



**Sunday · June 2nd, 2019 - Sunday · June 9th, 2019**

# **Yoga & Cultural Immersion Tour of Bhutan 2019 - with Jenny Segail**

**Itinerary for Jenny Segail & Phil Taylor - Version 4**

Jenny's Bio & Tour Introduction

**Sunday · June 2nd**

Flight from Bangkok to Paro (3 hrs)  
Yoga & Cultural Immersion Tour of Bhutan 2019 - with Jenny Segail (8 days)  
Thimphu Valley - 2 nts (3 days)

**Tuesday · June 4th**

Punakha Valley - 2 nts (3 days)

**Thursday · June 6th**

Paro Valley - 3 nts (4 days)

**Sunday · June 9th**

Flight from Paro to Bangkok (3 hrs)



## Jenny's Bio & Tour Introduction

Jenny Segail has been practising yoga for 18 years and has been teaching yoga for over 10 years. Jenny teaches at the Avalon Yoga co-op and Yoga and Health Collective in Mona Vale to packed classes. Her style is Hatha based but, with her knowledge of the body and her experiences with yoga, she incorporates her own style of moving to detoxify the body, create energy and clear the mind. Jenny stresses the importance of alignment to prevent pain and injury and has an in-depth knowledge of how to use yoga to heal the back, hips, knees and neck. Breathing is a big part of the class and Jenny teaches her students how to incorporate deep, cleansing breaths into their yoga poses.

Jenny works with yoga flow and fluidity yoga sequences that float from one to another without jarring the body. The yoga classes suit all levels of yoga and beginners are offered easier versions of each pose. Many people attend class to help with stress relief and Jenny's soothing voice and caring nature melts away anxiety as the students take a breathing space from daily life. Jenny is a big believer in positive thinking and living your best life and her words of wisdom at the end of each class are inspirational in creating a more peaceful life.

On the tour, yoga will be offered daily, often in stunning locations. Stretching, breathing and meditation will be incorporated after high-energy days.

**A journey full of unique, unforgettable, inspiring experiences.**

Bhutan is a very spiritual place. It is a place of healing and restoration. By doing yoga daily for a week you will feel a huge improvement in strength, energy, flexibility and spiritual clarity.

During the journey while delving into Bhutan's fascinating culture, your body and mind will experience beautiful surroundings, stunning hand picked accommodation, delicious healthy food, pure clean mountain air, fun travelling with a group of like-minded people, energising yoga, invigorating hiking, all the while falling in love with an incredible country like no other on this fully all-inclusive, once in a lifetime trip.

**Return inspired, refreshed, restored and revitalised.**

### **Bhutan Tour Inclusions & Costs:**

*This is a fully-inclusive tour inside Bhutan and covers all accommodation; meals; transport; all other fees & activities except guide & driver tipping.*

- English speaking guide, driver and private coach.
- All touring and transfers throughout your journey.
- All entrance fees, sightseeing & hiking.
- Experience Bhutanese archery.
- 4 star hotel accom with private bathroom for first 2 nts in Thimphu.
- Excellent 3 star hotel accom for second 2 nts in Punakha.
- 5 star Zhiwa Ling Heritage Resort for last 3 nts in Paro.
- Approx 9 Yoga and/or Meditation sessions with Jenny Segail.
- All meals and bottled water daily.
- Lhab Sang Puja (long life ceremony) with monks performing a 1 hr ritual ceremony & blessing.
- Cooking class with traditional lunch at a Bhutanese farmhouse. Traditional remedial hot stone bath at a Bhutanese farmhouse.
- Taktsang Monastery (Tigers Nest) pilgrimage hike.
- Bhutan Visa Fees, Govt Royalties and local taxes.
- ZERO Flight Risk - free cover against supplier default.
- Access to our exclusive travel app COMPANION.
- Professionally operated by Bhutan Tourism Corporation (BTCL).
- A donation to Tarayana Dragons, our Bhutan charity, made on your behalf.
- Comprehensive Bhutan Visitor guide for expert trip planning.

