

Spiritual Healing Tour to Bhutan

BHUTAN: The World's Happiest Country

“If you’ve the power to make someone happy, do it. The world needs more of that.”



Bhutan, where Gross National Happiness (GNH) is more important than Gross National Product (GNP) rightly said by Bhutan's King Jigme Singye Wangchuck (1972) is a small, land-locked mountainous nation in Asia, known as the “Land of the Thunder Dragon”. Bhutan is the last standing Buddhist Kingdom where Buddhism took birth in our world.



This little Mountain Beauty of country had no internet and television till 1999 in an attempt to ward off outside influences. Unbelievable!

No traffic lights in the Capital city, Thimphu: When traffic lights were installed by the city council, people objected and the city went back to their traditional white gloved policemen.

Bhutan aims at becoming an hundred percent organic nation by year 2020. The Bhutanese say “When we say happiness, it’s not just happiness of humans. It’s happiness of the soil, happiness of the animals, and happiness of all sentient beings.”

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Spiritual Bhutan

“The human spirit needs places where nature has not been rearranged by the hand of man.”

Spirituality is pursuit of relationship with God; divine power and yourself. Your spirituality enhances qualities you have and sparks new qualities that you don't know you have. In light of this, when the meaning of your life is discovered, the question of “Who am I?” will be answered. When your purpose is discovered, the question of “Why am I here” will be answered



Spirituality is linked to many important aspects of human functioning--spiritual people have positive relationships, high self-esteem, are optimistic, and have meaning and purpose in life.

Bhutan Spirituality consists of practice of Spiritual ceremonies and powerful mantra. Visitors have this opportunity to engage in various spiritual activities including meditation, hot spring therapy and retreats. Bhutan has just what you need to revive and rejuvenate your body and spirit.

Healer: Ritvika Naidu

“Healers are not born, they made!”

One such healer who loves and helps people to grow in life is Ritvika Naidu. She is a trainer, practitioner, healer and psychologist having her ventures since 2013.

Ritvika Naidu is a shaman. A shaman is often referred to as a healer. They have the ability to "see" visions, travel between physical and spiritual realms, and transform energy. A shaman is often referred to as a healer. They have the ability to "see" visions, travel between physical and spiritual realms, and transform energy.

Ritvika has now taken an initiative to have a spiritual tour to Bhutan enlightening the powers of individuals willing to travel and at the same time have transformational changes in their lives through 7 days, 6 nights tour.

Are you willing to be a spiritual wanderlust?

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Bhutan 07 Days/06Nights Spiritual healing tour

“If not now, then when?”

Are you wanderlust? Are you looking for some purpose or answers in your life? You've then come to the right page, my friend! We are not giving an ordinary travelling tour but an extraordinary experience filled with spiritual opportunities for life.

SPIRITUAL SELF IMMERSION

If wondering what is in spirituality, scroll up.

Prepare yourself for something entirely different from what you may have seen in Asia, or elsewhere. Located high in the Himalayan mountains between India and Tibet, along with the view of the Mount Everest Mountain and K2 Mountains (2 highest mountains in the world).

On this 7-days venture, experience the power of the mystical mountains, magnificent sacred temples and the richly preserved culture of this last Buddhist Kingdom. Also, explore Healing in Bhutan along the true Bhutanese, discovering their unique perspectives and enjoying in the light of their inspiring happiness-filled spirits!

It is said that you'd feel the change in the air the moment one arrives Bhutan, the spiritual serenity and the poetically beautiful Himalayas would stun you!

Bhutan Medical Approach: The Bhutanese art of healing is a highly sophisticated traditional practice that has withstood the passage of time. Buddhist's medicines seek for an integrated psychological and medical approach to understanding the causes as well as treatment of illness.

It requires a profound understanding of physical, emotional and metaphysical interrelationships as experienced on the universal macrocosmic and the human microcosmic levels. The significance of the Medicine given by Buddha, the Supreme Healer in Bhutanese medicine for liberating the individual from suffering is an exemplary metaphor for the mystical elements which are universally inherent in the healing tradition. The tradition is truly a holistic approach to the problem of suffering, both individual suffering and suffering as an universal condition.

