



# Bhutan Yoga Adventure

Sept 23 – Oct 3, 2023 | \$4,995 USD | SARC price \$2,650



## *Itinerary*

### **DAY 1 – October 23**

#### **Thimphu**

Fly to Paro

Drive to Thimphu | 50 km | 1.5 hour drive.

Opening Ceremony

Visit Pangri Zampa Monastery (16th CE),  
a riverside monastery and Astrological Centre

Afternoon yoga

Dinner

Altitude: 7010 ft / 2350m

Overnight at Thimphu

### **DAY 2 – October 24**

## **Thimphu**

Pranayama, Meditation and Yoga

Breakfast

Thimphu Festival

### **Druk Wangditse Lhakhang or Zilukha Nunnery**

Open air yoga session at the temple ground

Lunch

Thimphu market

Dinner

Altitude: 7010 ft / 2350m

Overnight at Thimphu

## **DAY 3 – October 25**

### **Bumthang**

Breakfast

Fly to Bumthang

Cham Dance festival at Tamzhing Lhündrup Monastery,

built by the great Bhutanese tertön and saint,

Pema Lingpa, in 1501.

Lunch

Afternoon yoga

Dinner

Altitude: 9185ft / 2800m

Overnight in Bumthang

## **Day 4 – September 26**

### **Bumthang**

Pranayama, Meditation and Yoga

Breakfast

See the unravelling of Tamzhing Trongdel

Lunch

Visit to Jampay Lhakhang and Kurjey Lhakhang.

Afternoon Yoga

Dinner

Altitude: 9185ft / 2800m

Overnight in Bumthang

**DAY 5 – September 27**

**Tang Valley**

Pranayama, Meditation and Yoga

Breakfast

Drive to Tang Valley. 2 h 2 min (46.1 km)

Naring Drak and Mebartso the sacred Burning Lake and  
Chel Baridrang (birthplace of Pema Lingpa)

Lunch

Afternoon yoga

Dinner

Altitude: 9185ft / 2800m

Overnight in Tang Valley

**DAY 6 – September 28**

**Punakha**

Pranayama, Meditation and Yoga

Breakfast

Drive to Punakha | 6 hours

Visit the magnificent Punakha Dzong (the Palace of Great Happiness or Bliss), Bhutan's capital for 300 years. Built in 1637 C.E., this ancient monastery is the second oldest in Bhutan and one of its most majestic structures.

Lunch

Rest or wander through Punakha market

Evening yoga

Dinner

Altitude: 4430ft / 1350m

Overnight in Punakha

**DAY 7 – September 29**

**Punakha**

Pranayama, Meditation and Yoga

Breakfast

Punakha to Khamsum Yulley Namgyal Choeten | 1.5 hours (42.9 km)

Morning yoga

Walk through rice paddies and forests to an exquisite tantric temple,  
with a Zangtopelri to Padmasambhava.

Raft the river to a picnic lunch

Late afternoon yoga

Dinner

Altitude: 4430ft / 1350m

Overnight in Punakha

## **DAY 8 – September 30**

### **Thimphu**

Pranayama, Meditation and Yoga

Breakfast

Drive through ancient forests and fertile valleys to Thimphu. Visit the famous  
'fertility' monastery, Chimi Lhakhang, en route.

Stop at Dochula Pass (10142ft / 3091m) with the 108 Druk Wangyal Khang Zhang  
memorial chortens and panoramic views of the snow-covered peaks of the  
Eastern Himalayan mountain ranges.

Lunch

Relax in Thimphu, have a Kunney Massage, sightsee or shop for souvenirs.

Evening Yoga

Dinner

Altitude: 7010 ft / 2350m

Overnight at Thimphu

## **DAY 9 – October 1**

### **Paro**

Early morning yoga at Buddha Park in Thimphu

Breakfast

Drive to Paro and visit Kyichu Lhakhang, the oldest monastery in Bhutan.

Have a teaching at the Memorial House of Dilgo Khyentse Rinpoche.

Lunch

Shop for souvenirs in Paro town

Afternoon yoga

Dinner

Altitude: 7218ft / 2200m

Overnight in Paro

## **DAY 10 – October 2**

### **Taktshang Paro**

Breakfast

Hike up to the ultimate Buddhist site – Guru Rinpoche’s Taktsang Monastery, or Tiger’s Nest – perched on the edge of a sheer cliff, rising 1000 meters from the valley floor. The trail then wanders through a blue pine forest, past fluttering prayer flags and hydro-powered spinning prayer wheels, to your awaiting vehicle to take you to the hotel.

Late afternoon yoga class

Closing Ceremony

Dinner

Altitude: 7218ft / 2200m

Overnight in Paro or Thimphu

## **DAY 11 – October 3**

Departure day

*\*Note: Sacred Himalayan Travel and Heather Elton Yoga reserve the right to change the schedule due to circumstances that may arise and in the highest interests of the program.*