



A bit about Neil Haggard

Before you join one of my tours to Nepal, you may want to know a little about me!

My first trip to Nepal was in 2004 trekking the 25-day Annapurna Circuit, one of the top 10 treks in the world! After discovering the beauty of the Himalayas, the wonderful people and interesting blend of Hindu, Nepali and Buddhist cultures, I have returned now 13 times since to introduce Nepal to others through Yoga and culture tours as well as tea house trekking!

In 2006, I trekked to Everest Base Camp on the Nepal side and spent 2 weeks in Tibet, including Everest Base Camp in Rongbuk, Tibet. Even then it was not easy to access but the amazing history of this remote place inspired me to continue travel in the Himalayas. I have completed Nepal's Langtang valley trek 5 times, 4 of which were leading trekking groups from Canada and Hong Kong. In the past 4 years I have organized 3 treks to Annapurna Base Camp and arranged several excursions to Tibet and India. I returned to lead a trek to Everest Base Camp in Nepal in November 2014 with a group of 11 trekkers. I now organize culture tours to Bhutan and Iceland as well as cycle tours in Norway.

In partnership with Merit Travel in Edmonton, I have led 4 Yoga and Culture Tours to Nepal in recent years. It is the food, culture, mountains and wonderful people of Nepal that keep me coming back!

Around 1998, I discovered Hatha Yoga to work out issues of flexibility from being a runner and competitive cyclist. While my body benefited from the yoga practice, I also learned to relieve stress and live more fully! I have been teaching yoga now for 14 years. I am certified as a Hatha Yoga Instructor through the Yoga Association of Alberta (10 years) and for 3 years Intermediate Teacher status with the YAA. I am also certified in Yin Yoga and Yoga Therapeutics. In my spare time I am an active cyclist and skier and work as a Professional Life and Executive Coach.

Our 'Yoga in Nepal' tour is the best blend of a daily yoga practice in Nepal as well as exploring the local walks, the Hindu and Buddhist temples, markets, tasting local foods. It is a wonderful way to travel simply and learn about new places in the world! I am excited to continue to introduce Nepal to yogis and trekkers alike!

Namaste!

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