



## Bhutan Yoga Adventure

May 10 – 20, 2025



*Itinerary*

**DAY 1 – May 10**

**Thimphu**

Fly to Paro. Drive to Thimphu | 55km | 1hr drive.

Check in to hotel and relax before lunch.

Afternoon visit to the Royal Textile Museum - 14:00

Opening Ceremony & Evening yoga - 18.00

Dinner - 20:00

Altitude: 7010 ft / 2350m

Overnight at Thimphu

## **DAY 2 – May 11**

**Thimpu Haa Valley. 115km; 2hrs drive.**

Morning yoga - 7:00

Breakfast - 8:30

Dharma Talk with Guru Ozer Rinpoche - 11:00

Picnic lunch in Thimpu - 13:30

Drive to the picturesque Haa Valley - 14:30

Arrive at the charming Soednam Zingkha Heritage Hotel. - 17:00

Evening yoga class. - 18:00

Dinner - 20:00

Sleep like a baby in the quiet valley of Haa.

Altitude: 2700m

Overnight: Haa Valley

## **DAY 3 – May 12**

### **Haa Valley**

Wake up on Buddha Purnima, Saga Dawa, in one of Bhutan's most picturesque valleys.

Sang purification and puja - 7:00

Enjoy a traditional breakfast of buckwheat pancakes and red rice salty porridge. - 9:00

A leisurely hike through a pine forest to Juneydrak Hermitage (2950m) where the renowned 11th-century Tibetan tantric Buddhist yogini, Machig Labdrön, lived and practiced. - 10:00

Lunch in Haa Town - 13:30

Lhakhang Karpo (White Temple) & Nagpo (Black Temple) built in 7 C.E.. - 14:30

Play Bhutanese game of Archery - 17.00

Dinner - 20:00

Yoga Nidra - 20:00

Altitude: 2700m

Overnight: Haa Valley

### **DAY 4 – May 13**

#### **Drive to Thimphu via CheleLa**

Morning yoga and meditation. - 7:00

Enjoy a traditional breakfast of buckwheat pancakes and red rice salty porridge. - 9:00

Hang prayer flags on Chelala Pass (1000ft / 3810m) to h. - 11:00

Hike through a Rhododendrun forest to the cliff-faced Kila Nunnery and watch the nuns practice Chöd. - 12:00

Picnic Lunch - 14:30

Drive to Thimpu and enjoy a traditional Bhutanese Kunney massage - 17:30

Dinner - 20:00

Altitude: 7010 ft / 2350m

Overnight at Thimphu

### **DAY 5 – May 14**

#### **Thimphu**

Pranayama, Meditation and Yoga - 7:30

Breakfast - 10:00

Explore Thimpu and shop for souvenirs.

Visit the Arts & Crafts booths, Weaving Centre and Farmer's Market - 11:00

Lunch at Hotel - 14:00

Relax or visit the Nakula Dog Shelter - 15:00

Evening yoga - 17:30

Dinner - 20:00

Altitude: 7010 ft / 2350m

Overnight at Thimphu

## **DAY 6 – May 15**

### **Thimphu to Punakha. 77km; 2hr drive.**

Morning meditation Buddha Dordenma at Buddha Point. - 6:30

Breakfast in Thimphu - 9:30

Drive to Punakha (which served as Bhutan's capital for 300 years) through Dochula Pass (10142ft / 3091m) with panoramic views of the snow-covered peaks of the Eastern Himalayan mountain ranges, the 108 Druk Wangyal Khang Zhang memorial chortens, ancient forests and fertile valleys. - 10:30

Lunch at Lobesa - 13:00

Visit Chhimi Lhakhang, a temple of fertility dedicated to the great 14<sup>th</sup> century yogi known as Drukpa Kunely, known as the 'Divine Madman'. - 14:00

Checkin Hotel - 16:00

Evening yoga - 17:00

Dinner - 19:00

Altitude: 4430ft / 1350m

Overnight at Punakha

## **DAY 7 – May 16**

### **Punakha**

Morning Yoga and meditation - 6:30

Breakfast - 9:00

Walk through a forest to Khamsum Yulley Namgyal Chorten

on the ridge above Punaka Valley. - 10:00

Picnic lunch and rafting the river. - 13:00

Visit the magnificent Punakha Dzong, the Palace of Great Happiness or Bliss. Built in 1637

C.E., this ancient monastery is the second oldest in Bhutan and one of its most majestic

structures. - 15:00

Dinner - 19:00

Yoga Nidra - 20:00

Altitude: 4430ft / 1350m

Overnight at Punakha

### **DAY 8 – May 17**

#### **Punakha to Paro. 125 km; 2.5 hour drive.**

Morning yoga - 6:30

Breakfast - 9:00

Driving through the scenic Jigme Dorji National Park spanning over an area of 4,316

square kilometers, and over the Dochula Pass, to Paro. - 10:00

Lunch @ Forest Boutique - 13:30

Check in to Udumwara Resort - 16:00

Evening yoga - 17:00

Dinner - 19:00

Altitude: 7218ft / 2200m

Overnight: Paro

### **DAY 9 – May 18**

#### **Taktshang Paro/Tiger's Nest. 6hrs**

Breakfast - 7:00

Hike 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. - 8:00

Lunch - 13:30

Walk down to parking lot

Soak in Hot Stone Bath - 16:30

Dinner - 19:00

Altitude: 7218ft / 2200m

Overnight: Paro

## **DAY 10 – May 19**

### **Paro**

Enjoy morning yoga - 7:00

Breakfast - 9:00

Drive to Kyichu Lhakhang (the oldest monastery in Bhutan) and Memorial House of Dilgo

Khyentse Rinpoche. - 10:00

Lunch - 13:30

The afternoon is free to shop for souvenirs in Paro town. - 14:00

Enjoy a cultural program of Bhutanese music and dance - 17:00

Closing Ceremony - 18:00

Dinner - 20:00

Altitude: 7218ft / 2200m

Overnight: Paro

## **DAY 11 – May 20**

### **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.*

