



EVEREST *IGNITED*

body | mind | soul

JOIN US ON A LIFE CHANGING JOURNEY OF SELF-DISCOVERY
IN THE MAJESTIC HIMALAYAS

Embark on a holistic 10 day experience that will challenge you physically, mentally and emotionally, deep-dive into your energy blockages and discover your true power. Trek to Everest Base Camp and stand face-to-face with the tallest mountain on Earth in a self-discovery event like never before.



EXPERIENCE HIGHLIGHTS

10 DAY/ 11 NIGHT ALL INCLUSIVE TREK TO MT. EVEREST BASE CAMP

Shopping Day in Kathmandu

You can spend the day exploring the sights before the trek or join our experienced local guides who can show you all the best places to find last minute gear at better-than-back-home prices.

Deep Inner Work

Set daily intentions. Focus on a different energy center each day of the trek, healing and unlocking greater levels of inner strength and consciousness. Wind down with stretching and mindful reflection after a full day of trekking to re-center, rest and recover for your next day.

Luxury Lodgings

Luxury Nepalese Hotels and the best authentic lodgings available as we climb, with comfortable beds, electric blankets, attached bathrooms, daily drinking water and other creature comforts not readily available to other trekkers.

Unique Cultural Experiences

Access to revered, spiritually significant Himalayan sites, local sherpa villages, and Monasteries steeped in history and lore.

Breath-taking Heli Tour

Revel in the awe-inspiring sights of the Himalayas on your exclusive helicopter charter from EBC back to Kathmandu and indulge in a well-deserved spa treatment before a group celebration to commemorate your amazing journey.

Next trip
APRIL 2024

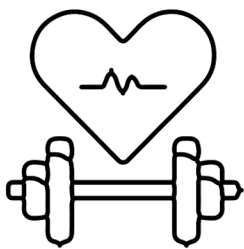
Priced from
US\$20,000 PP*

Retreat length
10 DAYS

YOUR PERSONAL PROGRAM

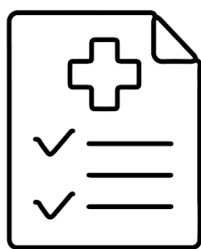
A 12 WEEK PERSONALIZED HEALTH AND WELL-BEING PROGRAM

In the lead up to your Everest trek, you'll have access to 3 curated, stand-alone platforms from experts in functional medicine, fitness, and mindfulness. Your facilitators will not only work with you in the lead up to the trek, we will be with you, personally facilitating your transformative experience every step of the trek as well.



Your fitness program

to get you from desk to Everest in 90 days!
Your workout regime to get you in the best shape to ensure you get the most out of, and enjoy, your Everest experience.



Individualized Health Mapping

Comprehensive bloodwork, microbiome testing and one-on-one sessions allow Dr Matt to create a bespoke vitality plan to get you firing on all cylinders for the lead up, during and long after your retreat experience.



Spirituality, Energy and Mindfulness Toolkit

Learn breathwork, stress management and mindfulness strategies that we will be using on the retreat to break through limiting beliefs, unblock your flow and unleash your raw power.

Are you ready to level up?



THIS IS YOUR CHANCE TO IMMERSE YOURSELF IN SOMETHING TRUELY SPECTACULAR

Are you ready for MORE?
To experience more? To do more?
TO BE MORE?



- If you've been wanting to challenge yourself
- If you've been looking for an opportunity to connect with other like-minded and like-hearted people
- If you've been craving a totally unique, fully curated, once-in-a-lifetime experience
- If you know you're capable of more and want to know how to break through the road blocks that are slowing you down

If NOW is your time...

Then don't miss out on YOUR SPOT on this exclusive, small group experience. There are only 9 places remaining so REACH OUT TODAY for further details and to save your seat.

[RESERVE YOUR SPOT](#)