

## BEYOND THE CLOUDS

### A Seven-night Yoga Retreat in the Himalayan Kingdom of Bhutan

Sunday 21<sup>st</sup> to Sunday 28<sup>th</sup> October 2012



Bhutan, the last remaining great Himalayan Kingdom, is a country like no other. It's a remote and enigmatic place, a deeply Buddhist land with a landscape of soaring mountains and pristine forests dotted with ancient temples. Refusing to play catch up with the modern world, maintaining a unique cultural identity, Bhutan offers travellers a chance to leave behind the trappings of work and routine, to immerse themselves in an untouched land, to experience a slow, soulful, entirely different way of life.

On our seven-night yoga retreat in October 2012 - lead by yoga experts and sisters Christina and Andrea Curry and in partnership with Guides of Bhutan - travellers to the Kingdom can experience its beauty and mystery while strengthening their body and empowering their mind. Beginning in Paro and culminating with a puja hike to the iconic Taktsang Goemba (the sublime Tiger's Nest Monastery), the week will be both a peaceful retreat and an opportunity for exploration. It will combine restorative twice-daily yoga sessions, open to all levels, with walks along high passes and through primeval blue pine forests, with visits to traditional farmhouses and to sacred temples and monasteries strewn with prayer flags.

Our home for the week is the luxury Uma Paro; surrounded by wilderness and with sweeping views over the Paro Valley. When not practicing yoga or exploring the Kingdom, guests on the retreat may unwind in the COMO Shambhala spa and by the indoor swimming pool, or treat themselves to a traditional Bhutanese hot stone bath, and calming massages. You are guaranteed to return home feeling relaxed, revitalised and spiritually re-charged.

**All-Inclusive Package Rates from US\$6200 per person**      **Return Druk Air Flights ex-Bangkok from US\$990**

Please contact us for more details, hi-res images, list of all inclusions and a full itinerary

**TASHI DELEK & NAMASTE**

Christina and Andrea x