



Bhutan: A Journey of Curiosity and Purpose

31 May to 10 June 2026 (11D10N)

A guided mindfulness tour
organised by



“ Bhutan is a place where compassion and harmony are woven into culture, community, and daily life.

York Cheng, Founder, Mindfulnests



A Healing Journey with Mindfulnests in Bhutan

In Bhutan, the magic often lies in the unexpected — weather shifts, road surprises, or spontaneous detours. Come with curiosity, an open heart, and a sense of adventure

We invite you to leave behind the noise and rediscover the quiet clarity of your own mind in the Land of the Thunder Dragon. Guided by the principles of *Gross National Happiness*, Bhutan places wellbeing, compassion, and harmony above material pursuits.

Himalayan valleys, glacier rivers, and ancient forests pulse with restorative energy. Nature's abundance becomes your quiet companion, allowing you to experience a profound sense of renewal.



YOUR FACILITATOR - YORK

York is a trained teacher holding a professional certification in **Mindfulness-Based Stress Reduction (MBSR)** from the UC San Diego School of Medicine, Center for Mindfulness. She believes that journeys are invitations into deeper presence, reflection, and connection.

With over 16 years of experience in experiential education and youth mentorship, she brings a steady and thoughtful approach to holding space for meaningful inner and outer exploration, supporting participants in slowing down, listening deeply, and reconnecting with what matters.





Bhutan

Mystical and magical
Hidden in the Himalayas

Where traditions come alive
Culture and beliefs connect
Past, present, future

Not adorned to attract
Not polished to lure
Look beyond the rusticity
Look deep within what transcends

A treasure trove awaits
Gratitude in towering mountains
Mindfulness in fleeting clouds
Clarity in spectrum of rainbows
Happiness in simplicity

Heart beating with nature
Nurtured by mother earth
Showered by spirituality
A purposeful journey unravels

Poem by York

A Special Invitation to a Thematic Journey of Curiosity & Purpose in Bhutan

DAY 1
31 MAY 2026
PARO

Arrival at Paro International Airport

DAY 2
1 JUNE 2026
PARO

Theme: Curiosity - Adopt a Beginner's Mind
Gross National Happiness Talk
National Museum of Bhutan
Paro Dzong

DAY 3
3 JUNE 2026
BUMTHANG

Theme: Connection - Interconnectedness with Self & Nature
Domestic flight to Bumthang Kurjey Lhakhang
Tamshing Goemba Ura Valley

DAY 4
4 JUNE 2026
BUMTHANG

Theme: Intention - For the Journey & Beyond
Ogyen Choling Heritage House
Mebar Tsho (Burning Lake)

DAY 5
5 JUNE 2026
BUMTHANG

*Theme: Patience - Invitation to trust the rhythm of the present moment,
and life will unfold in its own time*
Tea Meditation at Royal Heritage Museum in Trongsa
Gangtey Shedra (Buddhist College)

DAY 6
6 JUNE 2026
GANGTEY

Theme: Nature - Appreciate the Vastness of Mountains & Valleys
Gangtey Valley
Gangtey Goempa
Black-Necked Crane Information Centre

DAY 7
6 JUNE 2026
PUNAKHA

Theme: Compassion - Offer Compassion to Self & All Around Us
Punakha Dzong
Pho Chhu Suspension Bridge
Khamsum Yulley Namgyal Chorten

DAY 8
8 JUNE 2026
THIMPHU

Theme: Acceptance - Meet Life with Openness
Dochula Pass - meditation caves
Pangri Zampa (Royal College of Astrology)
Buddha Point

DAY 9
9 JUNE 2026
PARO

Theme: Clarity - Develop Calm & Clarity with What Lies Ahead
Drukvana (Thimphu),
Paro Valley

DAY 10
10 JUNE 2026
PARO

Theme: Resilience - A Mindful Presence for a Spiritual Journey
Tiger's Nest Monastery

DAY 11
11 JUNE 2026
PARO

Fly out from Paro International Airport

*(Optional) Participants are warmly invited to begin each morning with a guided meditation,
and to wind down each evening with guided reflection through
meditation, journalling and/or scrapbooking.*



