



Magical Yoga Tour
In collaboration with Manoa Yoga Center
10 days: July 16 to 25, 2012

Day 1: July 16 – Bangkok to Paro

- On the flight to Paro, if the skies are clear, you will see the majestic snow capped Himalyan mountain ranges
- Upon arrival at the Paro airport, you will be received by BTT representatives
- Check in at Udumwara Resort
- Freshen up and relax for an hour and start Yoga Session for the day.
- Afternoon Yoga Retreat
- Dinner
- Halt at Udumwara Resort

Day 2: July 17 – Paro

- 6am: Early morning yoga session
- 8 am: Breakfast
- After breakfast to digest the food, make a short site visit to the ruins of Drukgyal Dzong which means “the victorious fortress” – it is one of the oldest and historically important Dzongs of Bhutan
- Back to the Resort and continuation of Yoga Retreat
- 1pm: Lunch
- 2 to 4 pm: Site seeing in Paro valley:
 - The National Museum at the Ta Dzong – previously a watch tower for Rinpung Dzong, it is the first and premier Museum in Bhutan (entrance fee charged)
 - Rinpung (Paro) Dzong – the administrative/religious headquarters of Paro
 - Walk around Paro town
- Back at the Resort and continue Yoga Retreat
- Dinner
- Halt at Udumwara Resort

Day 3: July 18 – Paro to Punakha

- 6am: Eat well and with full of physical and spiritual energy, leave for a mesmerizing and inspiration hike to one of the most sacred monasteries in Bhutan – Taktsang Monastery “The Tigers Nest” perched on the cliff of Pary Valley. This magical monastery clings to a vertical granite cliff 2000 feet above the valley floor. The legend of Taktsang dates back to 747 AD when Padmasambhava, in the wrathful form of Guru Dorji Drolo, is believed to have flown here on the back of a tiger to subdue the evil spirits of the region. Tantric



Buddhist mythology tells that the vanquished spirits were transformed into protectors of the dharma. One of them, Singye Samdrup, is recognized today as the guardian deity of Taktsang. After about an hour of rather steep hiking, you reach a small teahouse that has a wonderful panoramic view of the temple.

- On the way back from the Monastery – stop to eat lunch at the teahouse
- Drive to Punakha (approx 3 hours) and check in at Hotel Meri Puensum Resort.
- You will pass Thimphu and the Dochula Pass at 3050 meters where there are 108 stupas. Stop here briefly
- Relaxing Yoga session
- Dinner
- Halt at Meri Puensum Resort

Day 4: July 19 – Punakha

- 6am – Early morning yoga session
- 8am – breakfast
- After breakfast sightseeing in Punakha
 - Punakha Dzong: it is the winter seat of Je Khenpo (chief abbot) of Bhutan and ancient capital of Bhutan, remarkably located between the rivers of Pho Chu (Male) and Mo Chu (female)
 - Chime Lhakhang, a famous temple mainly known for its fertility blessings and dedicated to the famous and unconventional saint Lama Drukpa Kuenley or the “Divine Madman”
- Lunch at the Village Restaurant on the way back from Chime Lhakhang
- Afternoon Yoga session as we will not be able to do much yoga due to long drives on windy roads
- Halt at Meri Puensum Resort

Day 5: July 20 – Punakha to Bumthang enroute visit Trongsa

- Early morning drive on to Trongsa (approx 5 to 6 hours) – Visit the majestic Trongsa Dzong and the Ta National Museum dedicated to the Monarchs of Bhutan.
- Drive to Bumthang (2 to 3 hours)
- Check in at Yu-Gharling Resort
- Relaxing and gentle yoga to recuperate from the long drive
- Dinner
- Halt at Yu-Gharling Resort

Day 6: July 21 – Bumthang

- 6am – Early morning yoga session
- 8am – Breakfast



- Bumthang is in central Bhutan is known to be one of the most beautiful valley of Bhutan. It is also the place where the famous Bumthang cheese (Swiss), honey, honey wine and beer are made and loved by Bhutanese and visitors alike. You also get the famous textile “yatra” woven from lambs wool, it is very thick and with beautiful designs. We will see all these textile displayed on the way to Bumthang town.
- Visit Jakar Dzong built in 1667 and it's the seat of the district administration
- Visit Kurjey Lhakgang, one of the most sacred monasteries in Bhutan, because Guru Rimpoche left his body imprint in the cave when he was meditating there. You will see the body imprint enshrined in the monastery.
- Visit Jambay Lhakgang, one of the oldest monasteries in Bhutan, dating back as far as 6th century when Buddhism first came to Bhutan.
- Visit Mebartsho – or the legendary burning lake, where some of Guru Rimpoche's treasures were found in the 15th century by the famous treasure discover Pema Lingpa. It's a good place to meditate.
- If desired visit a small shop for fresh swiss cheese, apple juice, apple brandy, honey, etc.
- Lunch
- Walk around Bumthang valley
- Halt at Yu-Gharling

Day 7: July 22 – Bumthang to Thimphu

- 6am – early morning yoga session
- 7:30am: Breakfast
- Right after breakfast we leave for Thimphu. Today is another long day of driving.
- Along the way you will stop at a yathra (textile weaving) factory at Chumey, where the yathra are designed with patterns unique to Bumthang, and you can even watch some of the weavers at their looms. Yathra is a special textile woven from sheep or yak wool. There will be colourful and beautiful yathra on display and for sale.
- Stop at Chendibji Chorten – a big stupa with eyes like the one found in Kathmandu Nepal
- Stop at the Chendebji café for lunch
- Keep driving to Thimphu
- Check in at Hotel Phuntsho Pelri
- If not too tired, do a relaxing yoga session for an hour
- Dinner
- Halt at Hotel Phuntsho Pelri

Day 8: July 23 – Thimphu – The First Sermon of Lord Buddha

- 6am – early morning yoga session
- 8am – Breakfast



- Today is a holy day and a national holiday. It is the first sermon of Lord Buddha. Many people will be out visiting monasteries offering their prayers and respects – so at all the monasteries you will be visiting, it will be packed with worshippers
- Sightseeing in Thimphu
 - Memorial Chorten built in honor of the 3rd King. Many elderly and young people frequently visit this stupa to offer their prayers.
 - Changangkha Lhakhang – an ancient monastery perched on a hilltop in the residential area of Thimphu.
 - Sangaygang hill top and Takin zoo (Takin is the national animal of Bhutan)
- Lunch in town
- Walk around Thimphu town
- Around 4:30 – gather back at the hotel to start another session of yoga
- Dinner
- Halt at Hotel Phuntsho Pelri

Day 9: July 24 – Thimphu

- 6am - Early morning yoga session
- Breakfast
- Short hike to Tango Monastery. It is about 45 minutes to an hour hike uphill. Tango is the first and only Buddhist College for monks. It also has several hermitages around the same monastery/structure.
- Visit the the Zorig Chusum Institute or the Institute of Traditional Arts and Crafts (entrance fee charged)
- Visit the Folk Heritage Museum (entrance fee charged)
- Last minute shopping in Thimphu
- Last Yoga Session in Bhutan
- Dinner
- Halt at Phuntsho Pelri or similar

Day 10: July 25 – Thimphu to Paro

- Leave for Paro early morning
- Depart