



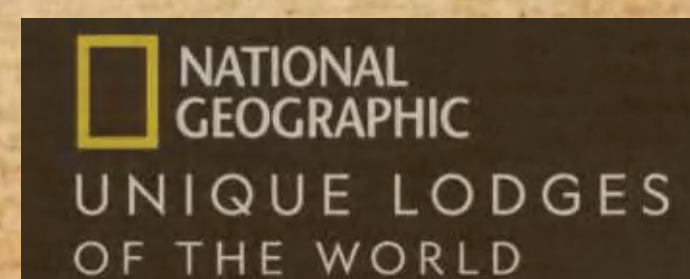
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THE PATH

WELLNESS RETREAT

MAY : 12TH - 17TH, 2024

PARO, BHUTAN



"ལམ" .

In Dzongkha, "ལམ" ("Lam") typically refers to a path or way. In Bhutanese spiritual context, "Lam" extends beyond its literal translation, symbolizing the journey or path one takes in pursuit of spiritual enlightenment. It encapsulates the idea of a purposeful, transformative journey that goes beyond the physical travel, emphasizing personal growth, learning, and the quest for higher understanding on a spiritual level.



Step into the embrace of Paro Valley in the enchanting kingdom of Bhutan. This warm and inviting haven beckons you with arms wide open, where every inhale becomes a celebration of the pure, invigorating mountain air.

Paro unfolds a natural masterpiece with its clear waters and majestic Himalayan scenery, forming a canvas of beauty that is comforting and inspiring. This makes the valley an ideal haven for fostering self-awareness and nurturing well-being.



In the pristine surroundings of the Paro Valley, Zhiwa Ling Heritage credited as unique lodges of the world by National Geographic, offers a perfect blend of traditional Bhutanese charm and modern comforts. A sanctuary designed for ensuring a truly immersive experience in this Himalayan paradise.





Indulge your body and soul in daily yoga sessions led by an experienced yogi amidst the breathtaking landscapes. Our wellness retreat goes beyond physical well-being, incorporating nature walks and therapeutic benefits of art-therapy session.





A trek to Tiger's Nest, or Paro Taktsang, transforms into a spiritual quest, each step a reverent homage. Amidst the trails, may our heartbeats sync with the Himalayan pulse.





Witness the exclusive performance of traditional Bhutanese masked dance, music and rituals.





Tsa-tsa, are, small votive tablets commonly found in Buddhist sacred sites. It is believed to serve as tangible expression of devotion, an act for accumulating merit in the spiritual practice.

Moulding these sacred artifacts, extends beyond mere craftsmanship; it is a meditative and sacred art. Learning from seasoned masters, who have inherited and honed this craft through generations, adds profound dimension to the practice.



Discover the enchanting therapeutic and revitalizing qualities of immersing yourself in a hot stone bath. Surrender to a state of tranquility, unwind, and rejuvenate within the embrace of rich heritage and tradition.



WHAT'S INCLUDED ?

- Accommodation for five nights at Zhiwa Ling Heritage on a full board basis (excluding beverages), which includes picnic lunches during excursion days.
- Private guided trek to Tigers nest and nature walks and excursions as part of the retreat.
- Daily Yoga Session. (60-90 mins)
- Art Therapy.
- A private discourse session with an English speaking Rinpoche.
- Guided meditation sessions. (2 Sessions)
- Private tsa tsa moulding workshop
- Private airport transfers and transport in Bhutan.
- All museum and visitor centre entry fees and road permits
- Complimentary use of the library, internet facilities, swimming pool, and gym.

RETREAT FEE

DOUBLE ROOM

USD : \$ 4350 PER PERSON

SINGLE ROOM

USD : \$ 5560 PER PERSON

The Retreat Fee does not include the Bhutanese Government, Sustainable Development Fee (SDF) Air fare and the Visa Charges.



FOR MORE DETAILS CONTACT

Travel & Visa

Yangphel Adventure Travel: +975 17 31 12 96

choni@yangphel.com

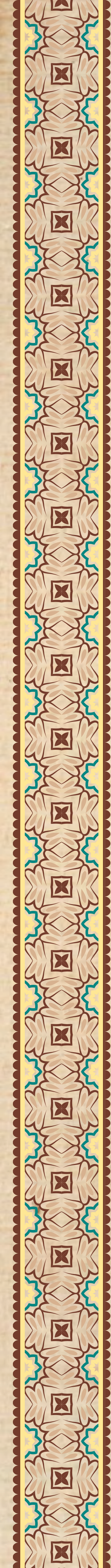
Retreat and Sessions

Saambhala Yoga: +91 9818826939

saambhala@hotmail.com

**RETREAT CURATED
BY
TILOTTAMA**





Tilottama is an experienced yoga, mindfulness, and meditation teacher with a remarkable journey spanning over 17 years. She has honed her skills in various schools of yoga, including Hatha Yoga from Bihar, Sivananda Yoga from Uttarkashi, Iyengar Yoga from Bangalore, and Ashtanga Yoga from Mysore. This diverse background allows her to offer a well-rounded and adaptable approach to yoga practice.

Her expertise extends beyond yoga as she is also a dedicated lifestyle counselor, wellness expert, and clinical nutritionist.

Through her extensive knowledge and experience, she guides individuals on a transformative journey towards self-discovery, inner peace, and holistic well-being.



" Come along on a transformative journey with
'LAM,' a wellness retreat set in the serene
mountain valley.

Immerse yourself in the breathtaking landscapes
as you unwind the knots of stress and revitalize
your mind and body.

Our carefully designed program offers a
harmonious blend of mindfulness practices, yoga
sessions, and holistic therapies, providing a
sanctuary for self-discovery.

Join us in this idyllic setting of luxury and
heritage to transcend the ordinary and embrace
a renewed sense of well-being."