DAY 1

Arrival Day

Paro | Elevation: 2200m | Weather 11 °C / 23°C | Drive Time -N/A

Sunday, 31 May 2026

Nestled in the heart of the Himalayas, Paro Valley is the breathtaking gateway to the Kingdom of Bhutan. Home to the nation's only international airport, this verdant valley offers a perfect blend of ancient tradition and pristine nature. The stillness you feel in Paro is the result of centuries of concentrated meditation; it is an intentional quiet that transforms the landscape into a living sanctuary.

Paro's rice paddy fields form a shimmering, terraced mosaic that defines the valley floor. In Bhutan, mindfulness is not a transient wellness trend; it is the cornerstone of the nation's identity and its governing philosophy of Gross National Happiness (GNH). Rooted in this visionary outlook, Bhutan invites you to a world where harmony between people, culture, and the environment is the natural rhythm of every day.

Welcome to a land where every mountain holds a prayer, and the air itself seems woven with ancient mantras. You have arrived at the spiritual heart of the Himalayas.

This is Bhutan, the last great Vajrayana Buddhist kingdom on Earth. Here, spirituality is a way of life.

Touching down at Paro International Airport, you will be greeted by your guide upon exiting the arrival hall.



DAY 2

Curiosity

Invitation to adopt a beginner's mind for the journey

Paro | Elevation: 2200m | Weather 11 °C / 23°C | Drive Time -N/A

Monday, 1 June 2026

Gross National Happiness talk - Discover how the Kingdom of Bhutan towards harmony between people, culture, and pristine nature influences daily life in Bhutan.

National Museum - Originally built in 1649 as a watchtower, this national monument is home to the National Museum of Bhutan. With panoramic views over Paro Valley, the museum showcases over 3,000 artefacts including royal heirlooms, religious relics, and natural history displays. The architecture itself is remarkable, constructed without the use of nails and featuring thick stone-and-wood walls.

Paro Dzong - This morning, after your visit to the museum, walk down the path towards Paro Dzong. This 17th-century fortress-monastery is both the spiritual heart and administrative seat of Paro. Its towering white walls, intricate woodwork, and serene courtyards is home to 200 monks create a powerful atmosphere for mindful presence and reflection on Bhutan's unified path of governance and faith.

Dinner at a local farmhouse - Experience authentic Bhutanese hospitality as you enjoy a traditional meal at a privately owned farmhouse. Rimphe Heritage, once a rich merchant's home, is now a historic guesthouse kept alive by its sixth-generation owner.



DAY 3

Connection

Invitation to appreciate the connectedness and interconnectedness with self and nature

Paro to Bumthang | Elevation: 2800m | Weather 1°C / 11°C | Flight time - 40 min

Tuesday, 2 June 2026

Domestic flight from Paro to Bumthang

Bumthang is a valley of sacred temples, rolling meadows, and serene rivers. Often called the "Switzerland of Bhutan," it is a place where ancient traditions thrive alongside untouched natural beauty. Here, monasteries and dzongs punctuate the landscape, and local communities uphold centuries-old customs with warmth and grace. Bumthang invites travelers to slow down, breathe deeply, and immerse themselves in a mindful journey through culture, spirituality, and the pristine Himalayan environment.

Kurjey Lhakhang - One of Bhutan's most sacred sites, Kurjey Lhakhang consists of three majestic temples encircled by a wall of 108 chortens. Its name, meaning "Body Imprint," reveals its most sacred treasure: a cave inside the oldest temple where Guru Rinpoche meditated in the 8th century, leaving his physical imprint etched into the rock wall. Kurjey is home to one of Bhutan's most sacred cypress trees. A slow walk under its canopy allows the natural aroma of cypress to support relaxation, helping to calm the nervous system and settle the mind.

