



Friday · January 13th, 2023 - Monday · January 23rd, 2023

# Yoga & Meditation Retreat in Bhutan - Land of the Thunder Dragon

Itinerary for : Master Tour Itinerary ex-Bangkok.

Tour Booking Form; COVID Procedures; Bhutan Visitor Guide & Tour Terms & Conditions.

<b>Friday · January 13th</b>	Novotel Suvarnabhumi Airport Hotel - Bangkok, Thailand (1 night) Yoga & Meditation Retreat in Bhutan - Land of the Thunder Dragon (11 days)
<b>Saturday · January 14th</b>	Flight from Bangkok to Paro 07:00 (4 hrs 50 min) Thimphu Valley - 2 nts (3 days)
<b>Monday · January 16th</b>	Punakha Valley - 2 nts (3 days)
<b>Wednesday · January 18th</b>	Paro Valley - 5 nts (6 days)
<b>Monday · January 23rd</b>	Flight from Paro to Bangkok 08:30 (4 hrs 45 min)



## Tour Booking Form; COVID Procedures; Bhutan Visitor Guide & Tour Terms & Conditions.

### **BHUTAN TOUR BOOKING FORM:**

Thank you for completing our [on-line tour booking form](#). On this form you will also be required to have reviewed & accepted our [Terms & Conditions](#); upload a copy of your passport photo page (please ensure the page is inside the margins of your image and is clear, readable, in colour and under 2MB) and also to upload the latest version of your Covid-19 vaccination certificate.

You must now hold an 'INTERNATIONAL' COVID-19 vaccination certificate.

<https://www.passports.gov.au/how-do-i-get-international-covid-19-vaccination-certificat>

### **COVID-19 UPDATES & PROCEDURES:**

Our Sherpa travel app will keep you updated with COVID-19 requirements pre, during & post travel. These include PCR Tests and where to get them, vaccination certificates & other documentation plus any tracing apps required at your destination and stopovers.

Once your tour booking is confirmed and the ex-Australia air travel process commences we will provide you with your personal Sherpa app web link to assist you manage the COVID-19 procedures that will be relevant at the time of travel.

Here are 3 additional website links to assist you to manage travel in a COVID-19 environment.

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-your-vaccination/booster-doses>

<https://covid19.homeaffairs.gov.au/vaccinated-travellers>

<https://www.smartraveller.gov.au/COVID-19/COVID-19-vaccinations>

### **BHUTAN VISITOR GUIDE:**

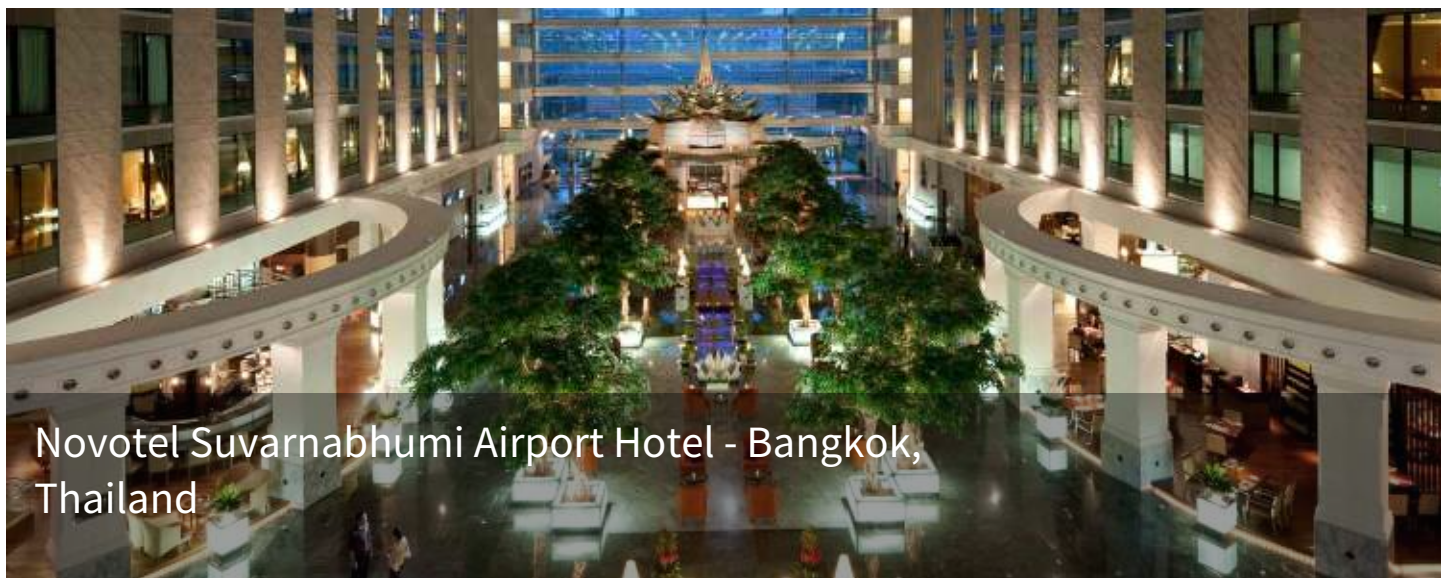
Thank you for carefully reviewing our [Bhutan Visitor Guide](#).

