

Yoga Holiday at Bhutan - Land of the Thunder Dragon
8 Mar - 15 Mar 2008



Bhutan is a country known to be the last "shangri-la" in the world. For centuries, forbidden to foreigners (and today still a restricted land to foreigners), the environment remains untouched and inaccessible to people outside of Bhutan. The people of Bhutan can still be seen living in the most ancestral way of life practicing its seasonal ritual and rites based on its Buddhist culture - Tibetan Buddhism.

Bhutan is a country covered with more than 60% forestation. It is well known for its well-preserved nature and an excellent site for eco-tour. Rare sights of cranes, animals, flowers, plants and trees can be seen in different parts of Bhutan. At the same time, snow mountains from the Himalayan ranges also surround this land.

Culturally, Bhutanese is still leading a self-subsistence way of life, where traditional farming, woven garments, wood carving, silver wares and statue making can be found in almost every family. Religion is the central event for festivals. Bhutan is the only country where the entire nation practices Tibetan Buddhism. During festivals, you will be able to experience traditional folk dance and songs by the commoners as well as mask dance by highly accomplished lamas. Many Tibetan yogis, enlighten masters, saints and pilgrims had left their marks in this land to demonstrate their enlighten qualities. Many sites in Bhutan are considered holy and high power sites for meditation. Therefore, Bhutan is also a place to discover spirituality with oneself.

Key Facts on Bhutan

King : Jigme Kesar
Namgyal
Land Size : 40,000 Sq
Km
Population : 600,000
Capital City : Thimphu
Currency : Ngultrum
(equivalent to Indian
Rupees)
Religion : Tibetan
Buddhism (Vajrayana)
Language : Dzongkha

8 Mar 2008	Arrive at Bangkok	Fly to Bangkok. Upon arrival check into hotel at Bangkok. Free and easy for the day
9 Mar 2008	Depart for Thimphu	Early flight to Paro from Bangkok. Upon arrival, lunch will be prepared at Paro and a slow drive to the capital city Thimphu. Check into Hotel and Yoga starts at late afternoon. Early rest after dinner.
10 Mar 2008	Thimphu Sight-seeing	The day starts with early yoga in the morning and going to town after breakfast. Visit to : <ul style="list-style-type: none"> • National Arts School • Major Arts Shop/Textile Museum • Motithang Zoo (Bhutan National Animal Takin) A late after yoga session will be conducted.
11 Mar 2008	Thimphu to Gantsey	Early morning yoga and driving out of to Gantsey after breakfast. Will pass by Dochula Pass, one of the high peak. Gantsey is where the famous "black crane" visit and pay salutation to the monastery. Gantsey monastery house one of the most respected lama Gantsey Tulku and he will be giving Buddhist teachings to the group. It is a beautiful site over-looking a valley.
12 Mar 2008	Gantsey to Punaka to Wangdi	No morning yoga. After breakfast, drive to Punaka

<p>13 Mar 2008</p>	<p>Driving to Paro</p>	<p>Dzong. An old monastery in the confluence of two rivers. After lunch, to visit an old temple built by the "crazy yogi" - Drupa Kunley. Need to walk across a vast padi field to reach a hill top for the temple. Back to hotel for yoga session in the afternoon.</p> <p>No yoga in the morning. Set out to Paro, passing by Dochula Pass again. Check-in to Zhiwaling Resort. Visit Kiychu Monastery and National Library. Afternoon yoga.</p>
<p>14 Mar 2008</p>	<p>Paro Takstang</p>	<p>No yoga in the morning. Early walk up to the famous and most holy mountain in Paro. Paro Takstang Monastery was built uniquely off the cliff. The walk will take about two hours to reach this ancient monastery. This is the most holy sites where Tibetan yogis lives and meditated in the past. Most of the spring comes off the ground spontaneously under the powers of these yogis. A magnificent view mountain view.</p>
<p>15 Mar 2008</p>	<p>Paro to Bangkok</p>	<p>No yoga in the morning. Check -out from Zhiwaling to Airport. Arrive later afternoon at Bangkok. Midnight flight back to London.</p>

