

MIND YOUR BODY CENTERS: Aware Of Awake

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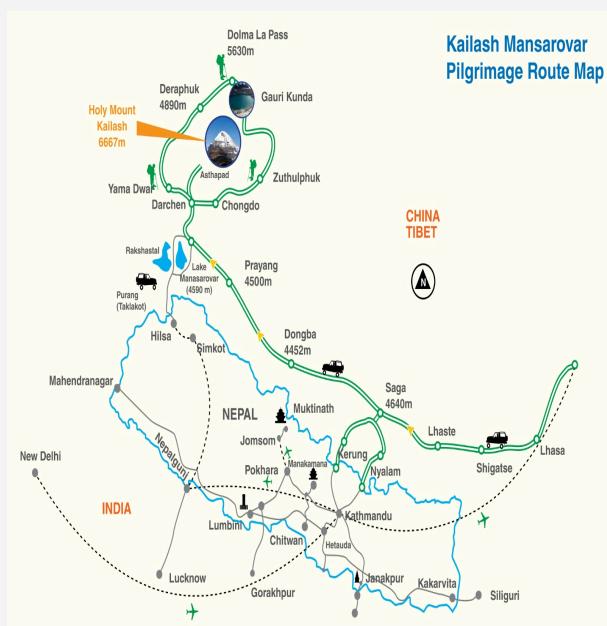
The cost is available by visiting <https://mindyourbodycenters.com/retreats/>



- [Fixed Departure Dates for 2026 \(Via Kathmandu\)](#)
- [May 24* | June 7, 21* | July 5, 20* August 2, 19* | September 6, 19*](#)
- [Fixed Departure Dates for 2026 \(Via Beijing/Lhasa\)](#)
- [May 8, 19* | June 6, 20* | July 4, 25* August 1, 15* | September 5, 19*](#)
- [* These dates bring you to Kailash Manasarovar area at full moon time.](#)
- [Customized Date and Itinerary available on request.](#)

Day	OPTION 1: Lhasa In / Lhasa Out (13 Days)	OPTION 2: Lhasa In / Kathmandu Out (14 Days)
01	Arrival in Lhasa.	Fly to Lhasa (from Beijing/Shanghai/Chengdu)
02	Sightseeing in Lhasa.	Full Day Tour in Lhasa (Acclimatization).
03	Drive to Gyantse.	Drive Lhasa to Gyantse (280 km).
04	Drive to Shigatse.	Drive Gyantse to Shigatse.
05	Drive to Saga.	Drive Shigatse to Saga (370 km).
06	Drive Saga /Holy Mansarovar Lake.	Saga–Dongba–Prayang – Mansarovar (670 km).
07	Drive to Darchen.	Rest Day: Havan, Puja, Tarpanam, Holy Bath. Drive Darchen.
08	Trek to Diraphuk (Parikrama Day 1).	Trek to Diraphuk (Parikrama Day 1).
09	Trek to Zuthulphuk Circling Day 2	SPECIAL: Charan Walk & back to Diraphuk.
10	Trek to Darchen (End) & Drive to Dongba.	Trek Diraphuk to Zuthulphuk Gompa / Darchen.
11	Drive Saga – Shigatse.	Zuthulphuk – Darchen – Saga.
12	Drive Shigatse – Lhasa.	Drive Saga – Kerung – Kathmandu .
13	Departure from Lhasa.	Kathmandu Valley Sightseeing.
14	(Trip Concluded)	Departure from Kathmandu (to Home).

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COMMON INCLUSIONS (Both Options)

- **Permits:** Tibet Travel Bureau (TTB) approved guide, all special permits, and heritage entrance fees.
- **Transport:** All transfers by private vehicle (Bus/Coach/Van) and support truck for luggage/food.
- **Meals:** Full board vegetarian meals (Breakfast, Lunch, Dinner).
- **Staff:** English-speaking professional guide, cook, and support team.
- **Taxes:** All applicable government taxes.

OPTION 2 EXCLUSIVES (Why choose the 14-Day Trip?)

- **Premium Accommodation:** 5 & 4-star hotels in Lhasa, Shigatse, and Kathmandu.
- **Spiritual Kit:** Havan and Puja equipment, Holy Manas Jal (water), Shower tent with hot water at Manasarovar.
- **Complimentary Gear:** Sleeping bag, Down jacket, Oxygen bag, Gamo bag, Walking stick, Poncho, Duffle bag, Monkey cap.
- **Support:** Yaks and Yakmen to carry supplies during the Parikrama.

EXCLUSIONS (Both Options)

- **Flights:** International flights and China/Nepal Visa fees.
- **Personal:** Travel Insurance, Medical/Emergency Evacuation, Laundry, Phone calls.
- **Parikrama Ride:** Horse and porter for personal riding (Approx USD \$450-\$600).
- **Gratitude:** Tips for guides and porters.
- **Unforeseen:** Costs due to landslides, flight cancellations, or illness.

Disclosure: At Mind Your Body Centers, we bridge the gap between ambition and altitude. Before you book your flight, master the physiology of high-altitude survival with our specialized training. We don't just teach you how to hike; we condition your mind and body to thrive in thin air. From precision grip techniques to optimizing oxygen intake and CO₂ expulsion, we prepare you for the summit before you even leave the ground. Your safety is paramount. This preparation is essential. [\[Book Your FREE High-Altitude Prep Class \]](#)