This will greatly enhance the enjoyment of your Bhutan experience and we keep it regularly updated. A copy of this Visitor Guide will also be available to you in the 'Documents' section of our travel app COMPANION.

### **BHUTAN & BEYOND TERMS & CONDITIONS:**

*It is essential you read & understand these T&C before committing to join this tour. This information is for your own financial protection.*

Friday · January 13th



## Novotel Suvarnabhumi Airport Hotel - Bangkok, Thailand

**Jan 13**

Check-in

**Jan 14**

Check-out

**1 night**

Duration

### Room Selection

#### Category

Superior Twin Room

#### Bedding

Twin

#### Nightly Rate

Prepaid room & taxes

#### Guest Name

TBC

#### Number of Guests

2

#### Room Description

To access this hotel please either walk 300m via the air-conditioned underground walkway, from the lower ground level of the Arrivals Hall (down the escalators), directly into the hotel.

Alternatively, proceed to Arrival Hall Exit Door 4. Here Novotel staff will assist you to the complimentary hotel shuttle bus that departs every 5-10 mins.

To return to the airport Departure Terminal take the same walkway OR proceed to the main door of the hotel lobby where concierge staff will assist you to take the hotel shuttle bus.

#### Room Notes

Prepaid by Bhutan & Beyond for room & taxes only. Meals are additional and to be paid direct. Please note you will be provided a good breakfast on your flight Bangkok-Paro.

This hotel component is non-refundable.





## Yoga & Meditation Retreat in Bhutan - Land of the Thunder Dragon

11 days

Duration

### Meeting Point

Paro Airport Main Exit Door

### Contact Info

Your BTCL guide & contact is - Mr Tshering Gyeltshen

Yoga Therapy Institute with Bhutan & Beyond present  
Yoga & Meditation Retreat in Bhutan – Land of the Thunder Dragon  
Bangkok 1 nt/Bhutan 9 nts: Friday 13 January to Monday 23 January 2023.

### TOUR ITINERARY FOR – TBA

#### 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, hiking and sightseeing.
- 4-star hotel accom at Bangkok Airport for 1 nt.
- 3-star hotel accom with private bathroom for 4 nts.
- 5-star Zhiwa Ling Heritage Resort Paro for 5 nts.
- 15 Mindful Yoga & Meditation sessions with Sal Flynn.
- Special Lhab Sang Puja (long life ceremony) with monks performing a 1 hr ritual & blessing.
- Traditional lunch at a Bhutanese farmhouse.
- Taktsang Monastery (Tigers Nest) pilgrimage walking meditation hike.
- Bhutan Visa Fees, Govt Sustainability Development Fund levies (SDF) & local taxes.
- Professionally operated by Bhutan Tourism Corporation (BTCL) and Zhiwa Ling Resort.
- Access to our exclusive travel app 'COMPANION'.
- Our exclusive up-to-date Bhutan Visitor Guide.
- COVID-19 travel assistance via our special app SHERPA.

#### Tour Exclusions:

- International Airfares.
- Items of a personal nature: medications, phone calls, laundry, beverages, etc.
- Designer coffees extra at any time & snacks between meals.
- Tipping - please refer to our Bhutan Visitor Information guide.
- Travel Insurance, incl COVID cover, which is mandatory to enter Bhutan.

## IMPORTANT & ESSENTIAL INFORMATION FOR TRAVELLERS TO BHUTAN

### BHUTAN & BEYOND TERMS & CONDITIONS:

*It is a condition of being accepted on this YTI Yoga Tour that all tour members have read and understood the Bhutan & Beyond **Terms & Conditions**.*

In a COVID environment these T&C's are designed for the protection of all parties in the travel reservation process. Failure to adequately review & understand these T&C's could result in financial loss to the traveller.

### AIRLINE CHECK-IN:

Please ensure you check-in for all international flights no later than 3-4 hours prior to flight departure. For flights from Bangkok to Paro you must physically be in the departure gate lounge no later than 45 mins prior to flight departure.

