

connecting spaces

mindwalk



bringing exclusive awareness to the himalayas

friends & family promotion tour - march 2018

monika schaffner, 12.12.17

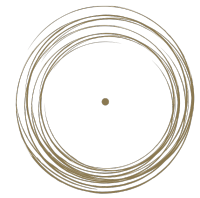
the mindwalk product

With our **mindwalk** product, we refine the experience of travelling & trekking in the Himalayan Region (Nepal, Ladakh, Bhutan, Sikkim). We offer exclusive premium tours with a holistic approach, aiming to bring awareness into the Himalayan spaces. By heightening awareness of the sacredness of the spaces we visit - both in the outside and our inside spaces - we reinstate appreciation, value and awe towards the environmental & cultural heritage we travel through.

Our holistic perspective takes into account the tangibles (support crew, logistics, infrastructure, equipment, activities, resources management, cuisine) as well as the intangibles (meditation, coaching, personal development, physical well-being and healing, cultural and natural experiences) and interconnects and merges sustainability issues across their full range. In going this way, we open the scope for such holistic approaches to spread further into the trekking sector. We set best-practice examples on truly sustainable living, thereby sensitizing our fellow trekkers, the local people as well as the outside world who will hear about our trips.

formats of awareness-creation and experience

- 4 - 8 participants
- 3 - 5 hours walking per day; rest days for deeper insights within particular local settings
- Group meditations and individual coaching & healing sessions
- Experiencing authentic cultural events
- Insight into local lifestyle, agricultural practices, food production, cooking
- Digital detox



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promotion tour: kathmandu valley - rolwaling himal - himalayan consensus summit

5.-25. march 2018: 14-day tour + 2 days Himalayan Consensus Summit 2018 + 3 free days

tour cost: 4950 USD (incl. flight ZRH-KTM, visa, full-board accommodation; excl. insurances)

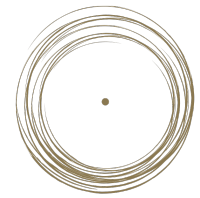
We offer this initial tour as promotion within our networks, with an exclusive discount rate and the special privilege of being part of the Himalayan Consensus Summit 2018.

brief

- 6-8 March: Sacred spaces in Kathmandu Valley: This is Sujeev's hometown, he will guide us with his inside knowledge, bringing us to places not normally accessible to outsiders.
- 9-20 March: En route to the east of Kathmandu, we will move through Monika's childhood home. We stop in Charikot to hike to the sacred mountain of the Hindu goddess Kali (4000 m asl), followed by an 8-day trek to Rolwaling, a hidden valley of Buddhist heritage, with a max. trekking elevation of 5500 m asl. We stay at the home of Monika's friends, enjoy local hospitality and travel gradually up through wild jungle to the higher snowlands guarded by the magnificent two-peak mountain of Gauri Shankar.
- 21-22 March: Free days in Kathmandu
- 23-24 March: Himalayan Consensus Summit 2018 www.himalayanconsensus.org

preliminary schedule

Date	Activity	Notes
5.3.	Arrival in Kathmandu	
6.3.	Allowing your soul to arrive in Nepal	Free day with optional intro tour
7.3.	Visit Patan, Golden Temple, Nepali Dinner	Sujeev's hometown
8.3.	Visit to Pharping Monastery	
9.3.	Transfer to Charikot, 2000 m asl.	Charikot Panorama Resort
10.3.	Day hike to Mt. Kalinchowk, 4000 m asl.	Drive to Deurali
11.3.	Transfer to Chetchet, hike to Simigaon	Homestay at Monika's friend's place
12.3.	A day in Simigaon village	Connect with the local people
13.3.	Hike to Dogang, wild forest experience	Incl. time for meditation & wellness
14.3.	Hike to Beding, visit Beding Monastery	Incl. time for meditation & wellness
15.3.	Hike to the high valley of Na	Incl. time for meditation & wellness
16.3.	Daytour to a beautiful glacier lake	Incl. time for meditation & wellness
17.3.	Daytour to the highlands of Yalung Ri	Incl. time for meditation & wellness
18.3.	Hike back down to Dogang	
19.3.	Hike to Simigaon, transfer to Charikot	Charikot Panorama Resort
20.3.	Visit the ancient kingdom of Bhaktapur	
21.3.	Restday in Kathmandu	Free day with optional tour
22.3.	Bouddha - Nepal's Tibetan-Buddhist center Surprise exclusive Nepali Dinner	Free day with optional tour
23.-24.3.	Himalayan Consensus Summit	Participation in the Summit
25.3.	Depart Kathmandu	



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who we are

monika schaffner

Monika was born and brought up in Nepal, a Himalayan soul in a Swiss family. Her key concern is to safeguard cultural and environmental heritage in the mountains she has come to love, ever since her childhood days on the hillsides where her father designed the first long-distance road through the mid-hills of Nepal. Founder of her company **connecting spaces**, with a PhD in integrative geography, she connects spaces and builds bridges between cultures, mindsets and individuals. She moves between the material and the spiritual world, as manager of environmental projects, intuitive communication specialist, practitioner of lomi lomi nui massage, fire guardian at shamanic rituals, passionate hiker and ex-mountain marathon runner.



<http://www.monikaschaffner.biz>

sujeev shakya

Sujeev dabbles across many worlds. He leverages over 25 years of experience in diverse fields and geographies to advise, lead and inspire. With comprehensive networks in Nepal's public, private, civil and diplomatic sectors, Sujeev is a trusted business and policy advisor and respected strategic thinker. From economies of developing countries to economies of human beings, he moves across different worlds, with his passion for the Himalayas being the axis. He is the founder CEO of **Beed Management**, a Nepal based management consulting and financial advisory firm. He chairs the Nepal Economic Forum that acts as a private sector interface to development. He is author of the bestseller *Unleashing Nepal – Past, Present and Future of the Economy* (Penguin) and wrote a popular column *Arthabeed* in *Nepali Times* from 2000 to 2011. He also conducts Leadership Thinkshops as Thought Facilitator. Sujeev is a Chartered Accountant, completed his Diploma in International Marketing from Boston University and recently completed Certificate in Coaching from Columbia University.



<http://www.sujeevshakya.com>

some practical information

- Within Nepal we will travel by bus/jeep and our own feet.
- The tour language will be a mix of German and English.
- Please sign up ideally by **Jan. 8**, at the latest by **Jan. 28 2018**.
- If you have any questions, please get in touch with Monika.