Each day of the 7 days would involve focusing on Healing and Rejuvenation—there'll be **sunrise meditation classes at ancient temples, receive therapeutic healings in the monasteries, enjoy walking meditations through sparkling green paddies, and learn traditional Bhutanese healing remedies such as *Sowa Rigpa* and lot more.**

Spiritual Healing Tour to Bhutan

Highlights

Walking meditation
Sowa Rigpa
Astrology
Sampa Lhundrup (Wish Fulfilling Prayer)
Largest Buddha statue- Human life meditation
Victory Meditation
Fertility Ceremony
Future Prediction Ceremony
Holy Water Ceremony
River Rafting
Restoration of Communion with Earth
5 Elements Healing
Hot Stone Bath
Victory Meditation
Sound Meditation
Cleansing Mind Soul Body
Taksang Impermanance Meditation
Karma Cleansing

Day 1

ARRIVAL

PARO-THIMPHU

Highlights: Bhutanese Cuisine; walking meditation

Welcome to Bhutan, the Land of the Thunder Dragon as it is called. Now, touching down the only Airport of Bhutan, Paro International Airport. You would be given a warm greeting by our representatives- Bhutanese. Following the traditional customs of Bhutan, each guest would be greeted with a white silk scarf and smile.

Since we would be at an altitude of 7202 feet approx. above sea level, today, we will be taking it easy to acclimatize to this level of altitude, just breathe!

We then drive to Thimphu, check in our hotel and let you have the first taste of fabulous Bhutanese cuisine. Test your taste buds, you'd surely love their food!

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Thimphu, capital of Bhutan. Apart from being one of the main centers for trade and commerce, it also includes no traffic lights. Many Government as well as private offices are located in Thimphu due to its strategic location.

National Memorial Chorten

We start our journey through Thimphu valley by first visiting the National Memorial Chorten – a beautiful stupa built in memory of the third king of Bhutan located at the heart of the city. This chorten is blessed and contains many sacred, precious treasures and relics discovered by many great saints and tertons (treasure discoverer) in the Vajrayana sect of Buddhism. The stupa signifies positivity and accumulation of merits in one's life.



Walking meditation:

At the stupa, we will circumambulate (walk) the chorten for 21 times, as a form of respect and devotion. Movement along the circular path is clockwise slowly so that the right shoulder is facing the chorten and mindfully chanting the prayer: OM MANE PADME HUM (a six-syllabled Sanskrit mantra means to transform your impure body, speech and mind into the pure exalted body, speech, and mind of a Buddha). At the chorten, we contemplate and bow in recognition that it is the representation of Buddha.

The Stupa represents the holy mind of all Buddhas. Circumambulating a stupa in clockwise direction shower one with a long life and is not harmed by spirits around you. One also receives perfect power and perseverance and life will become more clairvoyant. Circumambulating with devotion will also make you a person of quality respected by and pleasing to others. It also purifies obscurations and helps to gather merit in one's life.

Om Mani Padme Hum:

While circumambulating, one also chants the prayer, "Om Mani Padme Hum". The benefits of reciting this 4 syllable completely purifies the negativity's from one's life. In addition, the mantra has the power to heal many diseases and to protect one from any kind of harms. The benefits are many, to list a few:

- In all lifetimes, one will always meet virtuous people who will inspire you to generate compassion and kindness
- One will always be reborn in virtuous places to create the cause of happiness, to accumulate merit.
- One will always meet with fortunate times and good conditions, which will help your
- Dharma practice. Having many good things happen it inspires you to practice Dharma, to receive teachings and to meditate.
- One will always be able to meet with virtuous friends.
- One will always receive a perfect human body.
- One's mind will become familiar with the path, with virtue.
- One will not allow one's vows, one's morality to degenerate.
- People around you - family, Dharma students, people in the office, and so one will be kind and harmonious with you.

