



## Mindful Meditation and Yoga

<b>Trip code</b>	
<b>Package name</b>	Mindful Meditation and Yoga
<b>Duration</b>	10
<b>Max. elevation</b>	3100 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Private vehicals for all round trip.
<b>Accomodation</b>	3***hotel twin sharing bed basis during the tour.
<b>Starts at</b>	Paro
<b>Ends at</b>	Paro
<b>Trip route</b>	Paro - Thimphu - Punakha - Phokjikha - Paro - Chelela - TIGER Nest - Paro
<b>Cost</b>	USD 2,250 per person

## Highlights

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## Overview

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**Notable for pioneering the concept of gross national happiness, Bhutan is undoubted the perfect place for your 10 days mindful meditation and yoga tour.**

Bhutan has many activities available for those visitors seeking a place of solace, rest and recuperation. Whether it's a session of peaceful, contemplative meditation, a relaxing soak in a mineral hot spring bath or the all-natural remedies of our traditional medicine Bhutan has just what you need to revive and rejuvenate your body and spirit. Many tourists come to Bhutan for meditation and retreat tours. Some itineraries include serious meditation programs that last for days while others offer solitary retreats for few hours in the high hills and temples where the serenity and beauty of

nature can be appreciated in undisturbed silence.

In this tour package, you will be taught about different yoga sessions on a daily basis. You will practice your yoga and meditation in small retreat centers and hermitages which are located all over the country, usually next to temples, monasteries and monastic schools. During these yoga journeys, you will tread softly on the path of the soul, as well as the cultural, historical, and spiritual treasures of the mystical, ancient land of Bhutan. Expect to connect your mind, body, and spirit to Bhutan's secret recipe for happiness on this journey. The route also takes you through small villages, bamboo forests and across sparkling mountain streams. Along the way, trekkers will cross a mountain pass from which there is an absolutely stunning view of mountains, green valleys and rivers seated below majestic snow-covered mountains.

## **Trip Itinerary**

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### **Day 1 : Arrival in Paro (2250 m), upon arrival pickup and drive towards Thimphu (2,320m/7,424ft) – 2 hrs. drive**

Enjoy the amazing views of the Himalayas while flying over to the Dragon Kingdom. The flight into Bhutan takes you close to the great Himalayas; offering dazzling scenic views of some of the world's highest glacial peaks. After completing the formalities of custom and immigration, check out from the departure lounge. There you will meet one of the representatives of Nature Trail Travels & Tours, Trekking & Expedition who will greet you and then escort you to your respective hotel in Thimphu, the capital city of Bhutan.

Enroute, you'll visit Tamchogg Lhakhang and marvel at the iron bridge reconstructed using original chain links from the famous Tibetan bridge builder Thangtong Gyelpo. Tamchogg Lhakhang is one of the 108 chain link bridges built in the 14th century to reconnect with the spirits of Bhutan. After about two hours drive, you reach Thimphu. Check-in to your respective hotel and get refreshed. In the evening, there will be an "Opening Soul Limber" yoga circle in the shadows and blessing of the largest Buddha Doderma (sitting Buddha) in the world.

### **Day 2 : Thimphu Valley excursion**

Start your day with a serene walk through old growth oak forests adorned with blooming rhododendrons and the call of the wild pheasants overlooking the meandering Wangchu. The first thing you will notice as you disembark is the transparent purity of air and the absence of noise. Afterwards, have a plain vegetarian breakfast and participate in "Empowerment and Soul Archeology" session. Then there will be a "Recognize and Releasing Patterns" session before you explore Pangri Zampa, the 16th-century monastery that houses astrological studies and makes offerings.

Our next destination for today is Folk and Heritage Museum, which displays day to day livelihood of typical Bhutanese farmers in medieval period and their accessories; Late King's Memorial Stupa, built for the world peace and Traditional Handmade Paper Factory; Painting School, which preserves our traditional paintings, sculpturing and wood curving and National Handicraft Emporium, the best place to look for souvenir from Bhutan. You can also witness an archery match (Bhutan's national sport) and explore the architectural marvels of Tashi Chhoedzong (optional). At evening, practice yoga before having dinner.

