



Friday · January 10th, 2020 - Sunday · January 19th, 2020

Enlightened Events Bhutan Mindful Yoga Tour 2020

Itinerary for NTBA

Friday · January 10th	Flight from Bangkok to Paro (4h, 45m) Enlightened Events Mindful Yoga Tour in Bhutan (10 days) Thimphu Valley - 2 nts (3 days)
Sunday · January 12th	Punakha Valley - 2 nts (3 days)
Tuesday · January 14th	Paro Valley - 5 nts (6 days)
Sunday · January 19th	Flight from Paro to Bangkok (4h, 45m)

Friday · January 10th



Bangkok, Suvarnabhumi Intl to Paro, Paro Airport
Bhutan Airlines

B3 701

Carrier / Flight

6:30 AM

Depart BKK •

9:55 AM

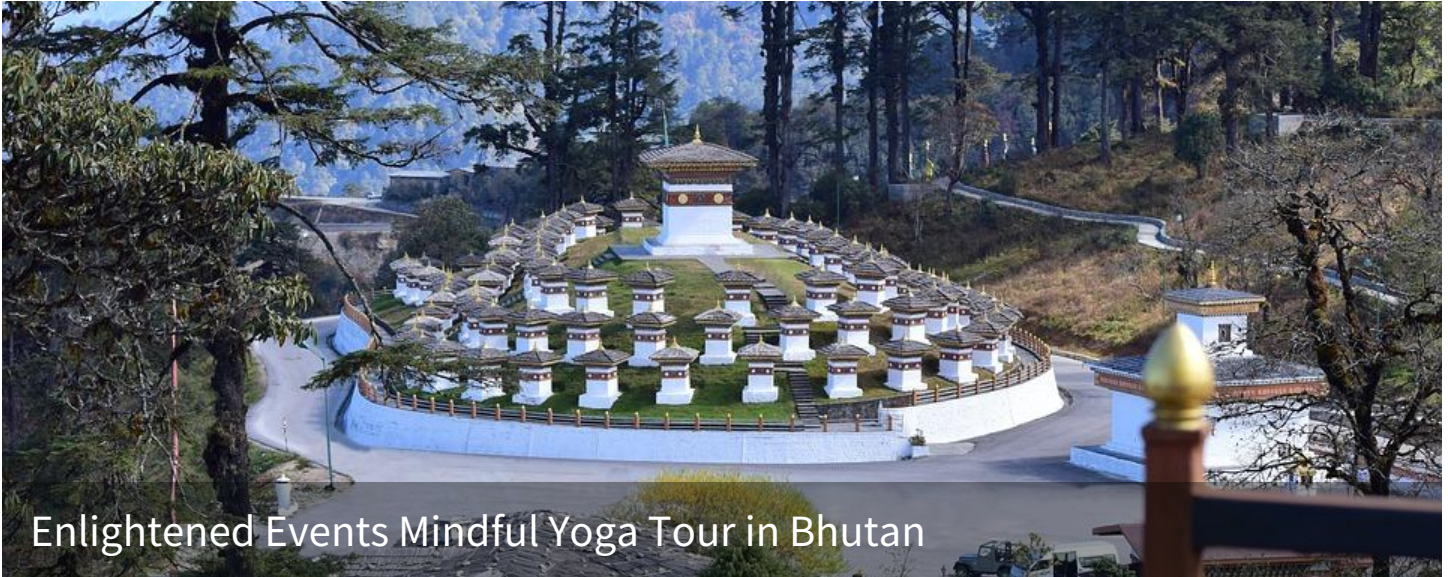
Arrive PBH •

4h, 45m

Duration

Notes

- Please check-in from 03.45 am for best window seat allocation.
- Seating only allocated at check-in.
- Checked baggage allowance is 30 KG.
- Aircraft Type: Airbus A319 Jet.
- Flight via Kolkata, India. You do not leave the aircraft NOR do you need an India visa.
- Veg & Non-Veg meal options offered in-flight.



10 days

Duration

Meeting Point

Paro Airport Main Exit Door

Contact Info

Your BTCL guide & contact is - TBA

ENLIGHTENED EVENTS with BHUTAN & BEYOND present

Mindful Yoga & Meditation Tour in Bhutan – Land of the Thunder Dragon

Bhutan 10 Days/9 Nights: Friday 10 January Sunday 19 January 2020.