Tamshing Goemba - Also known as the Temple of the Good Message, Tamshing Goemba (founded 1501) offers a profound space for stillness and connection. This small, intimate monastery invites you to slow down and breathe in the scent of incense and cypress. As you step into the dimly lit prayer hall, you are enveloped by the presence of 500-year-old murals—some of the oldest in the Himalayas—painted with natural mineral pigments that still hum with quiet energy.

Ura Valley - At 3,100 meters, Ura Valley feels closer to the heavens than the earth. This high-altitude sanctuary is often veiled in mist, revealing rolling pastures of buckwheat and sheep that glow golden in the sunlight. The village itself is a rare cluster of traditional stone houses centered around the Ura Lhakhang, where the community gathers for sacred rituals. It is a place of profound silence and spiritual clarity, where the stark beauty of the landscape mirrors the deep devotion of its people.



DAY 4

Intention

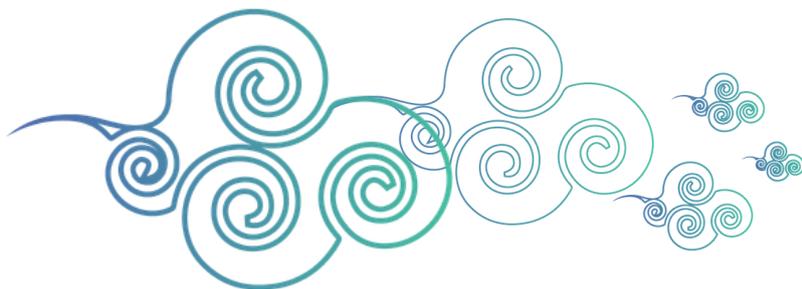
Invitation to set an intention for the journey and beyond.

Bumthang | Elevation: 2800m | Weather 1 °C / 11°C | Drive Time -N/A

Wednesday, 3 June 2026

Mebar Tsho (Burning Lake) - This is one of Bhutan's most sacred spiritual sites. This serene, mystical pool is where the great saint Pema Lingpa is said to have discovered hidden treasures (termas) revealed to him by Guru Rinpoche. According to legend, Pema Lingpa leapt into the lake with a burning butter lamp—and emerged holding sacred texts and relics, with the lamp still alight. It's a peaceful, reflective stop where the natural beauty of the landscape meets deep spiritual resonance—a must-visit for those exploring Bhutan's sacred heartland.

Oygen Choling Heritage House - Located in the upper part of the Tang Valley of Bumthang, this restored ancestral manor has been privately owned by the same family for hundreds of years. Surrounded by forested hills and open valley views, the estate invites quiet contemplation, allowing guests to experience Bhutan's living heritage in an atmosphere of elegance, authenticity, and deep cultural resonance. Visit the Oygen Choling temple for some quiet meditation time.





DAY 5 Patience

*Invitation to trust the rhythm of the present moment,
and life will unfold in its own time*

Bumthang to Gangtey: Elevation: 3000m | Weather 11 °C / 21°C | Drive Time ~5 hours

Thursday, 4 June 2026

A Tea-Brewing Meditation at the Royal Heritage Museum - Samcholing tea, one of Bhutan's rarest teas, traces its roots to the country's first tea plantations established in the 1950s under Royal Patronage. Today, this history is carried forward by the Samcholing Tea Cooperative, a group of over 30 local women. Embrace a moment of mindful reflection while you appreciate the origins of the tea, which is prepared in a method passed down by a South Korean botanist who lived in Samcholing.

Royal Heritage Museum - Rising above the valley and overlooking the magnificent Trongsa Dzong, this is a museum dedicated to the Wangchuck dynasty, Bhutan's royal family. Perched above the valley with sweeping views of the majestic Trongsa Dzong, the Royal Heritage Museum celebrates the legacy of the Wangchuck dynasty, Bhutan's royal family. Through carefully curated exhibits, visitors can explore Bhutan's royal history, cultural heritage, and the vision of the kings who shaped the nation. The museum offers an intimate and immersive experience, connecting guests with Bhutan's past while overlooking one of the country's most iconic architectural landmarks.



Drive to Gangtey - We will drive to Gangtey and rest for the night

Evening Prayer at The Shedra - Experience the evening prayers at the Gangtey Shedra (Buddhist College), where approximately 300 monks study.