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- You will always have wealth, the means of living.
- You will always be protected and served by others.
- Your wealth will not be stolen or taken away by others.
- Whatever you wish will succeed.
- You will always be protected by virtuous nagas and devas.
- In all lifetimes, you will see Buddha and be able to hear the Dharma.

Accommodation: Hotel Namseling/Tashi Yoedling

Day 2 Thimpu

Highlights: *Sowa Rigpa, Astrology, Sampa Lhundrup (Wish Fulfilling Prayer)*

Sowa Rigpa Healing:

First, we need to know a bit about the elements. The Bhutanese view is that all phenomena in existence are composed of the five elements of space, wind, fire, water and earth. The external environment is composed of them, as well as our bodies and the qualities of our mind. The elements are particular energetic qualities that, in their denser states, also take on their familiar forms. Wind has the quality of movement. Fire has the quality of heat and transformation. Water has the quality of fluidity and cohesion.

Moreover, it emphasizes on prevention through change in lifestyle of dietary habits. Since most of the medicines are made from herbs, it is generally believed that they are free from harmful side effects.



Sowa Rigpa would be conducted on each one of us by professional doctors of Bhutan, one time experience. This science of ancient science of medicine which describes the span of life and tells us what are useful and harmful for a healthy life. The fundamental healing philosophy in Sowa Rigpa is the concept of three somatic humors: rLung, Mkhrispa and Bad kan which are present in everyone and everything. An excess or deficiency of any of these and the presence of toxins causes diseases.

Balance of these three indicates good health. Sowa Rigpa was first practice during Lord Buddha's time, especially in India, as a science of healing. Later it flourished in other parts of the world. Sowa Rigpa concentrates more on sharpening the direct powers of observation, palpation, and interrogation unlike the western medicine, which is aided by modern diagnostic technologies. Moreover, it emphasizes on prevention through change in lifestyle of dietary habits.

Astrology Reading

Pangri Zampa Lhakhang is idyllically located in the middle of a meadow, not far from the river, a 20-minute drive from the lodge on the way to Tango and Cheri monasteries. Pangri Zampa Lhakhang, the temple is used as an astrologer's centre of the state clergy, and is the home to around 100 monks studying astrology. During a visit you can learn more about astrology in Bhutan, and also have your personal reading done.

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Bhutanese astrology is based on the Buddhist doctrine of karma. Karma is based on the theory that your past actions determine your destiny and your state in the afterlife. Astrologists decide on suitable dates for ceremonies and they're in charge of the religious calendar. They're consulted for important events and ceremonies such as the birth of a child, the death of a parent and marriage.

Bhutanese astrology is so closely linked to the calendar that the two function together. In Djoungsti (Chinese) astrology, the years, months and days are attached to an animal and an element. The 12 animal signs are:

The Rat, Ox, Tiger, Hare, Dragon, Snake, Horse, Goat, Monkey, Phoenix, Dog and Pig. Each animal sign is also associated with an element. The 5 elements are: Wood (shing), Fire (meh), Earth (sa), Metal (tchak) and Water (tchou).



- Wood symbolises vitality, creative power and harmony.
- Fire symbolises joie de vivre, impatience, ambition and idealism.
- Earth symbolises wisdom, prudence, and a taste for material things.
- Metal suggests a character with a sharp edge who can be strict and is often torn between material pleasures and morality.
- Water symbolises rest, calm, listening, patience, intuition and shyness.

Sampa Lhundrup (Wish Fulfilling Prayer)

In the evening, presided by a Master, we attend and receive Sampa Lhundrup (Wish Fulfilling Prayer) is a powerful protection prayer written by Guru Rinpoche presided by a Buddhist master back in our hotel conference room. The blessings and prayers help in fulfilling our wishes and overcoming obstacles on our path to enlightenment.

