



sound planetarium

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Academy Useful Information (Nepal)

A warm welcome from the SoundPlanetarium Sangha (Family)

Throughout this guide, we have captured the essential information about our courses and spending time in Nepal with us.

For details on international courses please contact the team directly via info@soundplanetarium.com



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1. Course dates & prices

Courses usually start in the Spring time, we break for the summer and resume again in the Autumn.

Module A Schedule - [Please click here](#) for this years course dates, directing you to our website.

Module B Schedule - [Please click here](#) for this years course dates, directing you to our website.

Prices:

Module A (3 days)

Daily costs are NRP 6700/day per person in total NRP 20000 or about US\$200

Module B (4 days)

Daily costs are NRP 6250/day per person in total NRP 25000 or about US\$250

Please note: these prices are for training and training material only - Lunch and accommodation should be considered into your trip budget, as well as the purchase of bowls (further information below).

Training schedule: Classes are daily from 09:30 to 17:00

- 09:30 to lunch time: Philosophy lectures with Founder and Anthroposopher Peter Effenberger.

- Lunch time - 1 hour: We ask for a respected prompt return, to ensure the schedule flows.

Please note: We would love to provide lunch but we do not have the facilities to cook - Lunch can be taken in any of the local restaurants or cafes from 180 - 400NRP depending on your taste - this is not include in the course price.

- 14:00 to 17:00: Practical demonstrations and training of treatment application, with our unique therapist team.

Attendance wish:

If you choose to take one of these courses we ask that you are able to attend the full days, and consider planning other activities around the course, maintaining the rhythm of the training.

It is also possible that the finish time may vary depending on the size of the group and practice needs, but we do aim for 18:00 at the latest, where the facilities will close for the day.



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2. What we provide

- Philosophy lectures:

Our morning sessions are based on the topics outlined in each module (See [Academy](#) for more information).

- Practical training:

Learn how to apply our therapy techniques. This includes full demonstration from our experience therapists, and time to practice.

- 1 Relaxation treatment:

You will receive an uninterrupted session with an experience therapist, to fully absorb our technique.

- Course material:

For each module you will be provided with material based on the topics taught. Please bring a note book to take plenty of insights from the teachings.

- Bowls to practice with

- A safe space to share and ask questions

- Professional advice for choosing your set of bowls

Here at the SoundPlanetarium we pride ourselves on 5 precious circumstance (perfections) that we believe bring a unique energy to our practice: Place, time, teacher, theme and family.

3. How to pay and information on bowl costs

Please confirm your application via email and by transferring a 50% deposit to secure your participation.

Deposit should be sent to our USD or Euro Transferwise account - please see '[Contact us - payment & bank account details](#)' - for full details of accounts available.

- Preferably the remainder should be paid in cash (USD & NRP accepted) during the course time, or in full electronically before you arrive.

Please consider the same transfer process for purchasing your bowls.



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4. Buying bowls

It is not easy to put a standard price on a set of bowls you may choose, as it is based around individual choice. However we would like to share that a set may cost around \$500 - \$1000+ depending on:

- which modules you take
- the size and quality
- how many

Please note: hybrid sets can be created to accommodate both modules, allowing a manageable number of bowls to be purchased.

Extras to be considered: tools to administer bowl treatments and cushions for bowl placement and display.

Please note: many of the bowls that you will find at the SoundPlanetarium are now considered to be of antique status, as they are becoming increasingly harder to source. They are selected and measured for their frequencies in person by Peter with a large appreciation for quality and dose of love for the practice he shares with us all.



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5. Location/getting here

Our training academy and shop is located very close to the Boudha Stupa, next door to Rangjung Yeshe institute and Shambhala cafe.

How to arrive:

Walking - we are an easy walk from anywhere in the Boudha area;

If you are leaving from the Boudha Stupa gate, we are a short walk away. Please turn left onto the concourse following the crowd in this direction - taking the second exit, turn left and walk about 3 minutes forward, taking the second turning on the left (there is a small super market on the corner)

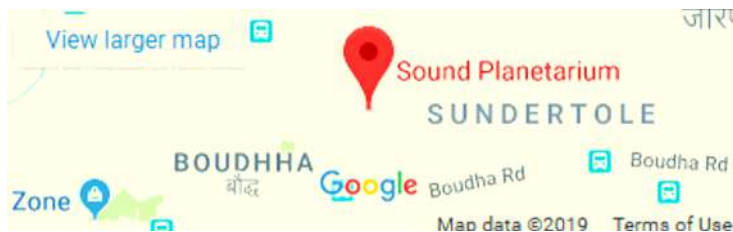
Arriving by taxi -it is possible to arrive directly at the SoundPlanetarium;

- From the airport - its only a 15 min ride, prices vary from 500NRs to 800NRs

- From the Tourist Hub Thamel – taxis take about 25min and prices vary from 450NRs to 750NRs.

Arriving by Bus - you should ask to be let out at the Stupa gate and following the walking instructions above. Its pretty easy to catch a Nepali bus from where ever you are staying in Kathmandu to Boudha - it can be a bit of a time consuming cosey bumpy ride, but only costs 20NRs.

You can find us on Google maps, by clicking this image:





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6. Accommodation

We would like to offer you the following recommendations for accommodation in the Boudha area:

* Easy stay with small kitchen restaurant

Bodhi Guest House (\$7 - \$20)

www.bodhiguesthouse.com

10 minute walk to the SoundPlanetarium Venue

* Monastery stay with a little more comfort inc breakfast

Shechen monastery guesthouse (B&B starting at \$10)

www.shechenguesthouse.com.np

10 minute walk to the SoundPlanetarium Venue

* Unique traditional stay -owned and partially run by nuns

Dondrub guest house ((\$18 plus)

<http://dondrub.com/>

15 minute walk to the SoundPlanetarium Venue

Whilst we are happy to give recommendation, please contact the guest houses/hotels directly to make your booking so you are content with your choice.

Please note - Boudha is a very famous pilgrimage site as well as home to many important monasteries; that hold regular teachings and empowerment's so guesthouses can get full up very quickly, here we gently remind you to book a room as soon as you have confirmed your place with us to get a happy place.

We hope that we have capture the important items, but please do contact us should there be any further questions on E-mail: info@soundplanetarium.com

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