The Evening Prayer takes place every evening from 18:30-19:30 (except Saturdays). It is possible to combine the 17:30 meditation class with the evening prayer. After the prayer session, you are invited to discuss any topics you wish with the monks.



DAY 6 Nature

*Invitation to trust the rhythm of the present moment,
and life will unfold in its own time*

Gangtey | Elevation: 3000m | Weather 11 °C / 21°C | Drive Time ~N/A

Friday, 5 June 2026

Gangtey, set high in Bhutan's Phobjikha Valley, is a place where nature, spirituality, and tradition exist in quiet harmony. Framed by sweeping alpine meadows and mist-laced mountains, the village is best known for Gangtey Monastery, a 17th-century Nyingma institution that anchors the valley's spiritual life. Each winter, the endangered black-necked cranes migrate here from Tibet, transforming Gangtey into one of Bhutan's most poignant wildlife sanctuaries. Unhurried and contemplative, Gangtey offers travellers a rare luxury: space to breathe, reflect, and reconnect with the rhythms of the natural world.

Gangtey Nature Trail - Nestled in a U-shaped glacial valley, the Gangtey Nature Trail offers a 90-minute mindful hike designed for presence rather than pace. Starting near Gangtey Goemba, the trail meanders down to Semchubara Village, inviting participants to engage their senses, notice the sounds and textures of nature, and soften into the rhythm of the land, before ending near a primary school across a metal bridge.

Gangtey Goemba - Perched on a forested hill overlooking the stunning Phobjikha Valley, Gangtey Monastery (Gangtey Goemba) is one of the most important Nyingma institutions in Bhutan. Founded in the early 17th century by Pema Thinley, the grandson of the great treasure revealer Pema Lingpa, this hilltop monastery is both a spiritual center and a historic landmark. The monastery's serene courtyard and beautifully restored architecture offer a glimpse into Bhutan's rich spiritual tradition. A visit here offers not only spiritual insight but also panoramic views and a deeper appreciation of the cultural harmony between nature and tradition in the valley below.

Black-Necked Crane Information Centre - Phobjikha Valley is the winter home of the endangered Black-necked Crane. Each year, these majestic birds migrate from the Tibetan Plateau to Bhutan. The cranes arrive in early November and stay until the end of February, gracefully roaming the wetlands and farmlands of the valley. A wildlife sanctuary, the Black-Necked Crane Information Centre, offers informative displays on the valley's unique ecology,



DAY 7 Compassion

Invitation to offer compassion to self and all that is around us

Gangtey to Punakha | 2026 Elevation: 1242m | Weather 18 °C / 29°C | Drive Time -2 hours

Saturday, 6 June 2026

Punakha, the ancient capital of Bhutan, is set within a valley of timeless scenery and warm, subtropical weather. Its crown jewel is the majestic Punakha Dzong, standing resplendent at the confluence of the Pho and Mo rivers. As the winter home of the Chief Abbot and the monastic body, Punakha Dzong is also the historic stage for royal weddings and coronations. The beauty of this architectural masterpiece, combined with the valley's serene atmosphere, radiates a profound peace that naturally invites quiet reflection.

Punakha Dzong "Palace of Great Happiness" - Serving as the administrative hub for royal weddings and coronations, this riverfront fortress captivates with intricate woodwork and the sacred energy of over 1,000 chanting monks

This architectural masterpiece was built in 1637 by Zhabdrung Ngawang Namgyal, the great unifier of Bhutan. Marvel at the intricate woodwork and artistry that adorn the halls and courtyards, and let the sacred energy of this historic site leave a lasting impression on your journey.

Pho Chhu Suspension Bridge - Stretching 160 metres across the Pho Chhu River, this is the longest suspension bridge in Bhutan. From its swaying span, you'll be treated to breathtaking views of the majestic Punakha Dzong and the lush Pho Chhu Valley - an unforgettable vantage point for photos and quiet reflection.

