



## A JOURNEY OF SPIRITUAL IMMERSION IN BHUTAN

### DAYS

11 days & 6 cities

### STAYS

3-star hotels

### MEALS

All meals on tour

### TRANSPORT

Tour vehicle, One way flight from Paro to Bumthang

### COSTUME

Gho / Kira to be returned

### TEAM

Expert Driver & Local Guide

**PARO** Paro **BUMTHANG** Bumthang  
**TRONGSA** Trongsa **GANGTEY** Gangtey  
**PUNAKHA** Punakha **THIMPHU** Thimphu

PACKAGE COST

**USD 3600**

PER PERSON

**11 D 10 N**

11 DAYS 10 NIGHTS



**day 1 ARRIVAL IN PARO**5<sup>TH</sup> MAY

Welcome to Bhutan, the Land of the Thunder Dragon. Touching down at Paro International Airport, you will be greeted by your guide upon exiting the arrival hall.

Today, we will take it easy to acclimatize to the altitude. Meet and Greet with the Guide. Introductory Dinner with the Rinpoche and tour Briefing.

**day 2 PARO TO BUMTHANG VIA DOMESTIC FLIGHT** 6<sup>TH</sup> MAY

Today we will take a domestic flight from Paro to Bumthang.

Bumthang is one of the most spectacular valleys in Bhutan and the heartland of Buddhism in Bhutan. It is an area with a wide variety of fauna and flora. The Guru Rinpoche and his lineage of Tertons (treasure finders) making Bumthang his home have led to more than 40 temples being built in this peaceful valley.

Today Rinpoche will lead the walking awareness and mindfulness.

Kurjey Lhakhang: One of the most sacred monasteries in Bhutan. Built by Guru Rinpoche in 1652, it houses a rock with his body imprint. Legend has it that Guru Rinpoche manifested as a Garuda to defeat the demon Shelging Karpo who had taken the form of a white lion.



## day 3 BUMTHANG

7<sup>TH</sup> MAY

We will visit Burning Lake (Mebar Tsho or Mebar Tsho). It is a holy site where Bhutan's greatest terton (treasure finder), Pema Lingpa, discovered several of Guru Rinpoche's treasures in the 15th century .

Rinpoche will lead a visualization meditation at Burning Lake. Eight auspicious aspiration and relaxation meditation with the natural sound and mindfulness.

Tamshing monastery, connecting to Pema Lingpa and its history and legacy and mindfulness meditation.

We will end our day with indoor silent meditation.

## day 4 BUMTHANG TO TRONGSA

8<sup>TH</sup> MAY

This morning we will start with silent Meditation.

We will make our way to Tharpaling Monastery, also known as the place of liberation, located on the face of a hillock overlooking the villages of Chumey and Gaytsa in Bumthang. Rinpoche will lead an Awareness meditation.



## day 4 BUMTHANG TO TRONGSA

8<sup>TH</sup> MAY

We drive to Yotongla Pass where we will have Yotongla mountain smoke practice (analytic meditation)

Drive to Trongsa, take a short tour to the Trongsa Museum.

End our day with Silent indoor meditation.

Q&A with Rinopche.

## day 5 TRONGSA

9<sup>TH</sup> MAY

Today you will visit Rinpoche's Monastery, Sangchen Ogyen Tsuklag Monastery. The drive will be about 45 minutes from the hotel. You will be spending the whole day at the century-old monastery.

Rinpoche will continue with the Buddhist values in Business leadership at the Monastery.

We will also have time to interact with the followers of Rinpoche.

**You will dive into the following sessions:**

- Intro to fearless wisdom
- Metta meditation
- Talk on Four immeasurable thoughts
- Karuna meditation

## day 6 TRONGSA TO GANGTEY

10<sup>TH</sup> MAY

We will make our way to Gangtey.

You will learn about applying compassion in business management from Rinpoche.

Dive into the Six Pāramitā.

Q&A with Rinopche`

Free and Easy





## day 6 TRONGSA TO GANGTEY

10<sup>TH</sup> MAY

## day 7 GANGTEY

11<sup>TH</sup> MAY

Today's Practice: Mindfulness meditation

### Morning session

- Silent meditation
- What's a mindfulness meditation & its benefits
- Meditation practice
- Q&A

### Outcome:

This retreat will enable you to explore the nature of the mind, transform your consciousness and enhance happiness and true joy through simple yet powerful techniques.

### Afternoon session

- Body scanning meditation
- Visualization meditation
- Deconstruction meditation



## day 8 GANGTEY TO PUNAKHA

12<sup>TH</sup> MAY

Today we will move to Punakha.

**Session included:**

- Six Pāramit meditation
- Q&A

Explore Punakha Dzong with Rinpoche.

## day 9 PUNAKHA TO PARO VIA THIMPHU

13<sup>TH</sup> MAY

Morning mindfulness meditation.

After breakfast we will make our way to Thimphu and then drive to Paro for the night.

Today will be free and easy with a bit of local sight-seeing.

We will pass Dochula Pass - At 3,100 meters, this beautiful pass offers stunning 350-degree panoramas of the Himalayan mountain range. You will also see 108 chortens built by Her Majesty the Queen Mother Ashi Dorji Wangmo Wangchuck.

Buddha Point - Located at Kuensel Phodrang Nature Park, the 51.5 meter tall bronze statue of Buddha Dordenma, Vajra Throne Buddha is one of the largest statues of Buddha in the world.

Walk around Thimphu Town - Shop and walk around Thimphu town.

Then we will make our way to Paro.



## day 10 PARO - TIGER'S NEST HIKE

14<sup>TH</sup> MAY

Are you ready? You will be making the hike up to one of the key highlights in Bhutan today! Tiger's Nest aka Taktsang Monastery.

Taktsang Monastery - Often called the Tiger's Nest, is a prominent Himalayan Buddhist sacred site and temple complex perched on the cliff side of Paro Valley. "Trip to Bhutan is never complete without climbing to Taktsang", says one tourist. Indeed, it's true as the journey there fills you with spiritual bliss. For those who are non-spiritual, it is the dramatic, artistically built monument that becomes a hiker's delight.

Experience the uphill climb as you ascend more than two thousand feet from the valley floor. According to legends, it is believed that Guru Rinpoche flew to this location from Tibet on the back of a Tigress (his consort Yeshey Tshogyal) and meditated in one of the caves. Guru Rinpoche performed meditation and emerged in eight manifestations, and the place became holy, thus gaining the name Tiger's Nest.

At the monastery, Rinpoche will lead a visualisation meditation.

Upon descending from Tiger's Nest, you will freshen up and have free and easy time. In the evening, you will enjoy your dinner with a cultural programme.

## day 11 DEPART FROM BHUTAN

15<sup>TH</sup> MAY

Today, you will bid fond farewell to this beautiful Himalayan country. We hope by now you would have made some friends and also kept many photos and beautiful memories of Bhutan! And we look forward to seeing you again in this beautiful land of endless enchantments!

Tashi Delek!