



# dharmatour

Himalayan Adventures & Retreats

**BHUTAN**

**INDIA**

**2019**

**BOOK NOW!**

November 15 - 27

[www.dharmatour.com](http://www.dharmatour.com)

**TRANSCENDING  
TRAVEL**

## WHERE TO?

**Delhi, Sikkim, India.  
Paro, Thimphu,  
Punakha, Bhutan.**

This is a wonderful opportunity to travel through Bhutan and into India with six nights in each country. Bhutan is no ordinary place, it is the last great Himalayan kingdom, shrouded in mystery and magic, with a traditional Buddhist culture. After exploring Bhutan, fly to the North Eastern state of Sikkim in India. Here you can relax and settle in to retreat and integrate your experiences in the lush natural landscape at the Himalayan foothills.

[www.dharmatour.com](http://www.dharmatour.com)

# SEE

travelling is the best  
thing

# THE

you can do for yourself.

# WORLD

## HOW LONG?

15 - 27 November 2019

12 nights / 13 days

Arrive Delhi on the 15 Nov. for your first night, before the flight to Paro, Bhutan. Spend 6 days immersed in ancient culture and Buddhist traditions as you explore the Kingdom of Happiness.

Depart Paro and fly to Bagdogra to travel overland through the hills of Sikkim, India for your retreat at a sacred hidden valley for 5 nights.

Return flight to Delhi for onward travel on 27 Nov.

# BHUTAN HIGHLIGHTS

We fly from Delhi to Paro International Airport, travelling onward to Thimphu the capital of Bhutan. Here we explore the city and witness a game of Archery (national sport of Bhutan) with plenty of time to stroll and shop in town.

Most days will begin with gentle yoga and morning meditation, with our experienced Chopra certified teachers. You will receive your Personal Primordial Sound Mantra and you will be guided on how to develop a deep lasting meditation practice during the trip. Traveling on to Punakha for 3 nights the drive will take us via the Dochula Pass (3150mt). At the Pass are the 108 Druk Wangyal Stupas and the Druk Wangyal Monastery with a stunning view of the surrounding Himalayas. We visit Chimi Lhakhang, a special Monastery for fertility which people visit from all over the world for blessings, taking in a short hike trail which will take you via village houses and rice fields. At our hotels you can treat yourself at the end of the day with a Hot Stone Bath and a luxurious massage. Delicious local fare will be served each day at dinner after the evening group meditation.

Another highlight is the visit to see Phobjikha Valley, the winter habitat of the rare and endangered Black-necked cranes which migrate from Tibet.

A favourite with all our guests is the trek to Tigers Nest Monastery situated on a cliff 800mt. above Paro Valley. We will meditate in this ancient temple and meet some of the monks living there, light butter lamps and make offerings . . . . . These are just of some of the delights you can look forward to during our time in Bhutan.

EXPLORE

# INDIA HIGHLIGHTS

Leaving Bhutan we fly from Paro to Bagdogra, India and from here we travel in luxury vehicles so you can take in the scenery as we take the journey to a secluded location in West Sikkim at the foothills of the Himalayas. The Biksthang Heritage Farmhouse is a very special venue where we return every time we visit Sikkim. The warm, genuine hospitality of the family that live and work here is truly unique. They welcome our guests to relax and truly unwind and retreat on the lush 100-acre organic farm with its serene and calming climate, perfect for nature lovers.

Surrendering to nature, the breath-taking view, the serenity, solitude and learning that sometimes the most productive thing you can do is relax. There is an age old Traditional 'Menchu' Spa which is a hot stone bath created with local medicinal herbs gathered at dawn using a secret ancient recipe that is both healing and rejuvenating. The local "fire keeper" lights a bonfire to heat the stones that heat the water, this is a truly unique opportunity to experience this ancient tradition.

Hosting Wellness Retreats at Biksthang Heritage Farmhouse is a highlight for us every year as it offers a unique transformational experience for many of our guests. Visualise now in your mind the remoteness and the pristine, natural environment – fresh air, water and fresh local, organic wholesome food, coupled with the breath-taking view of Mt. Khangchendzogna and the Himalayan range providing the picturesque backdrop as you are immersed in yoga, meditation, and the ancient healing art of Ayurveda . . . . lots more details of what you can expect are on our website.

EXPLORE



# ADVENTURE AWAITS

## what's included:

- Private transfers to/from Delhi International Airport
- Flights to Bhutan and
- All transportation
- All meals included
- Excellent hotel accommodation
- Private tours of all scheduled sights
- Entrance fees to all temples, monuments and historic sites with English-speaking guides
- Bottled water throughout the day
- Daily Meditation and Yoga with experienced Chopra Certified Instructors
- Your personal Primordial Sound Meditation Mantra based on Vedic Science
- Experienced travel guides and group leaders

