



A Journey of Spiritual Immersion in Bhutan

DAYS

9 days & 4 cities,
Visa included

STAYS

3-star hotels &
breakfast

MEALS

All meals on tour

TRANSPORT

Tour vehicle, One
way flight from
Paro to Bumthang

COSTUME

Gho / Kira to be
returned

TEAM

Expert Driver &
Local Guide

A SPIRITUAL IMMERSION RETREAT IN BHUTAN

"Applying Compassion in Business Management & Life" In our daily hectic lives, how do we dispense compassion at work and in personal settings, especially when emotions or situations are spinning out of control? Is it possible to achieve peace amidst today's hectic pace of life?

Business owners and managers, are you finding it challenging to nurture a team in your care whilst still achieving KPIs?

Discover these answers on our special program led by His Eminence Khedrupchen Rinpoche of Sangchen Ogyen Tsuklag Monastery in Trongsa, on Tour Neykor.

DAY 1 ARRIVAL IN PARO

13TH OCT



Welcome to Bhutan, the Land of the Thunder Dragon. Touching down at Paro International Airport, you will be greeted by your guide upon exiting the arrival hall. Today, we will take it easy to acclimatise to the altitude.

DAY 2 PARO TO THIMPHU AS DAY EXCURSION

14TH OCT



Today we make our way to Thimphu, the capital City of Bhutan. It is the largest city in Bhutan and is considered the centre of politics, religion, and commerce. We will make our way to Buddha Point/Dordenma – one of the biggest sitting Buddha located on a hill overlooking Thimphu. Centenary Farmers' Market - a bustling outdoor market where you can buy fresh produce, handicrafts, and souvenirs. Motithang Takin Preserve - a wildlife reserve where you can see Bhutan's national animal, the Takin. We will drive back to Paro for the night.

DAY 3 PARO TO BUMTHANG VIA DOMESTIC FLIGHT 15TH OCT



Today we will take a domestic flight from Paro to Bumthang.

Bumthang is one of the most spectacular valleys in Bhutan and the heartland of Buddhism in Bhutan. It is an area with a wide variety of fauna and flora. The Guru Rinpoche and his lineage of Tertons (treasure finders) making Bumthang his home have led to more than 40 temples being built in this peaceful valley.

Upon arrival at Bumthang while we soak in the beautiful atmosphere , we will be meeting His Eminence Khedrupchen Rinopche for a tour briefing.

DAY 4 BUMTHANG TO TRONGSA



Morning session with Rinpoche over Breakfast.

After breakfast we slowly make our way to Trongsa.

DAY 4 **BUMTHANG TO TRONGSA**

16TH OCT

Trongsa Museum - Sits high above the valley at a strategic vantage point overlooking Trongsa Dzong. The Tower of Trongsa tells the stories of the dzong and the valley that it has witnessed over centuries.

Trongsa Dzong - It was laid in the 16th century by Pema Lingpa and flourished during the 17th century under Shabdrung Ngawang Namgyal.

You will learn about applying compassion in business management from Rinpoche.

DAY 5 **TRONGSA**

17TH OCT



Today you will visit Rinpoche's Monastery, Sangchen Ogyen Tsuklag Monastery. The drive will be about 45 minutes from the hotel. You will be spending the whole day at the century-old monastery.

Rinpoche will continue with the Buddhist values in Business leadership at the Monastery.

We will also have time to interact with the follower of Rinpoche.

Today's Practice: Mindfulness meditation

Morning session

- 1.Silent meditation
- 2.Group meditation
- 3.Experience sharing
- 4.Q&A

Afternoon session

1. Body scanning meditation
- 2.Visualisation meditation
- 3.Deconstruction meditation

Outcome:

This retreat will enable you to explore the nature of the mind, transform your consciousness and enhance happiness and true joy through simple yet powerful techniques.

DAY 6 TRONGSA TO GANGTEY

18TH OCT



Today's Practice: Mindfulness meditation

Morning session

- 1.Silent meditation
- 2.What's a mindfulness meditation & its benefits
- 3.Meditation practice
- 4.Q&A

Afternoon session

- 1.Body scanning meditation
- 2.Visualisation meditation
- 3.Deconstruction meditation

Outcome:

This retreat will enable you to explore the nature of the mind, transform your consciousness and enhance happiness and true joy through simple yet powerful techniques.

