



JOURNEYS

OF THE SPIRIT



Bhutan with Peter 14 – 27 April 2020

"Bhutan is the crossroad upon which your spirit meets your physical world, and asks you to reflect upon what is really true for you. If you allow the intrinsic spirit of Bhutan to reach deep within your soul, you will find a peace and joy that lives within you.

All you have to do is be there with the people and country to touch this inner sanctum.

Bhutan is more than just the prayer flags and pray wheels, it is the heartbeat of a time lost to the Western World. A heartbeat that renews itself every time you spin a prayer wheel or fly a prayer flag. Bhutan takes you on a journey within. All you have to do is be there."

Julianne 11/11



Imagine a kingdom where happiness is paramount, where culture and tradition remain intact and where Buddhism has predominated since the 7th century

This country is Bhutan, the 'Land of the Thunder Dragon'. Step inside a mystical kingdom floating high amongst the clouds in the Himalayas, a place often romantically referred to as the Last Shangri-la.

This journey takes you on a magical journey across the western provinces and gently weaves through the central Bumthang region of the Drukpa people to follow the trail of Guru Rinpoche, or Padmasambhava, the revered saint who brought Buddhism to Bhutan.

As we head east we will journey alongside the rushing rivers that snake through the valleys of Paro, Thimphu and Wangdue. There is plenty of time to rest and explore in the local villages and mingle with the people that live there. Discover fertile rice paddies, verdant valleys, lush forests, magnificent mountains and pristine rivers that comprise this magical land.

We will venture to central Bhutan region with an opportunity to explore the remote and ancient monasteries and temples. We will have the chance to meet and chat to monks and the caretakers of these precious sites and make offerings to local deities.

On returning to the Western provinces we will also explore the Punakha Dzong, the winter residence of the Je Khempo, who is the head of the Bhutanese monk body.

Before leaving Bhutan we take a day hike to the famous Tiger's Nest Monastery, perched high on a cliff above Paro Valley, to hang prayer flags, to seek blessings and to be present to one of the most extraordinary energetic sites on our planet.

Your 14 Day Itinerary

Day 1 Tuesday 14 April

Arrival in Bhutan



Fly into Paro and experience breathtaking views of the Himalayan peaks as you descend into this remote land. On arrival in Paro we will be met by Nidup our local Bhutanese guide and one of the most experienced in the country. After a cup of tea to take in the sights and sounds of Paro, we will journey to the 8th Century Kichu Lhakang one of the oldest and most beautiful temples in Bhutan. It is very special Lhakang to visit first on our journey. You can circumambulate the building and spin the numerous prayer wheels around the building. After lunch in Paro you will drive to settle into your hotel.

Overnight in Hotel Jumolhari, Thimphu | Meals - Lunch & Dinner

Day 2 Wednesday 15 April

Tango Monastery

In the morning you will head toward Thimphu and skirt the city to head toward Tango Monastery. Walk through beautiful forest and on the way up stop to hang your own prayer flags, sending out a special prayer for whatever you wish! At the top, tour this working monastery and get an insiders view to a day in the life of a Bhutanese monk. If in residence on the day, there may be an opportunity for those interested to seek a private audience with a Trulku or High Lama and receive a blessing!

Overnight in Hotel Jumolhari, Thimphu | Meals – Breakfast, Lunch and Dinner

Day 3 Thursday 16 April

Thimphu



After breakfast, you will spend time experiencing local attractions, wander through bookshops and handicraft boutiques and get a feel for the city. Attractions include the Textile Museum featuring masterpieces and exquisite hand painted Thangkhas from the Royal family of Bhutan; the papermaking factory; and the Traditional Medicines Hospital, an indigenous hospital specializing in Tibetan herbal medicine.

Overnight in Hotel Jumolhari, Thimphu
Meals – Breakfast, Lunch and Dinner

Day 4 Friday 17 April

Onwards to Punakha



Depart Thimphu and cross Dochu-la Pass at 3,140 meters and on a clear day enjoy a spectacular view of the Eastern Himalayan mountain range. You will visit the 108 Chortens which were built recently by the 4th King's first wife. It is a truly serene place. Spend time at the recently built Lhakang and light a butter lamp for world peace. Travel by vehicle beside the remarkable Wangdue River and be mesmerized by the glorious light blue glacial water as it reflects

the soft white sands along the shoreline. The colour of the water is amazing and is proof alone that it is one of the cleanest rivers in the world. Arrive into the spectacular spiritual capital town of Punakha.