All-inclusive Bhutan Land Tour Costs:

Early bird twin-share @ US\$4098.00 per person (first 4 bookings received!)

Regular twin-share @ US\$4248.00 per person

Single room Supplement @ US\$853.00 per person

Airfares additional. Approx economy airfare Bangkok-Paro-Bangkok @ US\$998.00 pp.

TOUR ITINERARY FOR – Name & Room Type To Be Advised.

Bhutan Tour Inclusions:

- English speaking guide, driver and private coach.
- All touring and transfers throughout your journey.
- All meals and bottled water daily.
- All entrance fees and sightseeing.
- 3 star hotel accom with private bathroom for first 4 nts.
- 5 nights at the 5 star Zhiwa Ling Heritage Resort Paro.
- 13 Mindful Yoga and Meditation sessions with Sal Flynn.
- Special Lhab Sang Puja (long life ceremony at Zhiwa Ling Resort) with monks performing a 1 hour ritual ceremony and blessing.
- Traditional lunch at a Bhutanese farmhouse.
- Taktsang Monastery (Tigers Nest) pilgrimage walking meditation hike.
- Bhutan Visa Fees, Govt Royalties and local taxes.
- Professionally operated by Bhutan Tourism Corporation (BTCL) and Zhiwa Ling Resort.
- A donation to Tarayana Dragons, our Bhutan charity, made on your behalf.
- ZERO Flight Risk - our complimentary insurance cover against supplier default.
- Access to our exclusive travel app 'COMPANION'.
- Our exclusive 16 page up-to-date Bhutan Visitor Guide.

Tour Exclusions:

- Airfares. We will confirm these upon application.
- Any stopovers required in Bangkok to/from Bhutan.
- Items of a personal nature: medications, phone calls, laundry, beverages, etc.
- Tipping - please refer to our Bhutan Visitor Information guide.
- Comprehensive travel Insurance which is mandatory to enter Bhutan.

IMPORTANT ADVICE FOR TRAVELLERS TO BHUTAN**AIRLINE CHECK-IN:**

Please ensure you check-in for all international flights no later than 2.5 hours prior to flight departure. For flights from Bangkok to Paro you must physically be in the departure gate lounge no later than 40 mins prior to flight departure.

BAGGAGE:

There are strict restrictions surrounding sending baggage to/from Bhutan. Please ensure you discuss your air travel requirements with Bhutan & Beyond before you have your air tickets issued to ensure your connections and baggage handling can be arranged as smoothly as possible. Drukair & Bhutan Airlines checked baggage allowances are between 30 kgs per person in economy class.

VISA:

You must carry your Bhutan visa authority letter with you. It must be presented to airline staff at check-in for your flight to Bhutan and again to Immigration staff on arrival at Paro airport where your passport will be endorsed with your visa.

TRAVEL INSURANCE & HEALTH:

Comprehensive travel insurance is mandatory to enter Bhutan. *Please ensure you purchase insurance which covers you for day time hiking at up to 3300 metres.* For your protection, we urge you ensure your travel insurance is in place at the time of paying your Bhutan travel deposit. For professional travel health advice please contact Travel Medical Alliance on 1300 421142. There is a low rabies risk in India, Nepal and Bhutan.

ITINERARY CHANGES IN BHUTAN:

Bhutan has a limited tourism infra-structure and, while constantly evolving, there are occasionally challenges in providing accommodation to all visitors offered visas at any one time. Occasionally itineraries need to be amended at short notice.

BHUTAN AIRLINES:

Bhutan Airlines only requires reconfirmation of your return Paro-Bangkok flight, 3 days in advance. Your guide & the BTCL support team will attend to this.

CANCELLATION CHARGES & TRAVEL INSURANCE:

The Bhutan Airlines air flight component of your tour package will be totally non-refundable once tickets are issued. Your Bhutan land arrangements are subject to the cancellation fees below. *Travel insurance must be purchased no later than the day you pay your deposit for your protection.* Please note the cancellation conditions below are superseded by any that Enlightened Events may alternatively publish for this tour.

- Deposit date until 60 days prior to arrival in Bhutan - Loss of deposits
- Once final balance paid 60 days or less prior to arrival in Bhutan - No refund permitted

Tashi Delek May All Good Things Come to You.