Accommodation: Hotel Namseling/Tashi Yoedling

DAY 3

THIMPHU-PUNAKHA

Highlights: *Largest Buddha statue- Human life meditation, Victory Meditation, Fertility Ceremony, Future Prediction Ceremony, Holy Water*

Kuenselphodrang:

Early breakfast, we start our day by visiting the largest statue of Buddha in the world- Kuenselphodrang-51.5 meters/167ft. tall located on a magnificent hill in Thimphu. Also, 12,500 smaller Buddha statues have been placed within the Buddha Dordenma statue. Each of these statues has been casted in bronze and gilded in gold.



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An insight into the history: The large Buddha, sits with legs crossed, the left hand on the lap holding bowl and right hand pointing to the ground. This posture is known as Calling The Earth to Witness, and it is the definition of the moment of enlightenment for the Buddha. It is the story of how Buddha, after six years, finally was at the verge of enlightenment. Unfortunately Mara, the Demon of Illusion, tried to dissuade The Buddha from the final last steps. Buddha meditated all night to overcome the fears and temptations sent by Mara, then called the Earth Goddess to witness that the Buddha achieved enlightenment which he wanted to share with rest of the world. Witnessing that, the Earth Goddess wrung her hair, releasing flood waters that swept away the Demon Mara and all the temptresses he had released.

Meditation: On the front courtyard of Buddha Dordenma, prepare yourselves for a powerful guided meditation by a Lama. Today, our meditation focuses on overcoming fears and temptations. We would also spend some time, contemplating and reflecting upon overcoming fears and distractions in one's personal life.

Victor Meditation

On the opposite side, a monastery for victory is located where we gather for a Victory meditation presided over by the head priest of the Monastery. The meditation encompasses overcoming one's own enemy and negativities of our restless mind and focus on the pure nature of mind.

Why should you do this meditation?

The meditation calms one down and gaining some sort of stability. It relieves one of anxieties brought upon by own lives, and gains clarity and peace of mind. It also helps one to expand ones consciousness about the precious human life together with a personal transformation.

While physical and mental health are important effects from this training.

Once your mind is calm and focused, you can penetrate deeply into the nature of yourself uncovering and completely connecting with your enlightened nature. Let yourself free from all mental and emotional dysfunction and realize great love and intuitive wisdom to be of supreme benefit to yourself and all other beings.

Chhimi Lhakhang-

A morning drive to Central Bhutan, but before we start we will visit Chhimi Lhakhang (temple of fertility) A brisk 15-minute walk through the village of Sosokha will lead a visitor straight to the temple.

Chimmi Lhakhang is a Buddhist monastery in Punakha, stands on a round hillock. The monastery is the repository of the original wooden symbol of phallus that was brought from Tibet. This wooden phallus is decorated with a silver handle and is used to bless people, who visit the monastery on pilgrimage, particularly women seeking blessings to be get children. This temple is also known as the temple of fertility. It is widely believed that couples who do not have children and wanting one, if they pray at this temple, they are usually blessed with a child very soon.

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Ceremonial blessing/healing presided over by the head priest of the temple with holy water and treasure relics from the Monastery. We also receive an opportunity to roll dice to predict the future and the attendant monk will interpret the auspiciousness of the result.

Punakha, Wangdue

Passing Wangdu, one of the major towns and district capital of Western Bhutan. Located south of Punakha, Wangdue is the last town before central Bhutan. The district is famous for its fine bamboo work and its slate and stone carving.

We then visit popularly known as the Punakha Dzong, Punthang Dechen Phodrang (The Palace of Great Bliss) which was built in 1637 by the Zhabdrung. The gigantic Dzong was damaged 6 times by fire, once by flood and once by an earthquake.

On 17 December, 1907, the first king of Bhutan, Ugyen Wangchuck, was crowned here. The Machen Lhakhang, a temple inside the Dzong enshrines the mummified body of the Zhabdrung who passed away in retreat here in 1651. Dzongchung (or the little Dzong), built in 1328 by saint Ngagi Rinchen can still be seen opposite the main Dzong.



The spectacular Kuenrey (assembly hall) in Punakha Dzong is open to the tourists. We visit the fortress and orient ourselves with the history of Bhutan's independence during the early 1900s and the role of Zhabdrung, the founder of Bhutan who is said to have overcome his enemies using meditation and illusions. Followed by a victory walking meditation along the fortress.