Overnight at Phunatshangchhu Cottages, Punakha | Meals – Breakfast, lunch and Dinner

Day 5 Saturday 18 April

Punakha Dzong

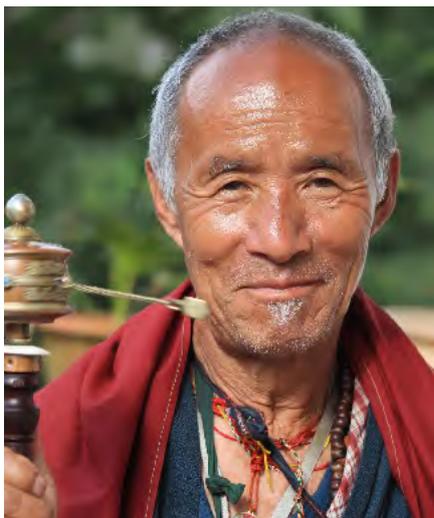
Visit the breathtaking Punakha Dzong (meaning fortress). Punakha is the ancient capital of Bhutan and the winter residence of the Head Abbott or chief monk of Bhutan. The Dzong lies between two rushing rivers, the Mochu and Pochu or male and female rivers and was built in 1637 AD. It is one of the most dramatic looking buildings in Bhutan. Spend the afternoon resting and relaxing at your lovely hotel.



Overnight at Phunatshangchhu Cottages, Punakha
Meals – Breakfast, lunch and Dinner

Day 6 Sunday 19 April

Khamsum Yuelley Namgyal Chorten



In the morning you will take a lovely walk to the Khamsum Yuelley Namgyal Chorten built in 1999 to protect the country and to spiritually support the reign of the 5th King of Bhutan. It will be a stunning walk through paddy fields, alongside a babbling brook and up a hillock to reach the Chorten. Inside the Chorten the walls are adorned with beautiful iconography of the Nyingmapa Buddhist tradition. In the afternoon, spend some time resting and relaxing at your hotel.

Overnight in Phunatshangchhu Cottages, Punakha
| Meals – Breakfast, Lunch and Dinner

Day 7 Monday 20 April

Travelling eastward to Bumthang



Today is a big travelling day in our vehicle as we head eastward to Bumthang. We make a major stop in the Trongsa – the first capital of Bhutan. You will visit the Trongsa Dzong (or watchtower) which hosts one of the finest museums in Bhutan. It is an exquisite showcase of the history and spiritual significance of Bhutan. There will be plenty of rest stops to capture the stunning scenery and opportunities to mix with locals along the way. Dine on food unique to the Central Bhutan region and sample the local ara (rice wine). Enjoy an evening of local hospitality.

Overnight in Mipham Guest House, Bumthang | Meals – Breakfast, Lunch and Dinner

Day 8 Tuesday 21 April

Visit Ura Valley

Bumthang is the cultural and spiritual centre of Bhutan, so here is where we can rest and soak up some of the true essence of Bhutanese religious culture. Today you will visit the quaint Ura village in one of the most picturesque valleys in Bumthang. Often considered Switzerland within Bhutan, we will visit some of our friends whom we have connected with on our past journeys. Along the way to Ura we will visit the sacred Membar Tso or ‘Burning Lake’ a significant spiritual experience where according to Buddhist belief, the famous Pema Lingpa, the revered treasure seeker, found ancient treasures and teachings hidden by Guru Rinpoche.



Overnight in Mipham Guest House, Bumthang | Meals – Breakfast, Lunch and Dinner

Day 9 Wednesday 22 April

Sacred Sites of Guru Rinpoche



Today we will explore another aspect of the Bumthang region and hear stories about the famous Guru Rinpoche, the revered saint who brought Buddhism to Bhutan. Today we walk to the three most auspicious temples that were significant to Padmasambhava (Guru Rinpoche). One of them is Jambay Lhakang, which was built on the same day as 108 other Lhakangs throughout Tibet and Bhutan and was restored by both Guru Rinpoche and Bhutan’s first King, making it one of Bhutan’s most sacred temples. Our walk takes us through tiny villages, farmlands and we enjoy meeting monks and locals along the way.

Overnight in Mipham Guest House, Bumthang | Meals – Breakfast, Lunch and Dinner

Day 10 Thursday 23 April

Travel to Punakha

Our time travelling to Punakha is under the directive of our great guide Nidup. There may be a festival to experience, or a visit to the Royal Palace for the flag changing ceremony. Whatever you experience here is very special.

Overnight in Phunatshangchhu Cottages, Punakha | Meals – Breakfast, Lunch and Dinner

Day 11 Friday 24 April

Paro

Spend these few days in Paro exploring the lovely Western Paro valley. We have many options for when we are in this region, so be open to surprises!

We will visit the Paro Dzong and also the opportunity to leisurely watch the villagers play an archery game at the central Paro archery grounds. Archery is the National sport in Bhutan.