### **Day 3 : Thimphu Valley excursion**

Starting your day with an early morning yoga class makes your body stretchable and relaxes the muscles. You can choose "Setting Core Desired Feelings" session for today. After having breakfast, you will be driven to Changangkha Lhakhang, an old fortress like temple and monastic school perched on a ridge above Thimphu. This 12th-century temple is perched on a ridge above the center of the capital city. After wards, drive towards National Institute of Traditional Medicine (NITM). Established in 1978, this institute collects medicinal plants from remote corners of the Bhutanese Himalaya, such as Lingzhi, Laya and Lunana, and then distributes pills, tablets, ointments and medicinal teas to regional health-care units around the country. The small museum details some of the 300 herbs, minerals and animal parts that Bhutanese doctors have to choose from. After having lunch at one of the local restaurant, visit the 13 Arts and Craft School, a visual odyssey into the traditional art and craft of Bhutan, from sculpting, carving, and embroidery to painting and black smithy. If time permits, you will also be taken to National Library, a small collection of precious texts that houses ancient Bhutanese and Buddhist literature and manuscript. On this day, you will practice a Yoga Nidra Session before having dinner at your respective place.

### **Day 4 : Drive Thimphu to Punakha (1,250m/4,100 ft.) 76 km – approx. 2/3 hrs. drive**

Like other day, this day also your day starts with an early morning yoga class. After having breakfast, you will have "Intro to Goals with Soul" session before driving to Punakha through the Dochula pass with a spectacular view of the Himalayan ranges. Dochula pass is the most known pass in Bhutan. On a clear day, spectacular view of the mighty Himalayas mountain ranges can be seen from this sight. The pass also has 108 Druk Wangyal Khangzang Chorten which is believed to bring multi fold merit to all sentient beings and which make the pass a must visit place. Enroute there is a temple Chimi Lhakhang, which is also known as the temple of fertility and was built by Lama Drukpa Kuenley in the 15 century. Lama Drukpa Kuenley was also known as the Divine Madman.

Enroute have lunch in the local restaurant and then enter the ancient capital of Bhutan, Punakha. On this day, you will have a "Choosing Your Goal Vocabulary and Energy Exfoliating" session for 45 minutes. Afterward, you will explore the Punakha Dzong, a religious and local government center strategically located on an island between the Pho Chu and Mo Chu (male and female rivers). This Dzong was built by the Zhabdrung Ngawang Namgyal in 1637. The annual Punakha

Tshechu is held here. The monk body resides in this Dzong in winter.

### **Day 5 : Punakha Valley excursion**

Practice Yoga session at early morning for refreshing your body. Afterwards you will hike Lhakhang of Khamsum Yuelley Namgyal Chorten after completion of “Stop Doing List” session. You will be driven through beautiful mustard and paddy fields dotted with traditional Bhutanese houses. After lunch you will then have “The Art of the Holy ‘No’” session. Afterwards, you will get an opportunity to visit a nunnery and get a glimpse into the life of a Buddhist nun before “Dream Soup” session. Nidra session yoga will be optional this day.

### **Day 6 : Drive Punakha to Phobjikha (2900 m, 13 km)**

Start your day with an early breakfast and then proceed for “Surrender Fear – Eclipsing Thought Forms” session before driving towards Phobjikha valley. After a driver for about 45 minutes, you will reach Wangdue Phodrang. Visit the ruined site of Wangdue Phodrang Dzong by fire in late June 2012, which is perched on a ridge overlooking the Punatshangchhu and Dangchhu River. We then continue a scenic drive for a distance of further 65 kilometers for about 3 hours to Gangtey in the beautiful glacial valley of Phobjikha at an altitude of 3000 meters.