Khamsum Yulley Namgyal Chorten - Khamsum Yulley Namgyal Chorten is a vibrant architectural jewel overlooking the lush Punakha Valley. This majestic pagoda-style shrine is surrounded by emerald rice terraces, offering a visual harmony that calms the senses. Reaching the top reveals a panoramic stillness that naturally guides the heart toward deep presence and inner quiet. Every intricate detail of the structure serves as a clarity and restoration.



DAY 8

Acceptance

Invitation to meet life as it is with openness

Thimphu to Paro | Elevation: 2334m | Weather 13 °C / 22°C | Drive Time ~3 hours

Sunday, 7 June 2026

Thimphu, Bhutan's vibrant capital, uniquely blends ancient traditions with modern development. Home to the majestic Tashichho Dzong and the giant Buddha Dordenma, it remains the only world capital without traffic lights. It is the center of government, religion, and the country's thriving textile heritage.

Dochula Pass - Perched at an altitude of 3,100 metres, Dochula Pass is one of Butan's most serene and awe-inspiring mountain passes. Often cloaked in mist and prayer flags fluttering in the breeze, it's a place where time seems to slow down. The pass is adorned with 108 memorial chortens, built in honour of Bhutanese soldiers, and offers panoramic views of the snow-capped Himalayan range on clear days. Whether you're pausing for reflection or simply soaking in the stillness, Dochula invites you to breathe deeply, feel the peace, and reconnect with the beauty of the journey.

Pangri Zampa - This riverside monastery, with nearly 500 years of history, is Bhutan's premier Royal College of Astrology—where monks study cosmic wisdom and locals come for personal readings or auspicious dates for major events. Step into its tranquil courtyard, feel the calm as monks chant, and explore astrology classrooms and ancient temples. You can receive your own astrological reading in a prayer-filled atmosphere—an unforgettable glimpse into Bhutanese tradition and belief.

Buddha Point - Towering above Thimphu Valley from the tranquil Kuenselphodrang Nature Park, the majestic Buddha Dordenma is a sight to behold. Standing at a staggering 51.5 metres, this golden statue is one of the largest seated Buddhas in the world—and it's not just its size that impresses. Nestled inside are over 100,000 smaller Buddha statues, each crafted with the same devotion and detail. More than a monument, the Buddha Dordenma is a symbol of indestructibility and spiritual awakening, believed to bless the land with peace and harmony.

DAY 9

Clarity

Invitation to develop clarity and calm in what lies ahead

Paro | Elevation: 2200m | Weather 11 °C / 23°C | Drive Time -1.5 hour

Monday, 8 June 2026

Drukvana - Nature and traditional weaving come together in harmony. Every handmade textile has a story of care. The process of using natural dyes and weaving by hand helps visitors slow down and find peace of mind. Visitors can engage in hands-on experiences such as weaving and natural dyeing.

There is an on-going "Biodiversity meets Design" exhibition with a Bio-Acoustic Collection, where textile patterns are created using the sounds made by endangered bird calls.



Lunch in Thimphu. Drive to Paro after lunch

Afternoon at leisure at the hotel in Paro



DAY 10 Resilience

Invitation to develop clarity and calm in what lies ahead

Paro | Elevation: 2200m | Weather 11 °C / 23°C | Drive Time -N/A

Tuesday, 9 June 2026

Taktsang Monastery - They say, "a visit to Bhutan is not complete without climbing up to the Tiger's Nest". Taktsang Monastery, famously known as the Tiger's Nest, is Bhutan's most iconic landmark, dramatically perched on a cliffside 3,120 metres above sea level in Paro Valley. According to legend, Guru Padmasambhava flew to this site in the 8th century on the back of a tigress and meditated in a cave that now lies at the heart of the monastery. Built in 1692, the complex includes temples, meditation caves, and stunning viewpoints that seem to defy gravity. Reaching the monastery involves a scenic 2-3 hour hike through pine forests and fluttering prayer flags—a spiritual and physical journey that rewards you with breathtaking views and deep serenity.