Overnight in Khangku Resort, Paro | Meals – Breakfast, Lunch and Dinner

Day 12 Saturday 25 April

Paro

Maybe a gentle walk today in the forest, or a Tai Chi session with Peter, surrounding the Talkin sanctuary. The Talkin is a unique animal only found in Bhutan and legend has it it is a combination of a cow and a goat...but I will leave that to Nidup to explain. There are many hidden surprises with Bhutan and I wouldn't want to share them all before you get there!

Overnight in Khangku Resort, Paro | Meals – Breakfast, Lunch and Dinner



Day 13 Sunday 26 April

Hike to Taktsang



On your second last day in Bhutan, our piece de resistance is a walk up to Tigers Nest Monastery – an immersion of the senses you will never forget! Taktsang Monastery is the most famous monastery in Bhutan and is perched on the side of a cliff 900m above the Paro Valley. In Buddhism it is said that Guru Rinpoche flew here on the back of a tigress, and meditated at this place and so the monastery is called “Tiger's Nest” (Taktsang). It is a sacred place of pilgrimage which Bhutanese people try to visit at least once in their lifetime. Rise early like the monks to visit this spectacular monastery before anyone else arrives. Spend the afternoon resting at the hotel or perhaps a Hot Stone Bath to rejuvenate your walking legs, or just absorbing your last few hours in Bhutan in the beautiful grounds of our resort.

Overnight in Khangku Resort, Paro
| Meals – Breakfast, Lunch and Dinner

Day 14 Monday 27 April

Depart Bhutan



Maybe you can have a morning walk before breakfast, or just spend some peaceful time in meditation with views of the valley. Our flight leaves for Bangkok mid morning.

Meals – Breakfast

Important Note:

Whilst every effort is made to adhere to this itinerary, please keep in mind that this is a spiritual journey in a remote Himalayan kingdom. There may be changes to this itinerary - from the hotels we use, the places we visit and the people that we meet along the way. Your guide Nidup is an extraordinary man who will make available to us the festivals, special events and exclusive opportunities that are generally known only to locals.

Journeys of the Spirit believes that when we immerse ourselves into the essence of this sacred culture, magical things happen. Always top of mind is to ensure you experience the authentic nature of this extraordinary kingdom and we ask of you to be open to the magic of the situations that present themselves.

Tashi delek !

About your Guide

Peter Bliss

Peter is a dynamic business educator who has a very practical yet holistic approach to business and lifestyle. Using a range of techniques based on ancient philosophies, Peter helps both individuals and businesses gain clarity and direction.

Today Peter is an international key note speaker and executive coach, a skilled Mindfulness, Meditation, Tai Chi and Qigong teacher, an accredited Demartini Method facilitator and a loving father of five children.

For over 15 years he has been delivering original, uplifting and dynamic workshops, presentations, meditation classes, business consulting services and one-on-one mentoring sessions designed to help others discover the bliss in their lives and reach their full potential.



Prices and Inclusions

14 - 27 April, 2020

USD \$7290 twin share/double per person
Single supplement + USD \$680

Your journey includes ...

- 13 nights accommodation in 3 – 4 star local guesthouse style hotels. All with private bathrooms
- All meals – organic fresh produce – a delightful aspect to travelling throughout Bhutan
- Transfers and transport in our own minibus
- A wonderfully experienced English speaking local guide who will be with us for the entire journey
- Return economy international airfare Bangkok / Paro (capital of Bhutan) / Bangkok
- All visa fees
- All entrance fees to museums, institutes and parks
- Guided from Bangkok by Peter Bliss
- All prices for Bhutan are quoted in US Dollars. If you would like to pay in your local currency, we will convert this for you

This cost excludes:

- Airfare to Bangkok
- Gratuities
- Souvenir costs & any other items of a personal nature





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Booking Form

SURNAME _____ & FIRST NAME AS PER PASSPORT _____

NAME YOU LIKED TO BE CALLED _____

ADDRESS _____

PHONE CONTACTS: HOME PHONE _____ MOBILE _____

EMAIL _____ Do you have FaceTime? _____

DEPARTURE DATE: _____ FROM (CITY): _____

ROOM TYPE: SINGLE _____ OR DOUBLE/TWIN SHARE: _____ COST: \$ _____

ANY ADDITIONAL PRE OR POST TRAVELLING ARRANGEMENTS?

