

THE ART OF AWAKENING RETREAT

# The Art of Awakening

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A sacred retreat in Nepal  
From November 2nd to 11th, 2026

J U V A R E L L A & C I Z A S A T I A

THE ART OF AWAKENING RETREAT

# The Art of Awakening

A sacred retreat  
in Nepal

Between art, meditation, ancient  
wisdom and living spirituality  
In the heart of Kathmandu and its  
sacred valleys

An immersive journey into **Thangka painting, Buddhist philosophy, and inner transformation** – guided by tradition, creativity and presence.

*From November  
2nd to 11th, 2026*



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# The Sacred Places

Kathmandu  
& Bhaktapur

*Living Temples  
of Spiritual Heritage*

Kathmandu Valley is one of the most spiritually rich regions in the world. Home to ancient temples, monasteries, sacred stupas and living traditions, it has been a crossroads of Hindu and Buddhist cultures for over 2,000 years.

Every street carries prayers, incense, bells, colors and rituals that connect daily life to the sacred. It is a place where spirituality is not separate from life – it is life.



# The Sacred Places

## Bhaktapur

Bhaktapur, a UNESCO World Heritage city, is a beautifully preserved medieval town known for its temples, artisans, sacred squares and devotional atmosphere. Walking through Bhaktapur feels like stepping back in time, where craftsmanship, devotion and community still flow in harmony.

These sacred cities offer the perfect energetic container for inner work, artistic devotion and spiritual awakening.



# The Art Of Thangka

## Thangka: Sacred Art as a Path of Awakening

Thangka is a traditional Tibetan and Nepali sacred painting practiced for centuries in Buddhist monasteries. More than an artistic technique, Thangka is a form of meditation in action.

Each line, color and symbol follows precise spiritual proportions and iconography.

The artist cultivates patience, presence, humility and devotion while painting — allowing the mind to quiet and the heart to open.



# The Art Of Thangka

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Sacred Art  
as a Path of  
Awakening

Traditionally,  
Thangkas are used as  
tools for  
contemplation,  
visualization and  
spiritual teaching.

They transmit  
wisdom, compassion  
and awareness  
through sacred  
imagery.



# Benefits of practicing

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## Thangka: Sacred Art as a Path of Awakening

This retreat offers the **rare opportunity** to learn directly within the cultural and spiritual roots of this sacred art.

Deep  
concentration  
and **mental**  
clarity

Emotional  
grounding  
and **nervous**  
system  
regulation

**Spiritual**  
connection and  
symbolic  
understanding

Strengthening  
**intuition** and  
sensitivity

A sense of  
devotion,  
**patience** and  
inner  
**harmony**

Creative  
**discipline**  
and  
embodied  
**presence**

# Art, Meditation & Sacred Spaces as Inner Transformation

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Spiritual awakening is not something to achieve – it is something to remember.

Through the union of sacred art, daily meditation and immersion in powerful spiritual environments, the nervous system softens, the mind quiets, and deeper layers of awareness become accessible.

**Painting Thangka becomes a mirror of the inner world.** Each brushstroke reveals patterns of attention, resistance, flow, surrender and trust.

Combined with meditation practices and the energetic field of sacred temples, the experience naturally supports:

Emotional release and  
inner clarity

**Expansion of  
consciousness and  
sensitivity**

Reconnection with  
**intuition and purpose**

**Healing of  
creative blocks**

A deeper sense of  
**presence and meaning**

# Activities Beyond Thangka

## A Holistic Creative & Spiritual Immersion

In addition to the Thangka course, participants will experience **complementary practices** designed to support integration, embodiment and joy:

THESE EXPERIENCES **NURTURE THE NERVOUS SYSTEM**, CREATIVITY, SENSORY AWARENESS AND CULTURAL CONNECTION.



*Creative unlocking practices*



*Watercolor painting in sacred locations*



*Daily guided meditation*



*Incense-making (extra - optional)*



*traditional Momo workshop (extra - optional)*

# Program Overview

## The Art of Awakening

The meditations are daily and the other activities will adapt according to local conditions and group flow.



### November 2

Arrival & group integration

### November 3

Thangka Course - Day 1

### November 4

Thangka Course - Day 2

### November 5

Thangka Course - Day 3

### November 6

Excursion to Bhaktapur  
Painting outside

### November 7

Thangka Course - Day 4

### November 8

Thangka Course - Day 5

### November 9

Thangka Course - Day 6

### November 10

Village exploration & group integration

### November 11

Departure



JU VARELLA

# Meet Your Facilitators



@ J U V A R E L L A

Ju Varella has a **degree in Advertising from ESPM and studied Fine Arts at the University of the Arts London (UAL)**. Started her career in Barcelona as a **print designer for OYSHO (Inditex - Zara)**.

After **healing from anxiety and depression through painting and meditation**, she developed the Watercolor & Creative Unblocking method—an **artistic approach that transforms emotions into authentic visual expression**.