### **Tour Exclusions:**

- Airfares.
- Items of a personal nature: medications, phone calls, laundry, beverages, etc.
- **Tipping** - please refer to our Bhutan Visitor Information guide.
- Travel Insurance which is mandatory to enter Bhutan.

### **Tour Costs:**

Please note tour costs are priced in US dollars.

#### **Bhutan all-inclusive land tour**

**EARLY BIRD @ US\$2995.00 per person on twin-share room basis**

*Book and pay your tour deposit by Wednesday 31 October 2018.*

**REGULAR tour cost @ US\$3295.00 per person on a twin-share basis**

*For all bookings made from 01 November 2018.*

#### **Single Room Supplement @ US\$350.00 per person**

Single travellers who wish to share with another single traveller will not pay the single room supplement. Rooms will be allocated before travel.

#### **Airfare Costs ex-Bangkok:**

Economy class air flights with either Drukair or Bhutan Airlines.

@ US\$795.00 per person Bangkok-Paro-Bangkok

This is an 'estimated' cost and exact prices will be confirmed in due course.

*Please note all other airfares (ex-Australia) and Bangkok stopovers are additional in cost.*

Sunday · June 2nd



## Bangkok, Suvarnabhumi Intl to Paro, Paro Airport

*Bhutan Airlines (B3)*

**HRZ82**

Record Locator

**B3701**

Carrier / Flight

**6:00 AM**

Depart BKK •

**8:00 AM**

Arrive PBH •

**3 hrs**

Duration

### Notes

- Please check-in 2.5 hours prior departure
- Seating allocated at check-in
- Checked baggage allowance 30 KG in economy class
- Aircraft Airbus A319 Jet
- Flight is non-stop
- Veg & Non-Veg meal options offered in-flight



## Yoga & Cultural Immersion Tour of Bhutan 2019 - with Jenny Segail

**8 days**

Duration

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### Meeting Point

Paro airport terminal exit door

### Contact Info

Tandin Wangmo, BTCL, +975 17332825

### YOGA & CULTURAL IMMERSION TOUR OF BHUTAN 2019 - with Jenny Segail

Sunday 02 June - Sunday 09 June 2019.

8 Days/7 Nights

### Contacts for preliminary tour information:

For Yoga details please contact Jenny Segail on [segailjenny@gmail.com](mailto:segailjenny@gmail.com) or 0414 839326.

For general tour information please contact Phil Taylor on [fillupmaz@yahoo.com](mailto:fillupmaz@yahoo.com) or 0451 552554.

### How to make your tour booking:

Please directly contact James Irving from Bhutan & Beyond.

E: [james@bhutan.com.au](mailto:james@bhutan.com.au)

[www.bhutan.com.au](http://www.bhutan.com.au)

T: 1300 367875 (then press 1) - Toll Free

T: 07 5525 2845 (QLD)

*We will then forward you an on-line booking form web link and discuss your ex-Australia and Bangkok stopover requirements.*

## **IMPORTANT ADVICE FOR TRAVELLERS TO BHUTAN**

### **AIRLINE CHECK-IN:**

Please ensure you check-in for all international flights no later than 2.5 hours prior to flight departure. For flights from Bangkok to Paro you must physically be in the departure gate lounge no later than 40 mins prior to flight departure.

### **BAGGAGE:**

There are restrictions interlining baggage between airlines to/from Bhutan. Please discuss your air travel requirements with Bhutan & Beyond before you have your ex-Australia air tickets issued to ensure your connections and baggage handling can be arranged as smoothly as possible. Drukair & Bhutan Airlines checked baggage allowances are 30 kgs per person in economy class.

### **VISA:**

You must carry your Bhutan visa authority letter with you. It must be presented to airline staff at check-in for your flight to Bhutan and again to Immigration staff on arrival at Paro airport where your passport will be endorsed with your visa.

