



HEART-BASED MINDFULNESS

JOURNEY TO BHUTAN

If you look at an ancient map of Asia, you may find that the corners end abruptly where Bhutan begins and that the remaining area is illustrated with dragons and mythical beings. This is how you can imagine Bhutan. Socially, spiritually and geographically, the Dragon People and our place that surround us have remained shrouded in mystery for the duration of time.

Originally, our tiny Himalayan home is not believed to have even had a name. By the 17th century, chroniclers began to refer to us by various different names. Land of Thunder Dragon. Land of Medicinal Herbs. Land of Four Approaches. Hidden Holy Land. The Lotus Garden of the Gods. But the earliest known name, Lho Mon, translates to Southern Land of Darkness.

Bhutan is not a place that is ordinarily traveled.

It is not meant to be, either.

You do not find Bhutan.

Bhutan is a place that finds you.



YOUR INVITATION

We invite you to join us to experience the Kingdom of Bhutan the way we share it
with our families and closest friends — **through the eyes and hearts of our people.**





YOUR JOURNEY



DAY 1

Touch down at the enchanting Paro International Airport, 2235m
Receive welcome blessings and a spiritual cleansing from a high lama at Duntse Lhakhang
Lunch at Aum Deki's family farm home (Depending on the arrival time)
Transfer to Thimphu, 1.5 hours
Explore Craft Bazaar and Kaja Throm (optional)
Join the nuns at the nunnery in evening prayer
Dinner at the hotel

Overnight	Thimphu Deluxe
Breakfast	
Lunch	Aum Karma Family farm Home
Dinner	Hotel

DISTRICTS Thimphu

DAY 2

Morning yoga led by Kate at the hotel-
Enjoy breakfast at the hotel
Witness the Dechenphu Tsechu festival
Taste tomza at the festival grounds, a banana-leave wrapped lunch consisting of rice, meat/egg, and ema datshi
Visit the GNH Centre and meet with a senior official for an in-depth exploration of the four pillars and a deeper understanding of Gross National Happiness
Visit the Royal Textile Museum
Meet the takin, our national animal
Evening Event at Jungzhina Lhakhang: An evening at Jungzhina Lhakhang, closed to the public, with a private meditation led by the high lama inside the main altar room.
Dinner at the hotel

	Thimphu Deluxe
Breakfast	Hotel
Lunch	Local restaurant
Dinner	Hotel

DISTRICTS Thimphu

DAY 3

Morning yoga led by Kate at the hotel - No place for Yoga
Breakfast at the hotel
Transfer to Gasa, 4.5 hours
Lunch at a local favorite restaurant
Experience Himalayan views at Dochula Pass, 3100m

- Hang prayer flags to spread goodwill and compassion into all-pervading space
- Find solitude in the serene meditation caves at Dochula
- Plant tree saplings in Lampeiri Park with Green Bhutan

Dinner at the farmhouse

	Tashi Dechencholing Farmhouse
Breakfast	Hotel
Lunch	Local Restaurant
Dinner	Farm house

DISTRICTS Gasa





DAY 4

Morning yoga led by Kate at the hotel
Breakfast at the farmhouse
Soak in Gasa's famed natural hot springs
Transfer to Punakha - 2.5 hours
Lunch at a local restaurant
Visit the Chhimi Lhakhang fertility temple
Dinner at the hotel

Overnight Dhensa Resort, Punakha

Breakfast Farm House

Lunch Local restaurant

Dinner Hotel

DISTRICTS Punakha

DAY 5

Breakfast at the hotel
Hike to Khamsum Yuelley Lhakhang
Gentle raft ride down the Mo Chhu river
Explore the Punakha Dzong fortress
Walk across Bhutan's Longest Suspension Bridge
Traditional Bhutanese cooking lesson and lunch overlooking the Pho Chhu river valley at Mendhagang
Visit Aum Karma's family farm home

- Traditional dyeing and weaving lesson with Aum Karma, a leading activist for preserving traditional textile practices
- Enjoy a home-cooked backyard dinner and bonfire at Aum Karma's farm home with sacred song and dance

Dhensa Resort, Punakha

Hotel

Picnic Lunch

Family Farm Home

DISTRICTS Punakha

DAY 6

Breakfast at the hotel
Transfer to Gangtey, 3 hours
Lunch at a local family farmhome
Check in at the hotel
Yoga led by Kate at the hotel
Transfer to Taphu Monastery, 1 hour

