

Daily Program: Mindfulness Meditation & Yoga Retreat with Sal Flynn

Hotel Zhiwa Ling, Bhutan, 8 – 14 January 2012 AND 8 – 14 July 2012

Day 1 Sunday 8 Jan 2012 AND 8 July 2012	Day 2 Monday 9 Jan 2012 AND 9 July 2012	Day 3 Tuesday 10 Jan 2012 AND 10 July 2012	Day 4 Wednesday 11 Jan 2012 AND 11 July 2012	Day 5 Thursday 12 Jan 2012 AND 12 July 2012	Day 6 Friday 13 Jan 2012 AND 13 July 2012	Day 7 Saturday 14 Jan 2012 AND 14 July 2012
<p>AM</p> <p>Airport transfer to Hotel Zhiwa Ling</p> <p>Welcome and settle in</p> <p>PM</p> <p>12.30 pm Lunch and Retreat-briefing at Gawa Restaurant</p> <p>Time to explore the 10 acre property surrounding Hotel Zhiwa Ling, including the meditation house, tea house, green house and spa facilities</p> <p>3.30 pm – 5.30 pm introduction session with Sal Flynn at Meditation House</p> <p>6.30 pm Welcome Dinner at Gawa Restaurant</p>	<p>AM</p> <p>7.30 – 9.30 am Morning Mindfulness session with Sal</p> <p>9.30 - 11.00 am Breakfast</p> <p>11.00am Depart for an excursion to the end of Paro Valley to the ruined fortress Drugyel Dzong</p> <p>PM</p> <p>1.30 pm Picnic Lunch</p> <p>2.30pm Return to Hotel Zhiwa Ling</p> <p>Free Time For Spa Treatments or just to relax</p> <p>4.00 pm – 6.00 pm Evening Meditation session with Sal</p> <p>Dinner at your leisure</p>	<p>AM</p> <p>7.30 – 9.30 am Morning Mindfulness session with Sal</p> <p>9.30 - 11.00 am Breakfast</p> <p>11.00 am Depart for a visit to the National Museum in Paro</p> <p>PM</p> <p>1.30 pm Picnic Lunch</p> <p>Explore the Rinpung Dzong, Paro's majestic fortress where Paro's government and monastic centres stayed since ancient times</p> <p>3.30 pm Return to Hotel Zhiwa Ling</p> <p>4.00 pm – 6.00 pm Evening Meditation session with Sal</p> <p>Evening at your leisure</p>	<p>AM</p> <p>7.30 – 9.30 am Morning Mindfulness session with Sal</p> <p>9.30 - 11.00 am Breakfast</p> <p>11.00 am Witness a Lhab Sang Puja at Zhiwa Ling's temple. A traditional ceremony to celebrate new beginnings and special occasions</p> <p>PM</p> <p>1.00 pm Traditional Bhutanese Lunch at a local Farm House</p> <p>2.30 pm We visit Bhutan's oldest monastery from the 8th century Kyichu Lakhang</p> <p>4.00 pm – 6.00 pm Evening Meditation session with Sal</p> <p>Evening at your leisure</p>	<p>AM</p> <p>7.00 – 8.00 am Breakfast</p> <p>8.30 am Depart for pilgrimage to Taksang Monastery (Tiger's Nest), one of Bhutan's most sacred sites</p> <p>PM</p> <p>12.00 – 1.00 pm Meditation at Tiger's Nest in one of the ancient temples near Guru Rinpoche's meditation cave</p> <p>2.00 PM Lunch at Tiger's Nest Cafeteria</p> <p>5.30 pm Return to Hotel Zhiwa Ling</p> <p>6.00 pm – 7.30 pm Stretch and renew evening session with Sal</p> <p>Evening at your leisure</p>	<p>AM</p> <p>7.30 – 9.30 am Morning Mindfulness session with Sal</p> <p>9.30 - 11.00 am Breakfast</p> <p>11 am Optional shopping trip and lunch in Paro Town at a local restaurant OR Free Time For Spa Treatments or just to relax</p> <p>PM</p> <p>Lunch at Gawa Restaurant at Hotel Zhiwa Ling</p> <p>2.30 – 3.30 pm Optional Archery or Kuru Lessons</p> <p>4.00 pm – 6.00 pm Final evening session with Sal</p> <p>7.00 pm Farewell Dinner at Gawa Restaurant</p>	<p>AM</p> <p>7.00 – 10.00 am Breakfast</p> <p>Farewell and departure</p> <p>Airport transfer from Hotel Zhiwa Ling</p>

Inclusions in the Sal Flynn Meditation & Yoga Retreat Package:

- Six nights accommodation, arriving Sunday departing Saturday
- 19 hours of yoga & meditation instruction and practice over 6 days
- Breakfast, lunch and dinner (beverages not included) for 6 nights, 7 days

- Welcome and farewell dinner

- Round-trip airport transfers

- Four cultural group excursions (including Tiger's Nest monastery)

- One day shopping in Paro and Archery lessons