### **TRAVEL INSURANCE & HEALTH:**

Comprehensive travel insurance is mandatory to enter Bhutan. Please ensure you purchase insurance which covers you for day time hiking at up to 4000 metres. For your protection, we urge you ensure your travel insurance is in place at the time of paying your Bhutan travel deposit. For professional travel health advice please contact Travel Medical Alliance on 1300 421142. There is a low rabies risk in India, Nepal and Bhutan.

### **FLIGHT RECONFIRMATION:**

Drukair/Bhutan Airlines requires reconfirmation of your return Paro-Bangkok flight 3 days in advance. Your guide will attend to this.

### **CANCELLATION CHARGES & TRAVEL INSURANCE:**

The Drukair/Bhutan Airlines flight component of your tour package will be totally non-refundable once tickets are issued. Your Bhutan land arrangements are subject to the cancellation fees below. Travel insurance must be purchased no later than the day you pay your deposit for your protection. Please note the cancellation conditions below are superseded by any that Enlightened Events publish for this tour.

- Deposit date until tour reaches minimum numbers - Full refund
- Once minimum numbers reached & until 60 days prior to arrival in Bhutan - Loss of deposit
- Once final balance paid 60 days or less prior to arrival in Bhutan - No refund permitted

Tashi Delek May All Good Things Come to You.



## Thimphu Valley - 2 nts

Zhiwa Ling Ascent Hotel

**3 days**

Duration

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### Sunday 02 June 2019:

*Paro Airport to Thimphu (1.5+ hrs)*

You will be greeted by your Bhutan Tourism Corporation Ltd (BTCL) guide and driver at Paro Airport (as you exit the main terminal door) and transferred by coach to Thimphu, travelling through the beautiful countryside to Bhutan's capital. Along the way, view houses and buildings that are painted and constructed in traditional Bhutanese style and stop at the Iron Bridge. Entering Thimphu city visit the National Memorial Stupa before a wander through the colourful weekend markets, where all the locals go for home-wares, fruit & veg, handicrafts & clothing.

Enjoy lunch at the Ga-Wa restaurant in the CBD and this afternoon visit the the spectacular Trashichhoe Dzong (castle /monastery); the beautiful Tara Lhaden Zhingkhram Lhakhang (temple) before mid-afternoon check in at your hotel and the remainder of the day is at leisure.

5 pm welcome drink and tour briefing in the hotel lobby bar.  
Dinner is at the hotel.

**Overnight Thimphu: Hotel Zhiwa Ling Ascent - 4\*.**

### Monday 03 June:

*Sightseeing and hiking in Thimphu area*

7:00 am 8.15 am Yoga session at your hotel.

After breakfast in the hotel, visit the celebrated Royal Textile Academy followed by the awesome Golden Buddha, boasting spectacular city and valley views. An option is the adjacent National Park hike (approx 3 kms/1 hr), before a very authentic Bhutanese lunch at the nearby Babesa Village restaurant.

This afternoon make a visit to Zorig Chusum - the Institute of the 13 Arts & Crafts of Bhutan and where you can interact with the students, followed by a wander along Thimphu's main street Norzin Lam, for mingling; shopping & the Craft Bazaar.

5:15 pm 6:00 pm Stretch & Meditation  
Dinner is at the hotel.

**Overnight Thimphu: Hotel Zhiwa Ling Ascent.**

Tuesday · June 4th



**3 days**

Duration

**Tuesday 04 June:**

*Thimphu to Punakha Valley (3-4 hrs drive time)*

After breakfast at the hotel stop at the nearby Takin Preserve, home to Bhutan's most unusual national mammal, before heading eastwards across the Dochu La (3116 m) to the Punakha Valley. Stop at Dochu La to view the 108 Stupas that were erected in 2005 as a memorial for the Bhutanese soldiers and Indian separatists who died during a short war of 'eviction' in 2003.

*Yoga and/or Meditation at Dochu La 11:00 am to 12:15 pm followed by lunch at the local restaurant..*

Arriving in the Punakha Valley visit Chimi Lhakhang, a monastery built by Lama Drukpa Kuenley (also known as the Divine Madman) with a very colourful history. The Lhakang is a pleasant 20 min walk each way through rice paddies. It is believed that childless women who visit the temple will conceive after receiving a "wang" (blessing) from the resident Monk.