### BAGGAGE:

There are special restrictions surrounding sending baggage to/from Bhutan. Please ensure you discuss your air travel requirements with Bhutan & Beyond before you have your ex-Australia air tickets issued. This is to ensure your connections and baggage handling can be arranged as smoothly as possible. Drukair & Bhutan Airlines checked baggage allowances are 30 kgs per person in economy class with carry on baggage limits of 5 KG per person.

### 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. *This visa authority can be kept in your smart device, along with your airline e-tickets and they don't have to be printed out.* Most nationalities, including Australians do NOT require a pre-approved visa to enter Thailand.

### TRAVEL INSURANCE & HEALTH:

Travel insurance is mandatory to enter Bhutan and must now include additional COVID-19 cover to ensure you are protected at all stopover points on your journey. Please enquire with Bhutan & Beyond who can assist and quote on a suitable cover for you. *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 Bhutan.

### DRUKAIR - ROYAL BHUTAN AIRLINES:

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

### YOUR ACCEPTANCE OF RISK:

You acknowledge your journey to/from and through this region of South Asia comes with the usual risks of travel and, in some cases, additional risks that are associated with adventure activities and the specific nature of your chosen journey. You accept these risks and the possibility personal injury, death, property damage or loss may result from your decision to participate in such a journey. You agree that should you be affected by any sickness, serious injury or other unforeseen circumstance that Bhutan & Beyond, and/or any of our overseas partner operators, can arrange any urgent medical treatment or emergency evacuation as deemed necessary for your safety and that all such costs will be borne by you and/or your travel insurer. You also agree that upon completion of our tour booking form and payment of your deposit that you release all claims of liability against Bhutan & Beyond (and all staff) and any and all of our partner operators overseas, including all their staff, for any personal injury, death, property damage, loss or inconvenience sustained by you as a result of this tour, be it a private journey or as part of a small group tour.

### CANCELLATION CHARGES and TOUR TERMS & CONDITIONS (T&C):

Your chosen airline for flights from Australia to Bangkok & return will offer their own set of T&C that you will need to be aware of. The Drukair/Bhutan Airlines air flight components, and Bangkok hotel stopover component, of your tour package will be totally non-refundable once suppliers are paid and documents issued. Your Bhutan land tour arrangements are subject to the cancellation fees outlined in our **Terms & Conditions**.

- *Travel insurance should be purchased no later than the day you pay your tour deposit for your protection.*

Tashi Delek. May All Good Things Come to You.

Saturday · January 14th



## Bangkok, Suvarnabhumi Intl to Paro, Paro Airport

Drukair

<https://www.drukair.com.bt/>

<b>TBA</b> Record Locator	<b>Drukair KB 131</b> Carrier / Flight	<b>07:00</b> Depart BKK •	<b>10:50</b> Arrive PBH •	<b>4 hrs 50 min</b> Duration
------------------------------	---	------------------------------	------------------------------	---------------------------------

### Notes

- This flight is via Bagdogra, India. You do not leave the aircraft for the 40 min turnaround time
- Please check-in no later than 04.30am.
- Seating only allocated at check-in unless you check-in online 24 hrs in advance.
- Checked baggage allowance is 30 KG. Carry-on baggage limit 5 KG.
- Aircraft Type: Airbus A319 Jet.
- Veg & Non-Veg meal options offered in-flight.





## Thimphu Valley - 2 nts

**3 days**

Duration

### **Saturday 14 January 2023:**

*Paro Airport to Thimphu (1.5+ hrs)*

You will be greeted by your Bhutan Tourism Corporation Ltd (BTCL) guide, Mr Tshering Gyeltshen, 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, or similar, in the CBD and this afternoon explore Thimphu. Visit the the spectacular Trashichhoe Dzong (fortress/monastery); the beautiful Tara Lhaden Zhingkhram Lhakhang (temple) and then on to the celebrated Royal Textile Academy to view the splendour of Bhutanese garments and weavings.

**Overnight Thimphu: Hotel Phuntsho Pelri - traditional Bhutanese style 3\* hotel.**

Breakfast on flight to Paro; lunch at a Thimphu restaurant & dinner in your hotel.

### **Sunday 15 January:**

*Exploring, hiking & leisure time in Thimphu area*

7:00 am 8.30 am: Yoga Session at the hotel.

After breakfast visit the awesome Buddha Dordenma, a brass statue 54 metres high. The site affords spectacular city and valley views. Consider the option to take the nearby Kuenselphodrang National Park hike. It is rated EASY (approx 3 kms/1 hr) with just a few uphill parts at the beginning. Next visit the 'Simply Bhutan' traditional display village followed by a Bhutanese lunch. At 'Simply Bhutan' you can witness traditional village life; engage in ara tasting (local spirit) & suja tasting (butter tea); try your hand at archery and enjoy a cultural performance of song & dance during the lunch. The coach will take you all to the Royal Takin Preserve - home to Bhutan's most unusual national mammal, followed by the National Memorial Chorten where you circumambulate the chorten with the locals. The coach will then drop you all in the CBD and from there, armed with maps and a little guidance, you are free to roam about the CBD & markets area.