Key Highlights

Thimphu

i. Motithang Zoo

This is natural reserve park. It house a unique animal - Takin, half sheep and half cow, believe to be created out of the magical power of the yogi Drukpa Kunley. Takin is Bhutan's national animal.

ii Tashichodzong

Tashichodzong is on the banks of Wang Chu (river). It is Bhutan's administrative and religious centre. It houses the throne room of His Majesty the Kind of Bhutan, Government Ministries, the Nations largest Monastery and headquarters of His Holiness the Je Khenpo (chief abbot) and the central monk body.



iii Gongzhu Chorten (Stupa)

This stupa was built in 1974 in the memory of the Third King of Bhutan; His Majesty Jigme Dorji Wangchuk. The stupa houses a chapel inside. In each floor, magnificent Bhutanese arts of Tibetan statue deities of the Nyingmapa traditions of Buddhism are presented.

iv Tibetan Medicine Centre

Tibetan medicine has its lineage from Ayurveda from India and Traditional Chinese Medicine from Taoist tradition. With its unique terrain at Bhutan special herbs had been cultivated over the centuries. In this medicine centre, you will learn more about how diseases are being diagnosis according to traditional Tibetan medicine.

Gantsey

Gangtey is actually the name of the monastery built on the hill top over looking the beautiful swampy valley of Phobjikha which is the home of black neck cranes in winter. The temple was prophesied by Pema Lingpa (treasure discoverer) and built by the reincarnation of Pema Lingpa. It is one of the nyingma sect temple in Bhutan and is still taken care by Gangtey Tulku... one of the reincarnation of Pema Lingpa. We will also have chance to see small woolen carpet factory and maybe few cranes. Cranes will gather in winter time during the month of November.

Paro

You will be staying at **Zhiwaling Hotel** - A Bhutanese Style Hotel with elegance

www.zhiwaling.com



i Taktsang Monastery

Taktsang (Tiger's Nest): The trail to the monastery climbs through beautiful pine forest, many of the trees festooned with Spanish moss, and an occasional grove of fluttering prayer flags. We stop at the cafeteria for a rest and refreshments and continue our hike for short while until we see, clearly and seemingly within reach, the Taktsang monastery. Dedicated to Guru Padmasambhava, this incredible monastery clings to the edge of a sheer rock cliff that plunges 900 meters into the valley below. The history states that Guru Padmasambhava, the tantric master who brought Buddhism to Bhutan, had taken the wrathful form of Guru Dorji Drolo to subdue the demon that were obstructing the spread of Buddhism in the Himalayas. On the left side of the



monastery is the retreat place where the famous Tibetan Yogi Mache Lhabdenma attained enlightenment.

ii Kiychu Monastery

Kiychu Lhakhang, to subdue demon in the entire region of Himalaya, a Tibetan king Songtsen Gampo in the 7th century miraculously built 108 temples. Kiychu is considered to be one of them and is one of the most sacred shrines in Bhutan.

iii Ta Dzong (Bhutan National Museum)

Ta Dzong, overlooking the Rinpung Dzong was built in 1951 as a watchtower. Unlike the rectangular shape of the Dzongs, Ta Dzong is round, and more like parts of a European castle. From 1967 the Dzong was re-established as the National Museum by the third king. It holds fascinating collection of arts, relics, religious thangka, weaponry, statues, remains of animal, stamps.

Thimphu - Punaka - Wangdi

i Dochula Pass

During a clear weather there are splendid view of the distant Himalayan snowcapped peaks at Dochula Pass on Thimphu - Punakha road. Takes about two and half hours to reach from Thimphu. Also at the pass was built 108 stupas by the Majesty, upon the request of an enlightened Tibetan yogi - Sonam Sangpo (before he left his body) for the protection of the country. We will take a short break at a near by café to behold the magnificent view at the pass.



iii Punaka Dzong

Punakha Dzong, "palace of great happiness" was built in 1637 by Shabdrung Ngawang Namgyal after Simtokha Dzong and is located strategically between the confluence of Pho Chu and Mo Chu Rivers. The Dzong, which was damaged by four catastrophic fires and an earthquake, has been fully restored by the present King. Punakha served as the capital of the country until second king who moved the capital to Bumthang as summer and Trongsa as the winter. It was here on 17th December 1907, Bhutan's first king, Sir Ugyen Wangchuk was crowned as the first hereditary ruler of Bhutan. It is also the venue for Punakha Festival held in February or March.



iv Chhimi Lhakhang

Chhimi Lhakhang, it's a 20 minutes walk across fields through the village of Sopsokha from the roadside to the small temple located on a hillock in the centre of the valley below Metshina. Ngawang Chogyel built the temple in 15th century after the 'divine Madman' Drukpa Kuenlay built a small chorten there. It is a pilgrim site for barren women.