Dinner is at the hotel.

**Overnight Punakha Valley: Zhingkhams Hotel - 3\*.**

**Wednesday 05 June:**

*Activities and hiking in the Punakha Valley today*

7:45 am 9.00 am Yoga and/or Meditation TBA

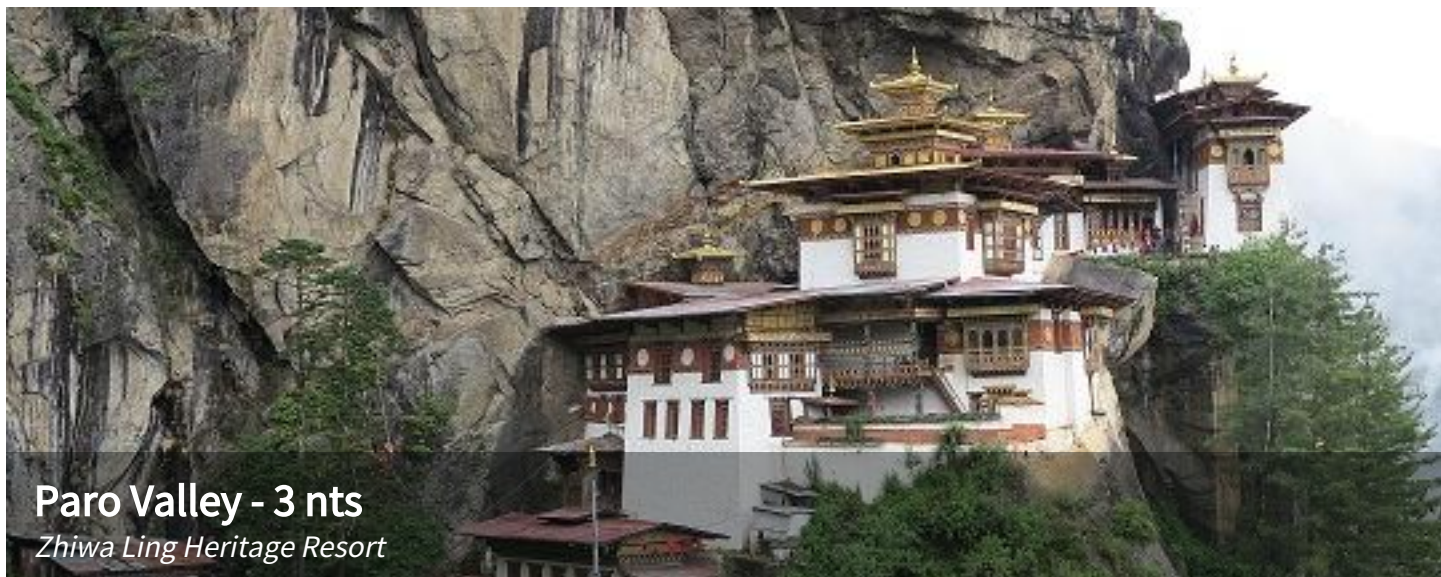
After breakfast at the hotel visit the very impressive Punakha Dzong which previously served as the seat of the government. Punakha Dzong is still the winter residence of the Dratsheng (Central Monk Body) and holds the title as the winter capital because of its more temperate climate. This Dzong is an excellent example of how an ancient building that houses both monastic and administrative operations can exist successfully in the modern world.

This afternoon, after lunch at a local restaurant, take some time at leisure to relax at the resort and we can happily pre-arrange any spa treatments for you in advance. OR take the option to enjoy a fascinating hike through fields and small hamlets to Khamsum Yulley Namgyel Chorten. This beautiful structure was built by the current King's mother for his protection from evil.

Dinner is at the hotel.