Accommodation: Night camping in Punakha with bonfire

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Day 4

PUNAKA

Highlights : *“Row, row your boat gently down the stream!” - Yes, it’s Rafting, Access Consciousness, 5 Elements Healing, Hot Stone Bath*

River Rafting

Your day 5 would include an adventurous rafting tour that would be followed soon after breakfast. A ‘soft’ rafting experience down the Pho-Chu (Male River). You will need to do a little paddling and you may get a little wet but it will all be worthwhile as this journey takes you through a wonderland of secluded scenic beauty. You drift along to Punakha Dzong, located on an island in the middle of the rivers.

Built in 1637, the Punakha Dzong served as a religious and administrative center for the region.



Currently the Dzong is the winter residence of the Holy Monk Body of Bhutan. Your rafting tour is expected to last several hours.

Access Consciousness with Ritvika Naidu

After the paddling rafting session, we all gather at the banks of Punakha river and get to attend a session of access consciousness on the river banks lead by the shaman/ facilitator, Ritvika, who will conduct your Access Consciousness session- Restoration of Communion with Earth at the river. This would help to get grounded in life in terms of relationships, career, financial stability, etc.

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Five Element Healing Session

Towards the evening hours, we will then enter in a 5 element healing session headed by a lama. The 5 elements include:

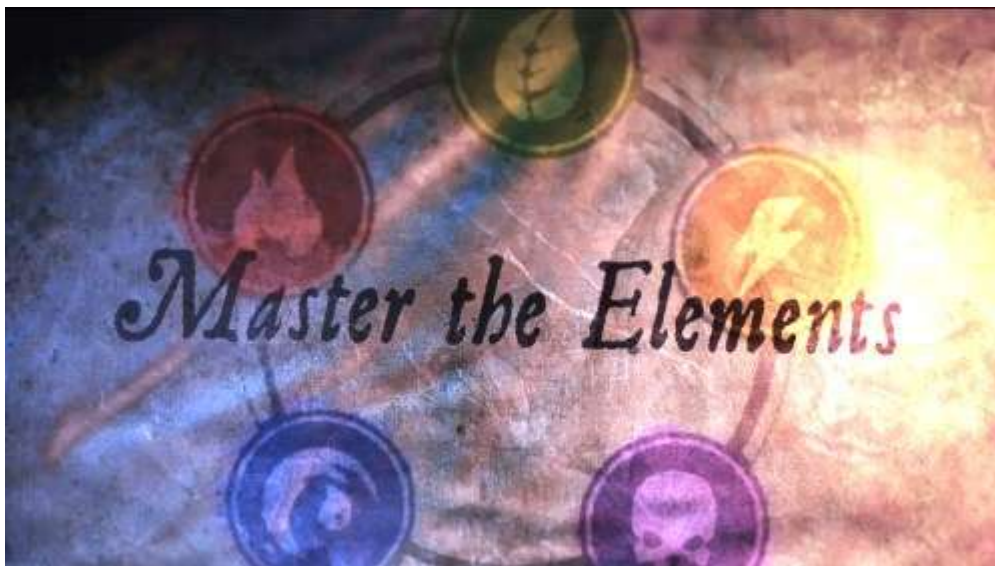
Earth - provide the hard and stable quality involved in the development of the flesh, bone, nose, and the sense of smell.

Water - moisturizes and lubricates body tissues involved in the development of blood, the tongue, the sense of taste, and the fluid portion in the body during conception.

Fire- controls and regulates body temperature and provides maturation of the body tissue and organs, generates heat throughout the body, provides color of skin or complexion, eyes, and contributes to the growth and development of the body.

Air - provides the ability to move and breath, an essential element for respiration, the skin, and the sense of feeling.

Space - provides an empty space or place to allow things to grow, develop, mature, and is involved in movement, pores, the ears, and sound.