Departure from other country (exclude 2-WAY AIR-TICKET FROM SIN - BKK)

<i>Itinerary</i>	<i>Twin Share</i>	<i>Single Supplement</i>
7 Day 6 nights	USD 3,300	USD 150

Tour prices include:

- 2-way ticket from Bangkok to Paro
- One night stay at three star hotel at Bangkok
- 4 nights stay at government approved hotel at Bhutan
- 2 nights stay at 5-star hotel at Bhutan
- Hotel transfers to airport both at Bangkok & Bhutan
- All meals while at Bhutan (breakfast, tea, lunch and dinner)
- English Speaking Guide at Bhutan
- Transportation while at Bhutan for all sight-seeing
- All permits for entrance to major sites
- Visa to Bhutan
- All yoga classes

Tour prices **DO NOT INLCUDE:**

- Meals and sight-seeing at Bangkok
- Travel insurance
- Excess baggage charges
- Restaurant beverages
- Laundry
- Bar Bill
- Room Service
- Tips to driver and guide
- All items of personal nature

The Yoga Teacher



Victor has been practicing and teaching yoga for the past six years. He drew his influence from various styles of yoga from classical to modern yoga systems. His style is goal oriented and precise. He believes in sequencing the practice to achieve specific goals. At the same time, a complete practice requires exploring both the polarity of Yin and Yang yoga to bring oneself back to "centre". Victor met Paul Grilley - the founder of Yin Yoga in 2004 Dec and has completed a teacher training with Paul on Yin Yoga. Since 2005, Victor has been teaching Yin Yoga in Singapore, Malaysia, Thailand and China. Contact Victor at 65 98260088, email : info@yogainasia.com and website : www.yogainasia.com



Registration Form

Yoga Holiday at Bhutan - Land of the Thunder Dragon

8 Mar to 15 Mar 2008

Please note that registration will need to be accompanied with USD 1,500 as deposit to be confirmed. March is a peak period travel to Bhutan. Early booking will ensure a flight to Bhutan by **Druk Air (the only airline to Bhutan from Bangkok)**

Your flight will be booked immediately upon payment of deposit. Should there be cancellation; refund of the flight cost will be based on the airline terms and conditions.

Name :	(First)	(Last)
Address:		
Tel :		Mobile:
Email:		
Date of Birth:		Nationality:
Passport Number:		Expiry Date:
Do you require a visa to go Bangkok? Y / N		
In case of emergency, please indicate contact person: Name:		Contact No:
Meal Requirements : Veg / Non Veg / Special (please indicate)_____		
Do you want the same request for flight? Y / N		
Room Request :		
Twin Sharing	<input type="checkbox"/>	
Single	<input type="checkbox"/>	
Form of Payment		
Please make cheques payable to : Yoga In Asia Pte Ltd		
Mail to : B 112 C'wealth Cres # 08-312 Singapore 140112		
Bank Transfer:		
Account Name : Yoga In Asia Pte Ltd		
Bank Account Number : 527 71 3333 001		
Bank Name : OCBC Bank		
Bank address: Blk 130 Jurong East St 13 #01-235 S(600130)		
Contact no: 64383333		
Swift code: OCBCSGSG		



Visa Application:

You do not need to submit your passport to Bhutan Foreign Affairs for visa application. Visa will be gotten upon arrival. However, you will need to submit:

1. A photocopy of your passport

For visa application.

Contact:

Victor Chng

Mobile : 65 98260088; Fax : 65 64725814; info@yogainasia.com; www.yogainasia.com

I verify that I have read and accepted all terms and conditions of this trip.

Signature

Date