



Our outer journey will take us to power places and sacred sites that will inspire, create awe, and be the backdrop for our inner work. With our driver, our guide Pema and myself, we will follow this schedule, but adapt it to the energy and needs of the group as our journey evolves.

### Thursday, Oct. 5. Travel

- Arrive in Bangkok, Delhi or Kathmandu (I will be in Thailand early)

### Friday, Oct 6. Arrival

#### Flight

- Arrive in Paro from Kathmandu or Bangkok by 2 pm
- Drive direct to Thimphu — stay at Galingkha Hotel

#### Lunch

- Memorial Chorten: circumambulation, aspiration & goal-setting
- Ambient Cafe experience

#### Dinner at hotel

- Teaching & preparation

### Saturday, Oct 7. Thimphu 1

#### Breakfast & Tibetan Yoga / Qi Gong

- Thimphu Dzong
- Big Buddha, Buddha Point—Keunsel Phodrang

#### Lunch out

- Craft School of Arts (Zorig Chusum) • Sunday Market

#### Dinner at hotel

- Teaching & preparation

SCHEDULE



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### Sunday, Oct 8: Thimphu 2

#### Breakfast & Tibetan Yoga / Qi Gong

- Siluka TT Gyalpo Monastery - Cho ritual • Dechen Podrang

#### Lunch

- Meeting with TangTong Gyalpo Tulku, meditation Master of the Elements
- Visit Semkapa Dzong

#### Dinner at Hotel

- Teaching and orientation for next day

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### Monday, Oct 9. Thimphu 3

#### Breakfast & Tibetan Yoga / Qi Gong

- Lama Choying's Monastery; The grand master of Chod in the tradition of MaChik.
- Full day 5-Element Healing Ritual (see details below)
- 5-Element Purification Dance (the only place in the world where this is performed).

#### Dinner at Hotel

- Teaching & Prep

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### Tuesday, Oct 10. Punakha 1

#### Breakfast & Tibetan Yoga / Qi Gong

- Drive to Punakha (4 hours) on our tour bus through the forestlands of Bhutan.

#### Lunch

- Druk Wangyal Temple (near Dochu Lha Pass)
- Continue to Chimi Lhakhang in the Punakha Valley.
- Settle in— Pema Karpo Hotel (10 double rooms).

#### Dinner at Hotel

- Teaching & Prep

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### Wednesday, Oct 11. Punakha 2

#### Breakfast & Tibetan Yoga / Qi Gong

- Khamsum Yuley Lhakhang

#### Lunch

- Suspension bridge
- Punakha Dzong

#### Dinner at Hotel

- Teaching & Preparation



## Thursday, Oct 12. Thimphu & Paro

### Breakfast & Tibetan Yoga / Qi Gong

❖ Travel to Paro via Thimphu

### Lunch in Thimphu

- TaChok (TT Gyalpo's Bridge and Temple) special 5 element practices.
- Arrive Paro - Tashi Namgye Hotel

### Dinner at hotel

- Teaching & Prep

## Friday, Oct 13. Paro 1

### Breakfast & Tibetan Yoga / Qi Gong

- Dumtsek Lhakhang • National Museum • Paro Dzong

### Lunch

- KyiChu Lhakhang (meditation)

### Dinner at Hotel

## Saturday, Oct 14. Paro 2

### Breakfast

- Meditation & Teaching
- Sights of Paro – Dumtsek Lhakhang 2

### Lunch

- Cultural Evening at Hotel

## Sunday, Oct 15. Paro 3

### Breakfast

- Full day trek to Taksang (Tiger's Nest); Guru Rinpoche and Machik sacred sites
- (Alternatives available for those wishing less strenuous activity)
- Traditional Bhutanese hot stone bath

### Farewell Dinner at Hotel.

- Packing, preparations.

## Monday, Oct 16. Departure From Bhutan

### Breakfast & Yoga

- Transfer to Paro Airport; Druk Air flight to KTM, Delhi or Bangkok, etc.

