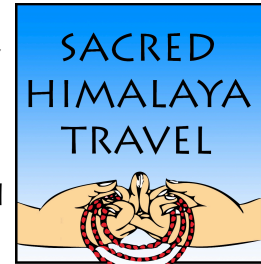




## Yoga and Trekking in the Himalayas Bhutan: March 3 - 16, 2012



*Join David Sirgany and Sacred Himalaya Travel for a unique 13 day yoga and trekking adventure in the Kingdom of Bhutan...*



At one time, one of the most isolated countries in the world, Bhutan is now considered one of the last great Buddhist Kingdoms on Earth. Its unique guiding philosophy based on Gross National Happiness, reflects deep cultural roots steeped in Buddhist spiritual values

including fervent protection of its natural environment.

*Deepen your yoga practice while experiencing this Himalayan cultural adventure...*

Yoga sessions will be in the tradition of BKS Iyengar and include both *asana* (poses) and *pranayama* (yogic breathing practice). Iyengar Yoga is known for its precise refinements of the time-tested, art and science of classical hatha yoga, emphasizing alignment while developing strength, stamina, flexibility and balance of mind and body. In addition there will be teachings from a very special Bhutanese Lama trained in the Nyingma tradition of Vajrayana Buddhism.

**The yoga sessions will be appropriate for all levels and beginners are welcome!** The sessions will be in both morning and evening in very scenic locations, including a resort alongside a rushing river surrounded by tropical gardens and abundant wildlife, later moving to a comfortable lodge with panoramic views of the surrounding mountains.

Near the start of the trip you will have the opportunity to attend a religious festival with colorful masked dances and traditional music. To make the shift between locations for yoga you will hike the breathtaking four day Druk Path Trek. Known for its natural beauty and stunning views of Himalayan peaks, you will be camping in sacred places including next to a Buddhist monastery and a beautiful alpine lake. Throughout this unique adventure you will also visit impressive *Dzongs* (fortresses), Buddhist temples, and enjoy the unique kindness of the Bhutanese people.

An internationally recognized and nationally certified Iyengar Yoga Instructor, David's depth and passion for the subject shine forth brightly in his teaching. He has received direct transmission from Yogacharya BKS Iyengar and his family on numerous trips to India over the past seven years. David is a sincere practitioner of both Iyengar Yoga and Buddhist meditation for more than twenty years. He enjoys clarifying the interrelatedness of these two great disciplines and inspiring their practice as a profound support for a deeply fulfilling and joyful life. For more about David, please visit: **[Sirgany.blogspot.com](http://Sirgany.blogspot.com)**



**For reservations and questions please contact Jeff Brown:**

[jeff@sacredhimalayatravel.com](mailto:jeff@sacredhimalayatravel.com)  
(Please see next page for itinerary)



## Yoga and Trekking in the Himalayas Bhutan: March 3 - 16, 2012



### **Itinerary (Please see previous page for trip summary)**

Day 1: Arrive Bhutan, visit Paro Dzong (*fortress*) and National Museum

Day 2: Yoga to recover from travel, drive to riverside resort

Day 3: Yoga sessions at riverside resort, attend festival at Punakha

Day 4: Yoga sessions at riverside resort, day hike to village

Day 5: Yoga in morning, visit Temple of Divine Madman, to Thimphu

Day 6: Thimphu sights, traditional crafts school, handmade paper factory

Day 7: Start of Druk Path Trek, Hike Thimphu to Phajoding (3 mi / 4 km)

Day 8: Hike Phajoding to Jimilangtsho (10 mi / 14 km)

Day 9: Hike Jimilangtsho to Jangchulakha (6 mi / 10 km)

Day 10: Hike Jangchulakha to Paro (10 mi / 14 km, Trek ends)

Day 11: Yoga sessions at mountain view lodge, visit ancient temple

Day 12: Yoga sessions at mountain view lodge, picnic at historic site

Day 13: Yoga in morning, day hike to Tiger's Nest Monastery

Day 14: Depart Bhutan

### **For trip cost details, please contact [jeff@sacredhimalayatravel.com](mailto:jeff@sacredhimalayatravel.com)**

#### Cost includes:

11 sessions of Iyengar yoga instruction by Iyengar certified instructor David Sirgany.  
All lodging and meals while in Bhutan, including 13 nights double occupancy accommodations. All transportation, sightseeing, taxes and monument fees in Bhutan.  
Processing of Bhutan visa. Expert leadership with English speaking Bhutanese guide.  
Eco-friendly yoga mat.

#### Not included:

International airfare to Bangkok, Thailand.  
Airfare between Bangkok, Thailand and Bhutan (Approximately \$900).  
Tips for guide, driver, trekking staff, and hotel staff while in Bhutan.

**Limited to 12 guests, \$500 non-refundable deposit is required to reserve your space.**

**For reservations and questions please contact Jeff Brown:**  
[jeff@sacredhimalayatravel.com](mailto:jeff@sacredhimalayatravel.com)