The 5 element meditation benefits one with cleansing mind, soul and body. Because human are considered as an assimilation of the 5 elements, to meditate towards

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clearing each element brings joy and peace to oneself, generating compassion and generosity towards others. It requires one to visualize every element; its effects on ones own body and developing strong determination to purify each element of your body and mind.

Hot stone bath

In the evening, you experience a relaxing traditional mineral spring hot stone bath at Babesa. It is popularly believed to have certain medicinal benefits. This form of cleansing and healing of physical illness has been practiced in Bhutan for centuries. It is probably one of the most accepted and revered form of herbal healing in Bhutan. No scientific research has been done so far but it is believed that herbal healing relieves one from body aches such as joints pains, hypertension, stomach disorder arthritis, sprains, general pain and many other minor diseases. It also helps in treating skin diseases and skin disorders. It's a fact that about 80% of skin diseases are curable.

The addition of aromatic herbs in the water further enhances the healing power of the bath. Hot-stone-bath has no side effects. It is in its pure natural form. The water is collected directly from the clear spring, unlike most underground water source; it's free of chemical pesticides and industrial pollution. The herbs added are collected in pollution free high altitude areas.



Spiritual Healing Tour to Bhutan

Day 5

PUNAKHA-PARO

Highlights: Victory Meditation, Sound Meditation

Early morning after breakfast- we start our journey towards Paro, by passing Dochula Pass. This pass is a popular picnic spot and tourist stop. From here, one can also see Mt. Gangkhar Puensum, a pure white-peaked mountain 7570 m. above sea-level considered to be the highest unclimbed mountain in the world. Depending on your time schedule, we will either have lunch at Thimphu or Paro.

Paro, a beautiful valley being home to many of Bhutan's old monasteries and temples will get you stunned with its beauty. The valley is also home to mount Chomolhari (7,300 meters) situated at the northern end of the valley whose glacier water forms the Pachu(river) flowing through the valley.

After arrival in Paro, we check in our hotels and then drive to a beautiful monastery perched on top of a valley in Satsam Chorten Par. At the lawns of the Monastery, we conduct a sound meditation presided over by a monk where every participant chants in a beautiful musical rhythm dedicated to Tara.

Om Tare TureSohaDema- Sound Meditation

At the palace lawn, we conduct a sound meditation led by a powerful monk where every participant chants in a beautiful musical rhythm dedicated to Tara(known to protect from fear and danger, it heal illness, increases longevity and prosperity). On the ultimate level, Tara awakens our wisdom so that we can realize the true nature of reality.

In Mahayana Buddhist tradition it is believed that practice of Tara mantra or reciting sacred Tara Mantra brings Tara's instant help to overcome all problems and help actualize all our material needs and heartfelt wishes. Goddess Tara is the embodiment of enlightened activity. Tara is a bodhisatta, rather Buddha, who, although totally free from the imperfections of Samsara, remains in samsara to help all those that suffer.

The brief meaning of these three words OM TARE TUTTARE TURE is: "To you, embodiment of all the Buddhas actions, I prostrate always—whether I am in happy or unhappy circumstances—with my body, speech, and mind.

The conclusion is that by taking refuge in Tara, doing Tara practices such as recitation of the Tara mantra, and practicing the path contained in that mantra, you can achieve the fully enlightened state with the four kayas, which is the cessation, liberated from the two obscurations.

OM represents Tara's sacred and enlightened body, speech and mind.

TARE means liberating from all discontent.

TUTTARE means liberating from the eight fears, the external dangers and also from the internal dangers such as ignorance and delusions.

TURE means liberating from duality; it shows the true cessation of confusion.

SOHA means "may the meaning of the mantra take root in my mind."

Entertainment Night: In the evening, the happy villagers come to the Palace for an evening of cultural entertainment enthusiasm. You're invited to join in the singing and dancing in Bhutanese style.

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Day 6

PARO

TAKTSANG MONASTERY

Highlights: Taksang Impermanance Meditation, Cleasing Mind Soul Body

A morning hike leads to a healthy life. Following this habit, we visit the most famous Taktsang Monastery which includes an hour hike from the base to the cafeteria through some beautiful, shady pine forest making our hike more fruitful than ever. It is also a vantage view whereby you can enjoy the stunning beauty of the monastery along with the Prayer flags adorning these cliffs.