Over the past six years, Ju has guided **more than 3,000 students and more than 30 different companies** through her workshops in São Paulo, Barcelona, and now Paris.

She also serves as an **ambassador for the prestigious art brands Canson, Princeton, and Daler-Rowney**

# Meet Your Facilitators

CIZA SATIA

Meet Ciza, a free spirit with inspiring depth. Her path across cultures and meaningful connections around the world has shaped her into a source of lived spiritual insight.

She offers a **unique perspective on life**, humanity, and the cosmos, inviting us to look beyond appearances and engage with what lies beneath.

Through her presence and reflections, **she reveals the beauty within complexity and the invisible threads that connect us all**.



@ C I Z A S A T I A

# The Teachers and Master Artists



A thangka painter is considered to be a Master only after five years of constant practice. The youngest master artist at Sunapati Thangka School have been practicing this art for more than ten years and we work with **some of the best thangka painters in the world** having more than 40 years of experience.

## The School

The Sunapati Thangka Painting School was founded in 1998 and is located in the ancient temple village of Changu Narayan, near Bhaktapur, Nepal. Our village has held **artistic, religious, and historical significance since the 3rd century AD** and is listed as a **UNESCO World Heritage Site**.

Our school's mission is to provide a supportive and creative environment where students can **learn traditional thangka painting, while helping local artists and artisans support their families and preserve our cultural and spiritual heritage**. Artists with 30 to 50 years of experience.

Many of our families are farmers from remote areas of Nepal with limited income. In **2015, our school and workshops were destroyed, and many homes in our community were severely damaged**. Thanks to those who ordered artworks through our website during that difficult time, we were able to **rebuild the school, support families in need, and contribute to the restoration of our village**.

A generous portion of the profits from this website continues to **support our students, strengthen our community, and sponsor volunteer projects in Changu Narayan**.



HANDMADE THANGKA ARTIST  
| FOUNDER OF A THANGKA  
PAINTING SCHOOL

# Accommodation

## Shared Rooms at The Nest

A space for rest, connection and deep integration

The Nest is a peaceful sanctuary surrounded by nature, created to support rest, presence and emotional grounding throughout the retreat.

Participants stay in comfortable shared double rooms, nurturing a sense of connection, safety and community. Sharing space naturally encourages bonding, trust and beautiful moments of integration.



Calm natural environment



Cozy (and very simple) shared double rooms



Safe, respectful atmosphere



Spaces for rest and reflection

# Investment

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The Art of Awakening Retreat includes



6 days of Thangka painting course

with all materials included



9 nights accommodation

in shared double room



Entrance ticket to Bhaktapur



Organizational costs



Transfer from Kathmandu to retreat location



Daily Meditation Practices



Aula de aquarela & desbloqueio criativo nos templos



Guided visit at Vila de Changu Narayan



Visit to Boudhanath Stupa & Monkey Temple in Kathmandu



Portuguese, english and spanish simultaneous translation if necessary



Personal guidance and support throughout the retreat



Study materials: art supplies, note books and course booklet



Airport transfer from Kathmandu to the retreat location and return

**Early Bird**  
until April 30

**Shared room**  
€1,222.50

**Private room**  
€1,408.50

**Regular Price**  
after April 30

**Shared room**  
€2,001.00

**Private room**  
€2,187.00

**Reservation Fee**  
300€ non-refundable

The remaining balance can be paid in installments of up to 12 payments until the departure date.

# Investment

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## The Art of Awakening Retreat

### NOT INCLUDED



### meals

Meals at the hotel range between (approx. €8.50-€9.00 per person/day) Including breakfast, lunch, dinner and simple beverages.



### international flight

Price depends on origin



### Visa

For 15 days - aprox. \$30 - €27.90



### Additional local transport & personal donations

# Important Informations

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## Flight

The recommendation is to **arrive in Kathmandu by the morning or afternoon** of the arrival day. Flights can be booked directly online or through a travel agency.

## Visa

Nepal offers a **tourist visa on arrival**. To prepare in advance, complete the online form. Payment is made upon arrival. Important: **The form must be completed no earlier than 14 days before departure.**

## Health & Vaccinations

**No mandatory vaccinations** are required for Nepal. Participants may consult an international vaccination center if desired. A list of health tips and precautions will be shared before departure.

## Local Transport

Airport transfers and planned excursions will be **organized by the retreat team** and included in the logistical organization.

## Registration

**Places are limited.**  
**To register, please contact:**  
@juvarella / @cizasatia  
+31 6 4326 0420  
+55 11 94482 7728



This journey is an  
invitation to come  
back to who you  
truly are

A sacred pause. A new beginning.  
A doorway into a new chapter of life.



If you feel the call, trust it.

## Email Us

[info@juvarella.com](mailto:info@juvarella.com)  
Ask whatever you want,  
please feel free to share  
your doubts.

## Schedule Call

Let's talk about it! We are  
here to answer your  
questions!  
**+31 6 4326 0420**

## Group Live

Group Live Meeting to  
presente the retreat  
(to be informed)