Consider checking out one or more of the following options which you can do on foot.

- The Thimphu weekend markets for in-season produce; home-wares; religious items & clothing.
- Thimphu National Library which houses ancient Buddhist manuscripts.
- The Craft Bazaar and exploring along Thimphu's main streets.

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

**Overnight Thimphu: Hotel Phuntsho Pelri.**

Breakfast & dinner at the hotel. Lunch at 'Simply Bhutan' display village.

Monday · January 16th



3 days

Duration

**Monday 16 January:**

*Thimphu to Punakha Valley (3+ hrs)*

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

After breakfast, 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 it 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 at the hotel.

**Overnight Punakha Valley: Zhingkham Resort - Bhutanese traditional style 3\* hotel.**

Breakfast & dinner in your hotels. Lunch at a local Punakha restaurant.



**Tuesday 17 January:**

*Exploring & hiking in the Punakha Valley today*

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

After a relaxed breakfast, later this morning visit the very impressive Punakha Dzong, which previously served as the seat of the government. Punakha Dzong is still the winter residence of the Dzatsheng (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 take the option for some time at leisure to relax and enjoy the spa facilities at the hotel. Alternatively 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. The hike is well recommended for those with moderate fitness.

5.00 pm - 6.00 pm: Meditation & Relaxation session at hotel.

**Overnight Punakha Valley. Zhingkhram Resort.**

All meals taken at your hotel today.



Paro Valley - 5 nts

6 days

Duration

**Wednesday 18 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, once again traversing Dochu La. 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; Altar Room and heated swimming pool! This resort has only recently transformed itself into a full 5-star property.

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

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

Breakfast & dinner at your hotels; lunch at a local Paro restaurant.

**Thursday 19 January:**

*Exploring Paro Valley*

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

Depart at 10.30 am for a visit to the National Museum in Paro, housed in an ancient watch-tower (Ta Dzong), overlooking & protecting the Rinpung Dzong below. Here you can view a selection of the fine collection of ancient Thangkha 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 colourful 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.

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

Breakfast & dinner at your resort; lunch at a local Paro restaurant.

**Friday 20 January:***Morning Puja & Exploring Paro Valley*

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

At 11.00 am participate in 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 witness the amazing orange tree in the courtyard which perpetually bears fruit.

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

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

Breakfast & dinner at the hotel. Lunch at a local farm house.

**Saturday 21 January:***Taktsang Monastery (Tigers Nest) Pilgrimage Walking Meditation Hike*

There is no yoga practice this morning as we take an early breakfast before assembling for the Taktsang Monastery (Tigers Nest) pilgrimage walking meditation hike at 8 am. Taktsang is one of Bhutan's most sacred sites and 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 latter parts however it is a most rewarding journey and will be one of the highlights of your Bhutan experience. Alternatively you can hike just as far as the viewpoint cafe which is approx 1.5-2 hrs round trip. Enjoy a Bhutanese style vegetarian lunch at the Tigers Nest viewpoint cafe 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 & Deep Relaxation at the hotel.

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

Breakfast & dinner at your resort; lunch at the Viewpoint cafeteria on the Taktsang hiking trail.

**Sunday 22 January:***Paro Exploring with Shopping & Leisure time*

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

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

After 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 & Meditation at the hotel.

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

Breakfast & dinner at your resort; lunch at a local Paro restaurant.

**Monday 23 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 06.00am this morning. Farewell to beautiful Bhutan!



Monday · January 23rd



Paro, Paro Airport to Bangkok, Suvarnabhumi Intl

Drukair

<https://www.drukair.com.bt/>

<b>TBC</b> Record Locator	<b>Drukair KB 130</b> Carrier / Flight	<b>08:30</b> Depart PBH •	<b>14:15</b> Arrive BKK •	<b>4 hrs 45 min</b> Duration
------------------------------	---	------------------------------	------------------------------	---------------------------------

#### Notes

- Flight is via Bagdogra, India. You do not leave the aircraft during the 40 min turnaround time.
- Seating allocated at check-in unless you check-in online 24 hrs prior departure.
- Check-in time is no later than 06.30am
- Checked baggage allowance is 30 KG pp; carry on baggage limit 5 KG pp.
- Aircraft Type: Airbus A319 Jet.
- Veg & Non-Veg meal options offered in-flight.

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