the Nubri or the Tsum Valley. For this trek, we head upwards towards the Nubri Valley.



Day 07 / 13 Oct, 2024: Pewa to Bihi (2,130m)

Trek 3 hours/ Moderate

Today will be a short trek to Bihi with a duration of only 3 hours. On this day we will head to our newly constructed school in Bihi, where we will have a tour of the school. With the help of our guide and the local people, visit the new school, wander around, and enjoy the sight-seeing.

Day 08 / 14 Oct, 2024: Bihi to Serang (3,200m)

Trek 8 hours / 21 kilometers walking distance (Approx.)

We wake up early in the morning and have a big breakfast because in between there are no teahouses or shops. However, we will have pack lunch taken with us, and have them along the trail. A huge ascent, leaving the Nubri Valley floor and passing through a small village terraced into the steep mountainsides. The ascent is steep, but its natural beauty is humbling. The Serang Monastery, with a history of over 500 years, is a unique Buddhist sanctuary nestled in the lap of the Himalayas.

Day 09-13 / 15-19 Oct, 2024: Yoga Retreat in Serang Monastery (3,200m-3.500m)

The next five days enjoy your yoga & meditation sessions in the peaceful environment of the beautiful Serang Monastery. Relax and enjoy the serene, tranquil environment. As you relax, Himalayan Tahr Goats will likely stroll in front of you unafraid, as they, too, feel at peace among the monks and nuns.

Day 14 / 20 Oct, 2024: Serang to Kathmandu (1,400m)

Helicopter Duration: 45min (Approx.)

Depart on a private helicopter back to Kathmandu. Begin in Serang and quickly descend back to Nepal's bustling capital, Kathmandu City. Along the way, from an aerial view, witness the drastic change in scenery, and see the villages that scatter the hillsides.

Departure from Kathmandu to your home country (flight Oct. 21st, 2024) or stay in Kathmandu (optional) and depart later.

In case you would like to stay in Kathmandu we are happy to arrange your stay.

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YOUR TRAINERS & GUIDES



Dr. Thomas Oehler

Is your coach. He has decades of experience in organizational and personnel development as well as in coaching top executives. Since studying communication science (M.A.), sociology, psychology (D.E.A.), and business administration (Dr. rer.pol.) in Munich, Strasbourg and Paris, he has been working professionally all around the world. He is also the founder and chairman of Human Care Education e.V., where he is primarily responsible for the funding of the projects and their implementation on site. He has been accompanying groups on their trips through Nepal for 15 years.



Madleen Bernhardt

Is your yoga teacher. She has been a yogini for more than ten years and teaches various yoga and meditation classes in Berlin. She learned yoga and meditation from various teachers in Germany, India and Nepal. She is also trained in mediation, conflict management, mindful leadership and systemic coaching.



Sangay Phuntsok

Is your hiking guide. Sangay was born in Chekembar Village in the Tsum Valley. Among many things, he is a trekking guide, artist, and Tibetan language teacher. He was among the first teachers for the Serang School built in 2015, and with his artistic talents, he helps restore sacred and ancient Buddhist paintings. Sangay has special knowledge in Buddhist art and culture and society, subjects he studied at university and in several monasteries in India for several years.

You will also learn a lot in consultations and workshops from our **spiritual teachers**, the **heads of the monastery**.

For references regarding previous treks in Nepal and please refer to:
www.genius-coaching-training.com/training/resultate/ download

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MANASLU TREK SPECS

Trip Duration ----- 14 days, 13 nights
Difficulty ----- Moderate/Strenuous
Highest Point -----Serang Monastery (3.200-3.500m)
Group Size-----min. 4 people, max. 10 people
Language-----English & German
Cost -----EURO 3.700,00 per person (plus VAT)*

Plus a donation of EURO 1.000,00 to Human Care & Education e.V. for Serang/Bihi School to be transferred separately. Tax deductible in Germany.

Single Room -----EURO 350,00 per person (plus VAT)

Included in Price

Arrival/Stay in Kathmandu

- Airport Transfers arranged to/from KTM airport to hotel
- Sim Card with 500 NPR balance for each team member
- Map of Manaslu Trek for each Trekker
- Hotel in Kathmandu/ Thamel before departure of trek: 2 nights, breakfast included.
- Trek Briefing Dinner before departure

During Trek

- Private Jeep Transport to Trailhead
- Lodging and accommodation along the trek and first two nights in Kathmandu
- Breakfast, Lunch, afternoon tea/coffee, and Dinner. All meals come with tea, coffee, or hot water.
- All trekking permits and entry fees
- Basic Medical Kit carried by guide (anti- inflammatories, diamox, laxatives, antidiarrheals, bandages, and moleskin.
- Professional English-speaking guide and the guide fee
- 6 Porters (150 kilos total), Per person 12.5 kilo max.
- Helicopter from Serang to Kathmandu
- Yoga Mattress, blankets and Yoga Cushion

After Trek Kathmandu

- Transfer back to airport

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Not included in Price

Pre Arrival to KTM

- International Flights
- Travel and Evacuation Insurance (mandatory)
- Nepal Visa
- Meals in Kathmandu
- Transportation around Kathmandu

During Trek

- Personal Expenses (bottled drinks, alcohol, snacks, wifi, battery charging, trekking gear, and other miscellaneous items)
- More than one meal/person. Note: Daal Baht has unlimited refills.
- Any medicines not listed
- Water purification or filters (iodine tablets, steri pen, water filters)
- Hot shower
- Tip for guide, porters, cook etc.

***All the profit of this trek goes to Serang Basic School and its project in Bihi. That means the trekking company is directly funding this monastery and its [Serang Basic School](#) project. And by choosing Himalayan Thar Pvt. Ltd. as your travel partner, you will be playing a direct role to preserve this ancient monastery and its school that provides free education to community children. For details please refer to www.human-care-education.com**

Deadline for booking and payment: 15.08.2024

We strongly recommend to respect this deadline also because of cheaper international flights for your own booking.

Organization Yoga-Retreat & Coaching: Madleen Bernhardt & Dr. Thomas Oehler

Organization & Responsibility in Nepal: Himalayan Tahr Treks Pvt. Ltd. & Serang Monastery

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BIC: DEUTDE33BUE