**Overnight Punakha Valley: Zhingkhams Hotel.**





**Paro Valley - 3 nts**  
*Zhiwa Ling Heritage Resort*

**4 days**

Duration

**Thursday 06 June:**

*Punakha to Paro Valley (4+ hrs drive time)*

After breakfast at the hotel drive back westwards to the Paro Valley, once again traversing Dochu La. Enjoy lunch at a local Paro restaurant before an orientation tour of Paro including the Rinpung Dzong, with its cantilever bridge, and the National Museum which features a wide range of historical artefacts, clothes, art and weaponry. Drive further north up the Paro valley to the beautiful Zhiwa Ling Heritage Resort. After check-in familiarize yourself with the resort facilities including Spa, Yoga area; Tea House, Meditation House and Temple.

5:00 pm 6:15 pm Yoga and/or Meditation Session

Dinner in the hotel's Gawa Restaurant.

**Overnight Paro Valley – Zhiwa Ling Heritage Resort - 5\*.**

**Friday 07 June:**

Taktsang Monastery (Tigers Nest) Pilgrimage Hike

There is no yoga practice this morning as we take an early breakfast before assembling for the Taktsang Monastery (Tigers Nest) pilgrimage hike at 8 am. One of Bhutan's most sacred sites, all Bhutanese Buddhists try and make this pilgrimage at least once in their lives with each step along the trail accruing merit points for their next life. The 5-hours round trip hike can be quite strenuous in places and at least moderate fitness is required. There are many steep steps in some parts however it is a most rewarding journey and will be one of the highlights of your Bhutan experience.

Returning from the hike enjoy an authentic Bhutanese cooking class & lunch, at a Bhutanese farmhouse. Round that off with a remedial hot stone bath, also at the farmhouse or nearby, to recover from your morning hike. Take the remainder of the afternoon at leisure at the resort.

5:00 pm 6:15 pm Yoga and/or Meditation Session

Dinner is at the adjacent Dhaba Indian Restaurant tonight.

**Overnight Paro Valley – Zhiwa Ling Heritage Resort**

**Saturday 08 June:**

*Chele La; Paro Valley Sightseeing & Puja Ceremony*

After breakfast at the hotel, take a drive to Chele La pass (almost 4000 m) on Bhutan's highest motorable road. Here visit the remote Kila Nunnery where the nuns lead a very simple and silent life. *They do welcome visitors and we will try for a meditation session in their temple?*

Return to Paro for lunch at a local restaurant followed by a visit to Kyichu Lhakhang, Bhutan's oldest monastery, built in the 8th century and see the amazing orange tree in the courtyard which perpetually bears fruit.

5:00 pm 6:15 pm Yoga and/or Meditation Session

Dinner at leisure at Zhiwa Ling Gawa Restaurant.

**Overnight Paro Valley – Zhiwa Ling Heritage Resort.**

**Sunday 09 June:**

*Paro market, shopping, museum & airport transfer*

Check out of the hotel after breakfast and enjoy a visit to the Paro Sunday Market for shopping and mingling followed by lunch at a local restaurant. This afternoon have free time in Paro and we recommend a visit to the National Museum. Depart Paro town for the airport at 3.30 pm.

**Notes**

Please arrange to pay your guide & driver tips on the afternoon/evening of Saturday 08 June. Please refer to our tipping regime that will be sent to you all nearer the time of departure.

Sunday · June 9th



## Paro, Paro Airport to Bangkok, Suvarnabhumi Intl

*Bhutan Airlines (B3)*

**HRZ82**

Record Locator

**B3700**

Carrier / Flight

**6:00 PM**

Depart PBH •

**10:00 PM**

Arrive BKK •

**3 hrs**

Duration

### Notes

- Seating allocated at check-in.
- Final check-in 2 hours prior departure.
- Checked baggage allowance 30 KG in economy class.
- Please only tag your baggage as far as Bangkok.
- Aircraft Airbus A319 Jet.
- Flight is non-stop.
- Veg & Non-Veg meal options offered in-flight.

Thank you for your Bhutan booking.

We wish you a safe & rewarding journey in 'The Land of the Thunder Dragon'.