



## Sample Yoga Retreat Program

	Arrival Day	Day Two	Day Three	Day Four	Day Five	Day Six	Departure Day
06.30 - 07.00		Sitting Meditation	Sitting Meditation	Sitting Meditation	Sitting Meditation	Sitting Meditation	Flights depart Paro airport
07.00 - 09:00	Arrival at Paro airport	Mysore Style Asana Practice	Mysore Style Asana Practice	Mysore Style Asana Practice	Mysore Style Asana Practice	Mysore Style Asana Practice	
09.00 - 10.00	Settle at Zhiwa Ling, Tour of Hotel and Grounds	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Or additional Bhutan tour, tailor made on request *
10.30 - 17.30	Welcome Lunch and Orientation, Afternoon	Hike and Picnic at Drugyel Dzong	Hike to Kila Nunnery, Picnic	Hike to Tiger's Nest Monastery, Picnic	Visit to Neyphug Goempa	Individual Outings	
17.30 - 19.00	Outings in Paro or Spa Treatments	Gentle Yoga and Sitting Meditation	Gentle Yoga and Sitting Meditation	Gentle Yoga and Sitting Meditation	Gentle Yoga and Sitting Meditation	Gentle Yoga and Sitting Meditation	
19:10	Dinner	Dinner	Dinner	Dinner	Dinner	Farewell Dinner and Traditional Bhutanese Dance Show	
20:30	Relaxation	Optional Sitting Meditation	Evening Talk by Khenpo	Bhutanese Movie Screening	Optional Sitting Meditation		

\* The additional tour is not included in the package and priced separately.