FLIGHTS TO BANGKOK ORGANISED BY YOURSELF _____ OR OUR TRAVEL AGENT _____

PREFERRED AIRLINE _____ FREQUENT FLYER MEMBERSHIP _____

FLIGHT SEATING PREFERENCE (IF ANY) AISLE _____ WINDOW _____

TRAVEL INSURANCE POLICY ISSUED _____ OR QUOTE REQUIRED _____

PASSPORT NATIONALITY _____ PASSPORT NUMBER _____

EXPIRY DATE _____ DATE OF BIRTH _____

ANY DIETARY ALLERGIES _____

MEDICAL CONDITIONS WE NEED TO BE AWARE OF: _____

EMERGENCY CONTACT – NAME _____ NUMBER _____

NON REFUNDABLE DEPOSIT – AUD \$1500 PER PERSON DUE WITHIN 7 DAYS OF BOOKING PAID _____

(Please refer to your Terms and Conditions for payment options)

FINAL BALANCE – DUE ON OR BEFORE THE **14 FEBRUARY 2020** PAID _____

HOW DID YOU HEAR ABOUT US? _____

I have read, understood and agree to the attached Terms & Conditions for my Journeys of the Spirit Retreat

Signature _____ Date _____

Tashi Delek

Email your booking form to spirit@inet.net.au

Terms & Conditions

Bookings:

All reservations can be made directly to **Journeys of the Spirit** by:

Phone/sms/Whatsapp/Viber/Facetime:

In Australia: 0427 766 716 International: +61 427 766 716

Email: spirit@iinet.net.au

Skype: [julie.baker.journeys](https://www.skype.com/people/julie.baker.journeys)

Web: www.journeysofthespirit.com.au

To assist us in fulfilling your requirements efficiently, please provide us with the following details for each person on your completed and signed Booking Form:

- ◆ Your passport details – nationality, number, expiry date
- ◆ Your surname and first name **exactly** as per your Passport
- ◆ Date of birth
- ◆ Any special requirements ie special dietary meals, seating requests, frequent flyer details, medical conditions and any other details we need to be aware of.

Deposits

A non refundable deposit of AUD \$1500 per person or as otherwise stated on your Booking Form is required within 7 days of booking to secure your reservation.

Currency

All prices are subject to currency fluctuation prior to final payment. If your journey is priced in another currency other than Australian Dollars (usually US Dollars or Euro), it will be converted on the day of your payment. These currency conversion rates fluctuate from day to day.

Final Balance

Due **8 weeks prior** to your Journeys of the Spirit retreat departure, or as otherwise specified.

Payment

Payments can be made by cash, cheque, telegraphic transfer, direct credit, credit card or PayPal. If paying by credit card or Paypal please email us so we can send you the link to do this online. The merchant fee for using credit card or PayPal is between 2 – 3%, dependent on your card. Please make these payable to **Journeys of the Spirit Pty Ltd**. *Payment plans are available.*

Bank Account details:

BSB: 016 376

Account: 298625571

Name: Journeys of the Spirit Pty Ltd Trust account

SWIFT code: ANZBAU3M

ANZ Melville, Western Australia

Please put your surname and trip / date as the reference and advise us via email or sms of your receipt number.

Travel Insurance

It is a mandatory condition of booking any Journeys of the Spirit holiday that you are adequately insured for the duration of your journey. In some instances, credit card insurance may not be adequate coverage for some destinations.

Prices and itineraries are subject to change without notice due to weather, political and social unrest, currency fluctuations and any other unforeseen circumstances. If these arise, the Journeys of the Spirit journey/retreat may be affected.

Cancellation Policy

Time	Cancellation fee
Deposit paid & prior to full payment	Full deposit
After full payment and more than 21 days prior to departure	Deposit + AUD \$800 per person + any ground operator/supplier cancellation charges
Less than 21 days prior to departure	100% cancellation fee per person

Refunds

No refund is available for cancellations or amendments after the journey/retreat has commenced, or in respect of any transportation, accommodation, meals, treatments or any other services not utilised. Please contact your Travel Insurance company regarding your insurance claim.

Journeys of the Spirit Pty Ltd and its agents act only as an agent for passengers in all matters relating to accommodation, transport, sightseeing, tours, restaurants, guides services, spa and retreat facilities and it's facilitators, and shall not be liable for any accident, death, irregularity, injury, loss or damage caused by or arising out of services offered by Journeys of the Spirit Pty Ltd.



JOURNEYS OF THE SPIRIT

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Website: www.journeysofthespirit.com.au

Immersing, connecting and learning from the wisdoms of our indigenous healing elders and sacred sites of our world, Journeys of the Spirit creates wellness retreats, spiritual journeys and unique travel experiences to a range of destinations such as Bhutan, Spain, India, Italy, Japan, Scandinavia, Peru, France and Hawaii.

Journeys of the Spirit takes a holistic approach in creating these journeys and designs personalised itineraries that provide a balance of exploration and indulgence. These are no ordinary holidays. They are an extraordinary opportunity for you to feel rested, energised, engaged, connected & excited about life!



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Website: www.journeysofthespirit.com.au

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