

DATE/DAY	TIME	DAY ACTIVITIES	KRISTY CLASS	HALT
Oct 16 (Tuesday)		Textile Museum: Traditional textiles, antique textile artifacts and live demonstration of the art of weaving. Folk Heritage: Insights into the Bhutanese way of living in a traditional 19 th Century traditional house in the middle of the capital city. Takin Reserve: A moose-like ungulate and the national animal of Bhutan is a habitant of the high altitude alpine meadows but a small group is resident at the Takin reserve.	Discovering our Group Early dinner and bed	Bhutan Peaceful Resort
Oct 17 (Wednesday)		Indigenous Medicine Institute: Art of healing with herbs and minerals from the Himalayan mountains. Jungzhi Handmade Paper Factory: Traditional Bhutanese paper is handmade from the bark of daphne bush. Craft Bazaar: Local and indigenous handcrafted artifacts in the middle of the city.	Practicing Mindfulness with	Bhutan Peaceful Resort
Oct 18 (Thursday)	Thimphu to Punakha (2 hours drive)	Dochula (3050 meters): 108 monumental stupas with a panoramic view of some of the highest Himalayan peaks. Botanical Park: In-situ rhododendron garden with a small lake/pond*** (Spend an hour with Kristy at the side of the garden pond). Arrive in Punakha, the old capital of Bhutan.	Discovering Self-compassion	Wangdue Ecolodge or Dhumra Farm Resort
Oct 19 (Friday)		Khamsum Yuelley Namgyal: the pagoda styled stupa is one of a kind in Bhutan and requires a 30-minute gentle walk through terraced rice fields and pine forests. <i>(Spend an hour with Kristy at the river bank or on the lawns of the pagoda).</i> Punakha Dzong: 17 th Century monastery fortress is located on an island between the male and female rivers and arguably one of the most beautiful dzongs (fortresses) in terms of architecture.	Practicing loving kindness with Kristy Arbon	Wangdue Ecolodge or Dhumra Farm Resort
Oct 20 (Saturday)		Wolakha & Nunnery: The residence and school for nuns who study the Buddhist philosophy. It is an opportunity to see the life of a Buddhist nun. Chime Lhakhang: The temple of the Divine Madman also known as the fertility temple gets its fame from childless couples successfully seeking blessings from a giant phallus and its patron, the maverick saint Drukpa Kuenley or the	Living Deeply	Wangdue Ecolodge or Dhumra Farm Resort

		legend of the Divine Madman.		
Oct 21 (Sunday)	Punakha to Gangtey (Drive 2 hrs)	Gangtey Goenba/Monastery: The 450 yr old monastery with ornate carvings feature some of the finest artisans of Bhutan. Gangtey Nature Trail: Walk down a nature trail to the Crane Visitor Centre*** (Spend an hour with Kristy)	Discovering your compassionate voice	Wangchuk Lodge
Oct 22 (Monday)	Gangtey to Paro (Drive 5 hrs)	Whole day drive with occasional stops enroute.	Meeting Difficult Emotions	Bhutan Mandala or Sonam Tshokhang
Oct 23 (Tuesday)	Sacred Paro Valley Tour	Tadzong Musuem: 17 th Century watchtower turned museum exhibits an impressive collection of scrolls, masks, war artifacts and a natural history gallery. Paro Dzong: The 17 th Century monastery fortress overlooking Paro valley was used to defend the region from Tibetan wars. A gentle walk down the dzong towards <i>tshondue</i> crossing an ancient cantilever bridge.	Exploring Challenging Relationships and farewell dinner with a cultural show	Bhutan Mandala or Sonam Tshokhang
Oct 24 (Wednesday)	Tiger's Nest Climb Paro-Haa-Paro (drive 3 hrs in total)	Taktsang or Tiger's Nest: Requires 3 hrs hike or/and a pony ride to the monastery complex. Alternatively, drive to Haa and Chelela*** (Spend an hour with Kristy in the alpine meadows). Lunch with a local farmhouse and observe the rustic ways of a traditional Bhutanese farming household. Lhakhang Karpo: Visit the monastic institute at the Lhakhang Karpo.	Embracing Your Life	Bhutan Mandala or Sonam Tshokhang
Oct 25 (Thursday)		HOMEBOUND		