



YOGA JOURNEY TO BHUTAN **October 9-18, 2016**

**Experience an unforgettable adventure to the Buddhist kingdom of Bhutan
All levels of yoga experience are welcome**



TRIP ITINERARY

- Oct 9: Arrive Paro Valley
- Oct 10: Tiger's Nest Monastery Excursion in Paro
- Oct 11: Thimphu Tshechu Festival
- Oct 12: Monk Chat at Tango Monastery in Thimphu
- Oct 13: Meditation at Sangchen Nunnery in Punahka Valley
- Oct 14: Traditional hot stone bath in Paro Valley
- Oct 15: Haa Valley Homestay
- Oct 16: Cooking Class in Haa Valley
- Oct 17: Chumpu Pilgrimage Excursion and "Floating Statue"
- Oct 18: Paro Valley and Departure

LOGISTICS

The itinerary listed gives a general layout of the day and schedule. It is subject to change. Time for shopping and other cultural events will be included during the retreat.

We will have one yoga session per day, either in our hotels or at some of the sights we visit. Travel throughout Bhutan will be in a private van. There is no strenuous hiking, but a reasonable amount of walking is required to go to Tiger's Nest Monastery and for the Chumphu pilgrimage excursion.

October in Bhutan is considered Autumn, with temperatures in the 60s (Fahrenheit).



INVESTING IN YOU

10 days: \$2600 for double occupancy (for private hotel room, please add \$400)

Includes accommodations in traditional-style hotels with AC, one daily yoga session, all meals (breakfast, lunch, dinner), all inter-country transportation, airport transfers, professional tour guide and driver, visa fees, government fees and taxes, excursions, and entrance fees. Tips and personal expenditures are not included.

A \$300 non-refundable deposit is required to reserve your spot. Balance is to be paid by August 20, 2016. Payment plans are available. To register, please email: chiati@onelovewellness.com or call: 917-348-5757

Spots are guaranteed if you register by July 9; reservations can still be made up to a month before the trip (space permitting). Your passport must be valid for 6 months before the expiration date.

Cancellation Policy: Retreat fee minus the \$300 deposit will be returned if you cancel prior to 45 days of the retreat start date. If you cancel between 44-15 days of the trip, you will receive 50% of the retreat fee minus the deposit. If you cancel within 14 days of the trip, the entire retreat fee is forfeited. No refunds issued due to inclement weather or unforeseeable events. Travel insurance is recommended.

Airfare to Bhutan is not included. Tickets from Bangkok, Thailand to Paro, Bhutan are reserved for our group for \$688. Contact me for flight times. You can find many options to fly to Bangkok, and I can provide you with flight info of those who have already purchased their tickets.



Chia-Ti Chiu is a certified yoga teacher and Thai bodyworker. She received her first teacher certification in Bangalore, India and has been teaching for over 14 years in New York City and around the world. She teaches elders, adults, and court-involved youth. She believes that yoga is a privilege that should be accessible to all. This will be Chia-Ti's 2nd trip to Bhutan and she is excited to share the country with you.