Hot stone bath at Zanta Spa (Optional) - Step into a world of tranquillity at Zanta Spa, where Bhutan's serene landscapes meet ancient Himalayan wellness traditions. Nestled in the heart of Paro, this boutique spa is a sanctuary for travellers seeking balance, rejuvenation, and a deeper connection with Bhutan's spiritual essence. You can pamper yourself with a traditional hot stone bath or try out their delicious vegetarian menu (additional charges apply for all).



DAY 11

Departure Day

Paro | Elevation: 2200 m | Drive Time: ~N/A

Wednesday, June 10, 2026

Today, we will bid a fond farewell to this beautiful Himalayan country and take a flight back home. 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!

Meals: Breakfast (packed)



Kingdom of Bhutan – The Land of the Thunder Dragon

Your adventure in Bhutan will be handled by [SoulTrips](#), a signature travel brand by Druk Asia, crafted for travellers seeking deeper and more meaningful journeys. Every experience is thoughtfully curated to spark personal growth, foster authentic cultural connections, and encourage mindful exploration.

You'll have everything taken care of, from flights to visas and a dedicated personal guide, so you can focus on what really matters – living in the moment.

Our Promise

- *Hassle-free: Flights, visas, hotels, transport – we handle it all.*
- *Peace of mind: A dedicated Travel Specialist to support you throughout your journey.*
- *Convenience: A Travellers Portal gives you easy access to your itinerary, travel documents, and helpful resources, all in one convenient place.*



WHAT'S INCLUDED	WHAT'S EXCLUDED
✓ Visa processing and Bhutan visa fees	✗ International flights other than Drukair sector
✓ Private English-speaking licensed guide	✗ Accommodation outside of Bhutan (for transit or to connect with your Bhutan flight)
✓ Private driver and vehicle	✗ Travel insurance
✓ All meals (breakfast, lunch, dinner)	✗ Meals taken outside pre-selected restaurants
✓ 3-star accommodation (upgrades available on request with additional charges apply)	✗ Tips for guide and driver
✓ Sustainable Development Fee (SDF)	✗ Alcoholic beverages
✓ Government taxes and service charges	✗ Personal expenses (laundry, shopping, etc)
✓ Daily bottled mineral water	✗ Optional activities (eg: hot stone bath, whitewater rafting, horse-riding, astrological reading, etc)
✓ Entry fees to all sightseeing spots	
✓ Loan of traditional attire set (gho/kira) upon request to be returned at the end of the trip	

Next Steps

Upon payment and confirmation of your booking, we'll send you a link to register for our [Travellers Portal](#), where you can access all the important information for your trip.

Important Things to Note

1. Dietary Restrictions

If you have any dietary requirements or allergies, please inform us at least 7 days before departure so we can make the necessary arrangements for you.

2. Bhutanese National Attire : Gho (for men) or Kira (for women)

Our guests will have a complimentary loan of either a Kira or Gho. If you are wearing traditional Bhutanese attire when visiting official sites or dzongs, you will also need to wear additional scarves or knee-high socks for men.

Useful Links

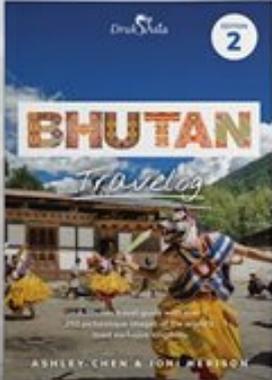
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*"If you ever seek to find answers to some of the fundamental questions in life, please know that there is a country somewhere in the Himalayas that could offer you the answers."
– Dasho Dr Lotay Tshering, Prime Minister of Bhutan*

Dive deeper into the magic of Bhutan with our beautifully curated [Bhutan Travelog](#) guide book — the perfect companion before, during, or after your journey.

Key Highlights:

- Stunning photography showcasing Bhutan's breathtaking landscapes and spiritual heritage
- Insightful stories behind Bhutan's festivals, architecture, and living culture
- Practical travel tips and cultural etiquette to enrich your experience
- Inspirational guest testimonials and memories from travellers
- Handy checklists to help you plan your own dream trip to Bhutan