No trip to Bhutan would be complete without a visit to this remarkable heritage site. This temple is one of the most holy sites in the kingdom. Taktshang is Bhutan's most iconic landmark. It is believed that Padmasambhava (Guru Rinpoche) flew to this place from Tibet on the back of a tigress from Khenpajongto; he meditated in a cave where Taktsang Monastery now stands and hence it's called the 'Tigers Nest'. Guru Rinpoche meditated in 7th century A.D. for 3 years, 3 months, 3 days and 3 hours in order to subdue evil demons residing within it. The cave has been considered a sacred site ever since. Many famous saints have travelled to meditate in it. It was from here, he introduced the Vajrayana- Mahayana Buddhism (Larger Wheel) that was prophesied by the Buddha at the time of attaining Nirvana. This site has been recognized as a most sacred place. Imagine, feeling the powers of his energy, what would that be like?



Taksang Imperamance Meditation

Today, we meditate on Impermanence at the Monastery, Insight into impermanence is central to Buddhist practice. The goal of this meditation is to bring intellectual understanding of impermanence into our heart by detaching our self with ones that bring us suffering. The Buddha's last words were: "All conditioned things are impermanent. Strive on with diligence." Face the fear, and the fear becomes a lot less scary. Meditating on mortality and strip the "bite" out of death by accepting the natural law of impermanence. Then, embrace the limitations that being mortal give us. There's nothing holding you back when you face the fear and embrace impermanence. Confronting impermanence profoundly, in this meditative way, can open us to

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liberation. The final, liberative level of impermanence is the movement towards letting go at the deepest level of our psyche.

The understanding of impermanence also helps us very much to understand emptiness.

It's the preliminary for understanding emptiness. The more we see that things are changeable, the more easily we can come to understand that therefore, there is no solid essence inside of it to hold on to.

Figure out the exact kind of life you want to live so you have minimal regrets—and go for it. You will also receive to becoming calm and compose in the midst of change and wiser in how we respond to what comes and goes.

After the hike and meditation, enjoy a beautiful picnic lunch at the base of Paro Takstang after which we continue our journey to Kyichu Lhakhang, one of the oldest temples in Bhutan. With a long rich history of the origins of Buddhism, Kyichu maybe the most holiest place to visit in Bhutan.

KYICHU LHAKHANG

Highlights: Gifting of a Silk Scarf

Long ago in the 8th cent B.C., Guru Rinpoche meditated at Kurjey for three months, left his body print on the rock in a cave to cure the king from a dreadful disease.

Kurjey is complex of three temples, along with a giant cypress tree to its right. The wooden floor of the main Lhakhang is inlaid with turquoise and other precious gems and stones with golden roof.

There is a belief that the two orange trees in the courtyard bear fruits throughout the year i.e. 365 days!



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At the KyichuLhakhang, we attend an hour long retreat session at the front yard of the majestic temple.

Healing ceremony and activity at kyichuLhakhang

Kichu-khadar ceremony (Silk Scarf Ceremony)

The head priest will offer kichu- khaddar ceremony to cleanse your mind, soul, body and heart. Usher good wishes and offer prayers for long life. It is also denoted for success. It removes limitations and blocks. It promotes for your true self to come up. It will enrich one's life to do good deeds and make merits by helping others.

You will be gifted with a silk scarf as a symbol of purity.

You can shuffle around the temple spinning its many prayer wheels which makes this one of the most charming spots in the valley.

Day 7

PARO DEPARTURE

Highlights: Bye Bye!

Now, we head to catch our respective flights to fly back home. We hope you have been healed and rejuvenated through our tour. With lot of memories and photos, making new friends, learning Bhutan's culture and lifestyle, see you next time!

"Travel is the only thing that you buy, that makes you richer!"

Looking forward to have you in Spiritual Healing Tour to Bhutan.

Spiritual Healing

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