DAY 7 GANGTEY TO PARO

19TH OCT



DAY 7 GANGTEY TO PARO

19TH OCT

You will make your way back to Paro from Gangtey.

Morning session

- 1.Silent meditation
2. Group meditation
- 3.Experience sharing

You will stop by Dochula Pass, a stunning mountain pass with a spectacular view of the Himalayan range.

Following that, you will continue your journey to Thimphu where you can shop and stroll around Thimphu town. (2-3 hours)

After lunch, you will go to Paro.

Kyichu Lhakhang: Also known as Kyerchu Temple or Lho Kyerchu, is the oldest temple in Bhutan. Just like Jambhay Lhakhang in Bumthang, it is one of the 108 temples built by the Tibetan King Songtsen Gampo to subdue and pin down an ogress that was obstructing the spread of Buddhism.

Afternoon session

1. Group discussion on motivation
- 2.Exchange with different group
3. Group meditation Q&A
4. Q&A

Outcome:

You will practice on ‘Mindfulness’ – which will help you to generate focus and stay present at the moment – regardless of the situation you may find yourself in. You will find that in the long term, this skill will help you connect with people and your environment in a loving way.

Some goals of this workshop:

- 1.Increasing mindful engagement in the things you do
- 2.Stress reduction techniques
- 3.Creating a peaceful working environment through connecting with our surroundings from the inside-out
- 4.Increasing patience

Dinner at a farm house.

DAY 8 PARO (TIGER’S NEST)

20TH OCT



DAY 8 PARO (TIGER'S NEST)

20TH OCT

Are you ready? You will be making the hike up to one of the key highlights in Bhutan today! Tiger's Nest aka Taktsang Monastery.

Taktsang Monastery - Often called the Tiger's Nest, is a prominent Himalayan Buddhist sacred site and temple complex perched on the cliff side of Paro Valley. "Trip to Bhutan is never complete without climbing to Taktsang", says one tourist. Indeed, it's true as the journey there fills you with spiritual bliss. For those who are non-spiritual, it is the dramatic, artistically built monument that becomes a hiker's delight.

Experience the uphill climb as you ascend more than two thousand feet from the valley floor. According to legends, it is believed that Guru Rinpoche flew to this location from Tibet on the back of a Tigress (his consort Yeshey Tshogyal) and meditated in one of the caves. Guru Rinpoche performed meditation and emerged in eight manifestations, and the place became holy, thus gaining the name Tiger's Nest.

At the monastery, Rinpoche will lead a **visualisation meditation**.

Upon descending from Tiger's Nest, you will freshen up and have free and easy time.

In the evening, you will enjoy your dinner with a cultural programme.

DAY 9 DEPART FROM BHUTAN

21ST OCT

Today, you will bid fond farewell to this beautiful Himalayan country. We hope by now you would have made some friends and also kept many photos and beautiful memories of Bhutan! And we look forward to seeing you again in this beautiful land of endless enchantments!

Tashi Delek!

Neykor

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The Package Inclusive

- Visas for Bhutan
- One way domestic flight from Paro to Bumthang
- A qualified & licensed English speaking guide
- An experienced driver
- A tour vehicle
- All meals on tour
- Accommodations at 3-star hotels (subject to availability)
- Taxes, surcharges, Sustainable Development Fund
- Mineral water for the duration of stay
- One traditional costume set – Gho / Kira – for use throughout your stay in Bhutan. To be returned to the guide on the last day of the tour.
- Free entry to all heritage and cultural importance site

The Package Excludes

- Flights to Bhutan and Flight to Bangkok/Kathmandu/India/Singapore to connect to Drukair flights (International and Domestic)
- Hotel Stay outside Bhutan (e.g. to catch a flight to Bhutan)
- Travel insurance
- Lunch & Dinner outside selected restaurants (e.g. 5-star resorts)
- Tips for the guide and drive
- Alcoholic drinks
- Expenditure of personal nature (e.g. shopping and hot stone bath)
- Private site/ attraction (e.g. Namgay Beer Factory, White water rafting)
- Donations to Rinpoche, Lama, and at the temples



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