



## Yoga Retreat in Bhutan

<b>Trip code</b>	
<b>Package name</b>	Yoga Retreat in Bhutan
<b>Duration</b>	7
<b>Max. elevation</b>	m
<b>Level</b>	BEGINNER
<b>Transportation</b>	
<b>Accommodation</b>	
<b>Starts at</b>	Paro
<b>Ends at</b>	Paro
<b>Trip route</b>	
<b>Cost</b>	USD 1,650 per person

## Highlights

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- Regular yoga classes that help an individual to re-energize their body, mind and soul and taught different yoga posture in different yoga session.
- Walking through villages of traditional houses with rows of ethereal prayer flags blowing in the breeze, and experience the cultures and customs.
- Visit to some of the world's most scenic destinations and the idyllic nature of Bhutan, with its beautiful waterfalls, majestic mountains, and breathtaking views.

## Overview

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**This retreat offers you a unique experience of adventure and yoga. This active tour is an excellent way to revitalize yourself and return to your daily life feeling fresh and ready to take on new challenges.**

Bhutan is a land of demons and spirits, steeped in mysticism and rituals and will have you gasping in wonder at its unspoiled natural beauty. Highlights of this yoga and retreat adventure tour are the regular yoga classes that help an individual to re-energize their body, mind and soul. You will be taught different yoga posture in different yoga session. This tour does not only include recreational activity, you can also visit some of the spectacular Dzong and monasteries of this stunning country. You will also be taken to the trails of central Bhutan to view the rich agricultural landscapes of the countryside, walking through villages of traditional houses with rows of ethereal prayer flags blowing in the breeze, and experience the cultures and customs of these gentle people. This Bhutan yoga retreat tour weaves together the best of the country's culture and nature as you explore ancient fortresses and temples, mingle with monks and hang prayer flags, ride the rapids and discover the significance of the native takin. You can visit some of the world's most scenic destinations and the idyllic nature of Bhutan, with its beautiful waterfalls, majestic mountains, and breathtaking views that will leave you feeling awe.

## **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**

Hovering over the mountains, you can have an amazing view of the green valley and mountains. The flight into Bhutan takes you close to the great Himalayas; offering dazzling scenic views of some of 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 : 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 4 : 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 5 : Drive Punakha to Paro (135 km) – approx. 4 hrs. drive**

On this day, we will have our breakfast and then hike up to Chimi Lhakhang which is also known as Temple of Fertility. This temple was built in 15th Century by the 'Divine Mad Monk' (Lam Drukpa Kuenley). People visit this temple with a belief that one can wish a child if they want, get blessing from the monk. Afterwards, we drive back to the city of Paro where we will be taught by the master in the hotel.

## Day 6 : Hike to Taktsang monastery (3180 m)

On the following day, we will have a short hike up to Taktsang monastery. 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 drive to Thimphu following the Pachu River. Once a rustic village sitting in a broad, fertile river valley, Thimphu is today the nation's bustling capital. We will stay overnight at Thimphu.

## Day 7 : 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?

- ?An Arrival Airport pick and drop to Hotel
- Welcome Dinner
- All meals in Bhutan (Breakfast, Lunch, and Diner)
- All transportation as per itinerary
- Certified English-speaking guide

- Visa fee for Bhutan
- Sustainable Development fee
- Certified 3-star hotel on twin sharing basis.
- All monument fee
- Airport transfer on the final day

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

- Yoga teacher fee
- Flight ticket
- Personal shopping and laundry
- Tips for guide and driver

### **Complimentary**

- Nature Trail T-shirts
- Special Bhutan - Gift items