Thimphu Valley - 2 nts

3 days

Duration

Friday 10 January 2020:

Paro Airport to Thimphu (1.5+ hrs)

You will be greeted by your Bhutan Tourism Corporation Ltd (BTCL) guide and driver at Paro Airport (as you exit the main terminal door) and transferred by coach to the capital Thimphu. Enjoy lunch at the Ga-Wa restaurant in the CBD and this afternoon explore Thimphu. Visit the the spectacular Trashichhoe Dzong (castle/monastery); the beautiful Tara Lhaden Zhingkhram Lhakhang (temple) and the Takin Preserve - home to Bhutan's most unusual national mammal..

Dinner at your hotel.

Overnight Thimphu: Hotel Phuntsho Pelri - 3*.

Saturday 11 January:

Sightseeing, hiking & leisure time in Thimphu area

7:00 am 9:00 am Yoga Session at the hotel

After breakfast in your hotel, visit the awesome Golden Buddha, boasting spectacular city and valley views, plus take the nearby National Park hike (approx 3 kms/1 hr). Next visit the National Memorial Stupa followed by a very authentic Bhutanese lunch at the Babesa Village restaurant.

This afternoon you are free to relax or take in some of the Thimphu sights below at your leisure. Consider checking out one or more of the following options which you can do on foot. Your guide will need to accompany you to some sights so please seek his directions first.

- The weekend markets for in-season fruit & veg; home-wares; religious items & clothing.
- The Royal Textile Academy
- The Folk heritage Museum
- The Jungshi Handmade Paper Factory
- The Craft Bazaar and shopping along Thimphu main streets

4:30 pm 6:00 pm Yoga Session at the hotel

Dinner at your hotel.

Overnight Thimphu: Phuntsho Pelri Hotel.

Sunday · January 12th



3 days

Duration

Sunday 12 January:

Thimphu to Punakha Valley (3+ hrs)

7:00 am 8:30 am Yoga Session at hotel

After breakfast at the hotel transfer by road eastwards across the Dochu La (pass 3116 m) to the Punakha Valley. En-route pass the Semtokha Dzong, built in 1629 and once the oldest fortress of its kind that guarded the Thimphu valley, & today is a monastery. Stop at Dochu La to view the 108 Stupas that were erected in 2005 as a memorial for the Bhutanese soldiers and Indian separatists who died during a short war of 'eviction' in 2003. On a clear day you will witness a breathtaking view of the eastern Himalaya.

On arrival in the Punakha Valley take a quick wander through the Mesina markets before lunch in a local restaurant. Next visit Chimi Lhakhang, a monastery built by Lama Drukpa Kuenley (also known as the Divine Madman) with a very colourful history. The Lhakhang is a pleasant 20 minute walk each way through the rice paddies to the temple. It is believed that childless women who visit the temple will conceive after receiving a "wang" (blessing) from the resident Monk. Finally, time permitting, visit the Sangchen Dorji Lhuendrup Lhakhang & Nunnery.

4:30 pm 6:00 pm Yoga Session

Dinner at your hotel.

Overnight Punakha Valley: Zhingkhams Resort - 3*.

Monday 13 January:

Activities and hiking in the Punakha Valley today

7:00 am - 9:00 am Yoga Session at hotel

After a relaxed breakfast visit the very impressive Punakha Dzong which previously served as the seat of the government. Punakha Dzong is still the winter residence of the Dratsheng (Central Monk Body) and holds the title as the winter capital because of its more temperate climate. This Dzong is an excellent example of how an ancient building that houses both monastic and administrative operations can exist successfully in the modern world.

This afternoon, after lunch at your hotel, take some time at leisure to relax at the resort and enjoy the spa facilities at the hotel. Alternatively take the option to enjoy a fascinating hike through fields and small hamlets to Khamsum Yulley Namgyel Chorten. This beautiful structure was built by the current King's mother for his protection from evil.

5.00 pm - 6.00 pm - Meditation & Relaxation Session at hotel.

Dinner at the hotel at your leisure.

Overnight Punakha Valley. Zhingkhram Resort.

Tuesday · January 14th



Paro Valley - 5 nts

6 days

Duration

Tuesday 14 January:

Punakha to Paro Valley (4+ hrs)

7.00 am - 8.30 am - Yoga session at the hotel

Early this morning enjoy the scenic drive westwards to the Paro Valley. Enjoy lunch at a local Paro town restaurant before driving further north up the valley to the beautiful Zhiwa Ling Heritage Resort. After check-in familiarize yourself with the resort facilities including Spa, Tea House, Meditation House; Temple and heated swimming pool!

