Nepal — Wellness, Culture & Inner Journeys

Discover. Experience. Reconnect.

Nepal is a place of extraordinary landscapes, rich cultural traditions, creativity, and opportunities for meaningful exploration.

At **WW&Co**, we curate meaningful journeys that bring together wellbeing, Ayurveda, mindfulness, art, nature, and cultural discovery.

We are not a conventional tour operator. Our focus is on creating thoughtful connections between people, practices, and places.

Working with local Ayurvedic centers, practitioners, artists, and experienced guides, we help you discover experiences that align with your interests, intentions, and needs.

Whether you're seeking a lighthearted escape, a deeper Ayurvedic wellness experience, creative exploration, or time for personal reflection, we help bring together the possibilities for your journey.

There is no single way to experience Nepal.

Your journey can be restful, adventurous, creative, reflective — or a little of everything.

Explore Your Journey

1. Ayurveda & Restorative Wellbeing

A personalized experience focused on rest, renewal, lifestyle awareness, and traditional Ayurvedic approaches to wellbeing.

We collaborate with different Ayurvedic centers to help identify suitable programs based on your interests, wellbeing goals, available time, and the center's professional assessment.

Your experience may include Ayurvedic consultations, individualized treatments, nourishing meals, daily routines, meditation, gentle movement, and time for rest.

From shorter rejuvenation experiences to longer immersive Ayurvedic stays, we help you explore the options that best suit your needs.

2. Light & Joyful Nepal

A relaxed and enjoyable way to experience Nepal through culture, nature, creativity, and everyday discoveries.

Explore local neighborhoods, taste traditional food, meet local artists, join creative workshops, visit meaningful places, and discover Nepal at your own pace.

Ideal for those who want to have fun, explore something new, connect with people, and experience the richness of Nepal without following an intensive retreat schedule.

3. Art, Creativity & Cultural Exploration

Discover Nepal through its artistic traditions, craftsmanship, and cultural heritage.

Experiences may include sand mandala art, pottery, thangka painting, traditional crafts, and opportunities to learn directly from local artists and practitioners.

Whether you're a beginner or simply curious, these experiences offer space to learn, create, and connect with different forms of artistic expression.

4. Mindfulness, Nature & Inner Journeys

A journey combining mindful exploration, personal reflection, nature, and cultural discovery.

Depending on your interests, this may include meditation, guided self-inquiry, gentle trekking, monastery visits, contemplative walks, and visits to places of spiritual and cultural significance.

Designed for those seeking space to slow down, reconnect with themselves, and discover new perspectives.

Our Signature Journey

11- Day Ayurveda, Art & Cultural Journey

Rest. Create. Explore.

Our signature 11- day program brings together Ayurvedic wellbeing, creative exploration, and cultural discovery into one thoughtfully curated experience.

The journey typically combines an immersive stay at a selected Ayurvedic center with opportunities to explore Nepal's artistic traditions, local communities, and cultural heritage.

Each edition may differ depending on the Ayurvedic center, local collaborators, available experiences, and the needs of the participants.

The intention is to create a meaningful balance between restoration, discovery, and enjoyment.

Discover Our 11- Day Journey

Create Your Own Nepal Journey

Your interests. Your pace. Your experience.

Not everyone is looking for the same journey.

You may wish to spend several days focusing on Ayurveda, followed by pottery, sand mandala art, cultural exploration, or trekking.

Or perhaps you're interested in a shorter experience combining mindfulness, creativity, local encounters, and nature.

We help you explore the possibilities, identify suitable local practitioners and centers, and coordinate connections and arrangements according to your preferences.

Our role is to curate and connect, rather than operate conventional sightseeing tours.

For personalized journeys, local activities and services are provided by the respective centers, practitioners, artists, and guides. WW&Co helps with planning and coordination, while you experience Nepal independently.

For selected **WW&Co Hosted Retreats**, our facilitators are personally present to guide and accompany the group through the program.

Available For

- Individuals
- Couples and friends
- Private small groups
- Wellness and creative experiences
- Customized organizational and leadership retreats

Different Paths. A Shared Intention.

Whether you join our signature 11 - day journey, create your own experience, or participate in a hosted retreat, our intention remains the same:

To connect you with meaningful people, practices, and places while giving you the freedom to explore Nepal in your own way.

Tell us what you're looking for, and let's explore the possibilities together.

Explore Our Signature Journey | Customize Your Experience | View Hosted Retreats