## the benefits:

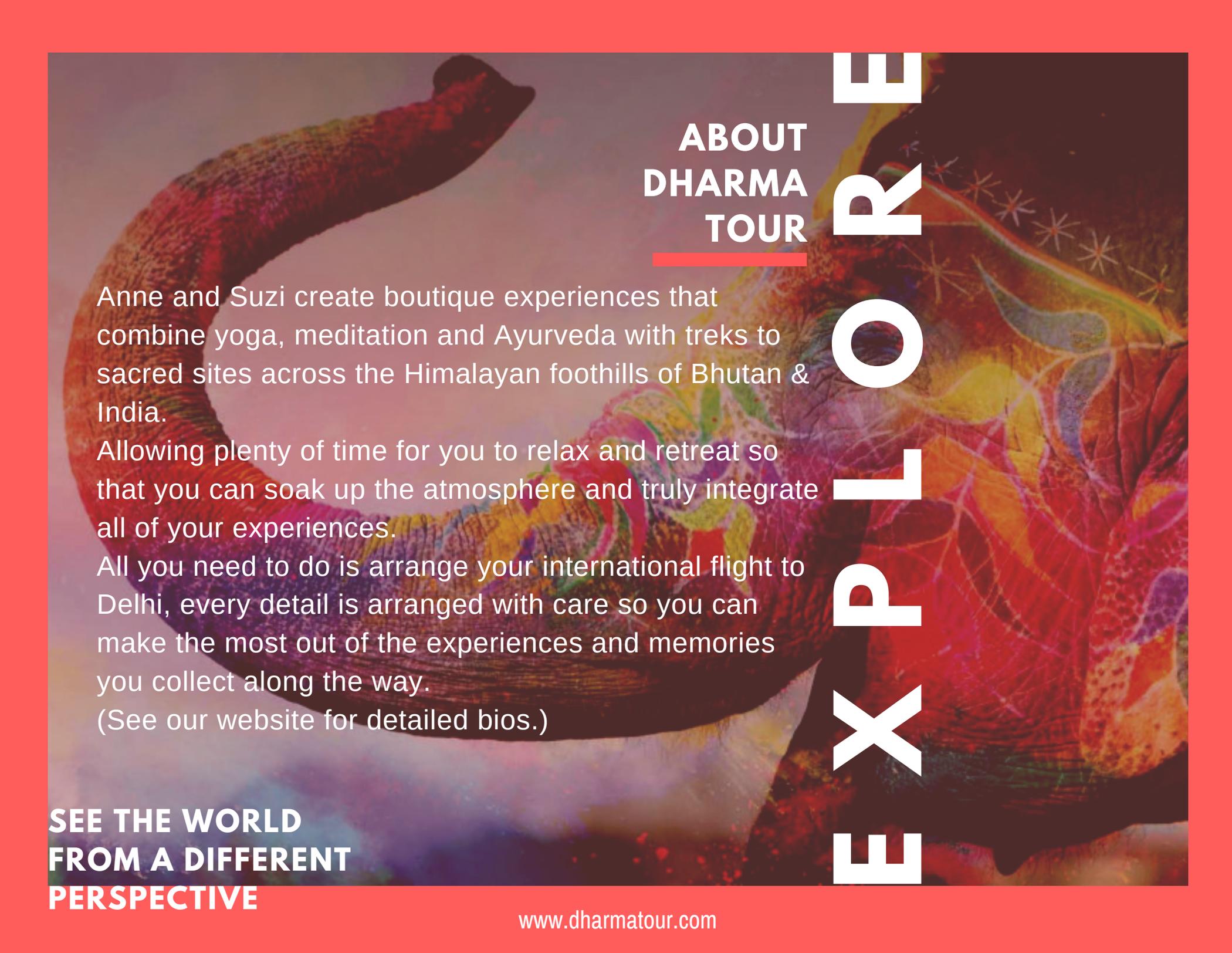
- Discover more meaning and purpose in life when you take time to rediscover your true nature.
- Daily meditation and the opportunity to go deep within and explore this dimension.
- Gain clarity and understanding of your unique nature as you explore the Soul Questions.
- Unleash your deepest driving desires and set clear intentions.
- Let go of what no longer serves you and release old habits and limiting beliefs.

**REGISTER  
ONLINE  
TODAY**

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*"Travelling is  
good for the  
mind, body, and  
soul."*





## ABOUT DHARMA TOUR

Anne and Suzi create boutique experiences that combine yoga, meditation and Ayurveda with treks to sacred sites across the Himalayan foothills of Bhutan & India.

Allowing plenty of time for you to relax and retreat so that you can soak up the atmosphere and truly integrate all of your experiences.

All you need to do is arrange your international flight to Delhi, every detail is arranged with care so you can make the most out of the experiences and memories you collect along the way.

(See our website for detailed bios.)

**SEE THE WORLD  
FROM A DIFFERENT  
PERSPECTIVE**

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**EXPLORE**

EARLY BIRD

€4495

\$4995

SINGLE  
SUPPLEMENTS  
APPLY

**CONTACT US**

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Phoenix Arizona  
USA  
+1 480 7470266

Kinsale Cork  
Ireland  
+353 85 7214170

info@dharma tour.com  
www.dharma tour.com



awaken  
courage  
transform  
travel  
flourish  
beyond  
healthy