4:00 pm 6:00 pm Yoga session at the hotel

Dinner in the hotel's Gawa Restaurant at 7.00 pm.

Overnight Paro Valley – Zhiwa Ling Heritage Resort - 5*.

Wednesday 15 January:

Paro Valley Sightseeing

7:00 am 9.00 am Yoga at the hotel

Depart at 10.30 am for a visit to the National Museum in Paro. Here you can view a selection of the fine collection of ancient Thangka paintings, weavings, costumes, weapons, art and other artefacts from Bhutan's rich past. After an authentic Bhutanese-style late lunch in a local Paro restaurant, wander through the streets and shops of Paro town before returning to the Zhiwa Ling by 3.15 pm.

4:00 pm 6:00 pm Yoga at the hotel

Dinner is at your leisure tonight at Zhiwa Ling.

Overnight Paro Valley – Zhiwa Ling Heritage Resort.

Thursday 16 January:

Paro Valley Sightseeing

7:00 am 9:00 am Yoga at the hotel

At 11.00 am witness a Lhab Sang Puja at Zhiwa Ling's private temple (Lhakhang). This Puja is a ceremony to celebrate new beginnings and special occasions.

Enjoy lunch today in a traditional Bhutanese farm house followed by a visit to Kyichu Lhakhang, Bhutan's oldest monastery, built in the 8th century and see the amazing orange tree in the courtyard which perpetually bears fruit.

4:00 pm 6:00 pm Yoga at the hotel

Dinner at leisure at Zhiwa Ling.

Overnight Paro Valley – Zhiwa Ling Heritage Resort.

Friday 17 January:

Taksang Monastery (Tigers Nest) Pilgrimage Walking Meditation Hike

There is no yoga practice this morning as we take an early breakfast before assembling for the Taksang Monastery (Tigers Nest) pilgrimage walking meditation hike at 8 am. One of Bhutan's most sacred sites, all Bhutanese Buddhists try and make this pilgrimage at least once in their lives with each step along the trail accruing merit points for their next life. The 5-hours round trip hike can be quite strenuous in places and at least moderate fitness is required. There are many steep steps in some parts however it is a most rewarding journey and will be one of the highlights of your Bhutan experience. Enjoy a late Bhutanese style vegetarian lunch at the Tigers Nest viewpoint cafeteria on the return hike. This afternoon take some leisure time to enjoy the Zhiwa Ling Heritage facilities & spa before your afternoon yoga session.

4:30 pm 6:00 pm Restorative Yoga and Deep Relaxation at the hotel

Dinner is at your leisure at Zhiwa Ling.

Overnight Paro Valley – Zhiwa Ling Heritage Resort.

Saturday 18 January:

Paro Sightseeing & Shopping and Leisure time

7:00 am 9:00 am Yoga at the hotel

At 10.30 am visit the Rinpung Dzong with its ancient cantilever bridge plus take time for some handicrafts and jewellery shopping. It's fun and there's no pressure to buy. The jewellery in particular is inexpensive and unique.

After late lunch in a local Paro restaurant enjoy leisure time at the resort to relax or book a spa treatment.

4:00 pm 6:00 pm Yoga and Meditation at the hotel

A farewell gala dinner tonight at 7.30 pm.

Overnight Paro Valley - Zhiwa Ling Heritage Resort.

Sunday 19 January:

Early check-out and airport transfer

Please prepare for early breakfast and hotel check-out prior to your transfer to Paro airport at approx 08.00 am this morning. Farewell to beautiful Bhutan!

Sunday · January 19th



Paro, Paro Airport to Bangkok, Suvarnabhumi Intl
Bhutan Airlines

B3 700 Carrier / Flight	10:35 AM Depart PBH •	4:05 PM Arrive BKK •	4h, 45m Duration
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Notes

- Seating allocated at check-in.
- Check-in time 08:30 am.
- Checked baggage allowance is 30 KG.
- Aircraft Type: Airbus A319 Jet.
- Flight via Kolkata. You do not leave the aircraft nor do you need an India visa.
- Veg & Non-Veg meal options offered in-flight.

Thank you for your booking. We wish you a very rewarding journey in Bhutan.