Phobjikha valley is one of the most beautiful glacial valleys in the Himalayas winter roosting grounds of the rare Black-necked Cranes, where they come in hundreds after spending their summer in Tibet and then migrates to the Himalayas of Bhutan to spend their winter Travelling November through February shall give you the rare opportunity to see the black necked cranes. Admire splendid flora and trees, hopefully Dendrobiums along the highest motorable pass through dense spruce and larch forests. Afterwards, visit the picturesque Gangtey Gompa (monastery) and take in breathtaking views of this beautiful upland plain, stroll through the village and along a nature trail of the Phobjikha valley. In evening, visit the local weavers and interact with them. Try weaving for yourself! Overnight in Phobjikha

### **Day 7 : Drive Phobjikha to Paro**

After an appetizing breakfast, discover your soul tribe before driving to the historic Paro Valley. Head down a hillside trail to visit Rinpung Dzong with a commanding view of the Paro Valley and follow an ancient path to Tshongdue town. You will have an evening yoga session near a riverside close to the hotel to set “Goals with Soul” before having dinner at the hotel.

### **Day 8 : Drive Paro Valley and Chelela**

On the following day also you will continue your same routine. Start your day with a yoga session followed by vegetarian breakfast afterwards. From the pass, you will have stunning views of Bhutan’s famous Mount Chomolhari. Along with the panoramic views of Mountains, you will enjoy the ambience of colorful prayer flags and greeneries all around you. Afterwards, drive towards

the eighth-century, Kyichu Lhakhang. During your visit at this Lhakhang, you will come face to face with the present life-sized Buddha, a replica of the Jowo in Tibet Lhasa. You will spend a day on a farmhouse and dine with a local family and partake in folk and masked dances. This will be a new experience for you.

## Day 9 : Hike to Tiger's Nest Monastery

One's Bhutan tour is incomplete without the hike to Taktsang's Monastery also known as Tiger's nest. The name Taktsang means "Tiger's Nest". It is said that in the second half of the 8th century, Guru Padma Sambhava alighted here upon the back of a tigress. This is a famous landmark which requires a hike of approximately three hours to learn the history and birth of Buddhism in Bhutan. Taktsang is a prominent sacred Buddhist site and temple complex perched on the edge of upper Paro Valley. It is also known as the Tiger's Nest. This magical monastery clings to a vertical granite cliff 300 meter above the valley. Legend has it that the great Guru Padmasambhava flew to this spot on back of a tigress and meditated in a cave during the 8th century. When the Guru finished his meditation, he instructed that the monastery to be built. The temple was built around the cave and is a hallowed shrine for Bhutanese pilgrims. The spectacular view along the way and the historical sites draw many tourists to this imposing monastery. There are also a number of temples scattered along the route. Later we'll turn to the Paro Dzong, a large Buddhist monastery and fortress, which is considered the best example of Bhutanese architecture. Now it also houses the district Monastic Body and government administrative offices. On the hill above the Dzong stands an ancient watchtower called Ta Dzong, which is the National Museum of Bhutan. Visit Ta Dzong Museum housing many religious relics, works of art and handicrafts offering a great orientation into Bhutan's historical, cultural, and religious past. This Dzong was converted into the National Museum in 1968. The museum boasts antique thangkas, textiles, weapons and armor, household objects and rich assortment of natural and historic artifacts. Here you can also learn about Bhutan's history. After this hike and a short sightseeing tour, we will be transferred to the hotel for our overnight stay.

## Day 10 : Departure

Concluding our trip, we depart from Paro. Following breakfast you are transferred to the airport depending upon your flight schedule where your tour comes to an end.

## Inclusions

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### What is included?

Airport pick up & drop by private vehicle as your require.

Private vehicals for round trip.

Standard accommodation twin sharing bed basis for the duration of tour.

All meals fixed breakfast, lunch & dinner with Tea and Coffee for whole duration of your stay in Bhutan.

Mineral water supply for the trip.

Local licensed English speaking Bhutan Tour Guides.

All sightseeing tours, Monument /Museum entrance Fees as per itinerary.

Country Presentation & Tour Briefing on arrival evening.

Bhutan Visa Fees and Visa Processing assistance.

The required number of trekking & touring staff.

All trekking access, route permits logistics & fees.

Government tax which goes to the country's health & education projects.

### **What isn't included?**

Your travel insurance.

Bottled/alcoholic/cold drinks room service.

International airfares and airport departure tax.

Personal Equipment.

Tips to staffs-Tipping is expected.

Any others expenses which are not mentioned on Price Includes section.

### **Complimentary**