- Prayer ceremony with the monks
- Meditation session at the monastery

Dinner at the hotel

Pinewood Resort, Gangtey

Hotel

Family Farm Home

Hotel

DISTRICTS Gangtey





DAY 7

Breakfast at the hotel
Hike the Gangtay Nature Trail, 1.5 hours- easy

- Yoga led by Kate at the viewpoint

Transfer to Bumthang - 4 hours
Lunch at Willing Waterfall Cafe
Explore Trongsa Dzong
Stop at Chumey Yathra Weaving Centre
Dinner at the hotel
Witness the Mewang (Fire Blessing/Dance: Locals and visitors sprint underneath a large, flaming archway made of dry grass. It is believed that passing through the fire cleanses sins, burns away obstacles, and brings good fortune for the year) and the Tercham (Naked Dance: Performed around midnight by 16-18 men who are completely naked, save for masks and white cloths covering their faces)

Overnight	Valley Resort , Bumthang
Breakfast	Hotel
Lunch	Willing Waterfall Cafe
Dinner	Hotel
DISTRICTS	Bumthang

DAY 8

Morning yoga led by Kate at the hotel
Breakfast at the hotel
Witness the Jambay Lhakhang Drup Festival
Taste tomza at the festival grounds, a banana-leave wrapped lunch consisting of rice, meat/egg, and ema datshi
Spiritual pilgrimage to Bhutan’s most sacred monasteries
Dinner at the hotel

Valley Resort , Bumthang	
Hotel	Hotel
Local Restaurant	Local Restaurant
Hotel	Hotel
DISTRICTS	Bumthang

DAY 9

Breakfast at the hotel
Visit Jakar Dzong
Transfer to Wangdicholing Palace

- Museum tour of Wangdicholing Palace

Lunch at a local farm home (Bumthap Food preferred)
Transfer to Paro via flight:

- KB015 BUT-PBH 14:45-15:20 - CFD

Transfer to Neyphu monastery, 40 mins
Arrive at Neyphu monastery

- Blessing and lighting of butter lamps
- Yoga session led by Kate with the monks
- Join monks in evening prayer
- Dinner with the monks

Neyphu Monastery, Paro	
Hotel	Hotel
Local Farm Home	Local Farm Home
At the monastery	At the monastery
DISTRICTS	Paro





DAY 10

Embark on an iconic trek to the legendary Tiger's Nest monastery, 3 hours

- Enter the sacred cave beneath the monastery

Heritage home luxury comfort Picnic
Guided meditation and spiritual teaching from a reincarnated spiritual master at the heritage home
Soak in a traditional hot stone bath with freshly picked local therapeutic herbs at the hotel
6-course garden-to-table dinner at the hotel

Overnight	Bhutan Spirit Sanctuary, Paro
Breakfast	Viewpoint
Lunch	Heritage home picnic
Dinner	Hotel
DISTRICTS	Paro

DAY 11

Morning yoga led by Kate at the hotel
Breakfast at the hotel
Transfer to the Airport
Depart via Paro International Airport

Breakfast
Lunch
Dinner

Breakfast
Lunch
Dinner



At the heart of our mission are our thoughtfully selected nonprofit initiatives and partnerships —which we fund, develop, and support until they’re ready to stand on their own.



PRESERVING THE SACRED

This national initiative digitally preserves Bhutan’s sacred heritage by documenting over 50,000 spiritual texts, relics, and artifacts from more than 2,000 monasteries and sacred sites. The archive supports cultural resilience, academic use, disaster planning, and intergenerational knowledge transfer.



ROOTS OF RESILIENCE

This community-led initiative strengthens flood resilience in vulnerable regions of Bhutan through afforestation and climate adaptation. Over 100,000 native trees have been planted to restore ecosystems, reduce risk, and foster long-term environmental stability.



VOICES OF MEMORY

An ethnomusicological effort to preserve Bhutan’s endangered oral traditions by recording and reviving court, folk, and ritual songs passed down by memory. These grassroots efforts reconnect generations, safeguard identity, and bring forgotten music back into public and national consciousness.



YOUTH IN SPORTS

A nationwide youth sports initiative fostering character, teamwork, and opportunity through organized play. What began as a grassroots effort has grown into a national movement—empowering young Bhutanese with discipline, confidence, and connection through sport.

A photograph of a Bhutanese mask dance performance. Two dancers in elaborate, colorful costumes are performing. One dancer is wearing a large, ornate mask with a tiger's head. The background shows a traditional Bhutanese building with a patterned ceiling and a framed picture on the wall. The text "THE KINGDOM AWAITS YOU" is centered over the image.

THE KINGDOM AWAITS YOU

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