



Unplug, slow down and be enriched by the magic of Bhutan – Mindfulness yoga and meditation retreats with Sal Flynn

At Hotel Zhiwa Ling, Paro, Bhutan

Since ancient times all wise cultures have known the value of retreat. Time in retreat allows us to step out of the complexity of our life, to listen deeply to our body, heart and mind.

The Mindfulness Meditation retreat offers practical instruction and group support for building and strengthening your practice.

Practicing mindfulness meditation and yoga in the magical setting of Bhutan, you can unwind, relax, and return to a more integrated relationship with yourself and your world. Whether you've been practicing for years, or are just beginning to explore these ancient practices, you will benefit from the beauty and richness of Mindfulness in Bhutan.

Retreat activities

You will begin each day with morning practice of Mindful Yoga and Sitting Meditation. After spending the day exploring the religious and cultural riches of Paro you will return to Hotel Zhiwa Ling for restorative yoga and deep relaxation. The evening sessions include talks on how you can incorporate mindfulness practices in daily life, discussion and reflection.



This retreat is designed to help you:

- Experience different types of Mindfulness practice (breath awareness, meditation and mindful yoga)
- Understand mindfulness theory and technique
- Discuss current research on mindfulness and the effect on the brain
- Look at methods for developing spinal health and freedom of movement
- Apply the principles of mindfulness and mindful practice in every day living
- Explore the role of mindfulness training for self-care and stress management

Sitting Meditation

In sitting practice inner silence and stillness develop, concentration deepens, and awareness expands. Gradually and gently the meditation begins with awareness of the breath and opens to include mindfulness of all experiences, external and internal, of body sensations and emotions, of thoughts and the nature of mind.

Mindful Yoga

Just as in sitting meditation, where attention is brought to the rhythmic pattern of breathing, Mindful Yoga invites the attention to rest on sensations of the body, becoming aware in the midst of activity. The yoga practices will focus on the deep reflective observations of the body in both stillness and in motion.



About Sal Flynn

Sal is inspired by the intimate interplay of the physical body with the mental, emotional and spiritual aspects of who we are, and how yoga and meditation bring all dimensions of embodied being into awareness. Blessed with great teachers along the way, her yoga background is rooted in the tradition of Sri Krishnamacharya. She balances tradition and modern approaches, inspired by her mentor Donna Farhi and Jon Kabat-Zinn.

As resident yoga teacher/therapist at Sarah Key Physiotherapy for five years, Sal specialized in helping clients with chronic back pain. She spent seven years as a faculty member of Nature Care College where she trained yoga teachers and is currently a Group Therapist at Jansen Newman Institute in Sydney, Australia. Sal is a trained counsellor running a private practice in Sydney where she specializes in the use of Mindfulness and Yogic techniques to assist her clients attend to life's challenges.



Further information and making a booking

For more information and a day-to-day itinerary please visit the Hotel Zhiwa Ling website at: <http://www.zhiwaling.com/index.php/yoga-retreats/>

For further information or to make a booking for this retreat please email Ms Sonam Peldon at Hotel Zhiwa Ling at: marketing@zhiwaling.com

For information regarding Mindful Yoga and Meditation contact Sal Flynn in Australia at sflynn@stillmotion.net.au

2012 Retreat Dates

Sunday 8th of Jan - Saturday 14th of Jan 2012 (6 nights/7 days)

Sunday 8th of July – Saturday 14th of July 2012 (6 nights/7 days)

Complete Retreat package

6 nights/ 7 days at Hotel Zhiwa Ling, Paro, Bhutan

Junior Suite Rooms (in the Garden Cottages)

US \$ 2,689 per person, twin share or double occupancy

US \$ 3,224 per person, single occupancy

1 BR Suites (Blue Poppy & Takin Suites on the top floor in main building)

US \$ 2,934 per person, double occupancy

US \$ 3,714 per person, single occupancy

2 BR Suite (Royal Raven Suite on the top floor in the main building)

US \$ 2,934 per person, if 4 people in the 2 BR suite

US \$ 3,654 per person, if 2 people in the 2 BR suite



Zhiwa Ling Hotel
Satsam Chorten, Paro,
Kingdom of Bhutan

Phone number: +975-8-271277

Fax number: + 975-8-271456

Email: info@zhiwaling.com or reservation@zhiwaling.com

Website: www.zhiwaling.com

The retreat package includes the following

- 6-nights accommodation at Hotel Zhiwa Ling in your chosen room type;
- Breakfast, lunch and dinner for 6 nights / 7 days (starting with lunch on Day 1 and finishing with breakfast on Day 7);
- 19 hours of meditation and yoga instruction by Sal Flynn;
- 5 days of guided excursions including transportation;
- Airport Transfers from and to Paro airport;
- Special Lhab Sang Puja (Long-life ceremony) with monks performing a 1 hour ritual ceremony and blessing;
- Farmhouse lunch at a traditional Bhutanese farmhouse;
- All government charges, visa fees, taxes and service charge;

Each retreat can accommodate a maximum of 10 participants. Beginners are welcome and no prior experience with yoga or meditation practice is required.

PLEASE NOTE: *If 3 or more people are travelling together on the same dates (arriving and departing in Bhutan on the same days) then they will be considered as a group for purposes of the visa application. This means that there is a reduction in government fees by US \$180 per person staying in twin/double rooms and US \$240 per person for people staying in single rooms.*

