

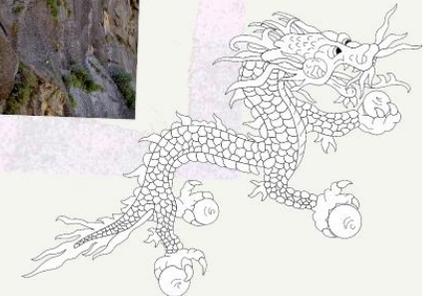
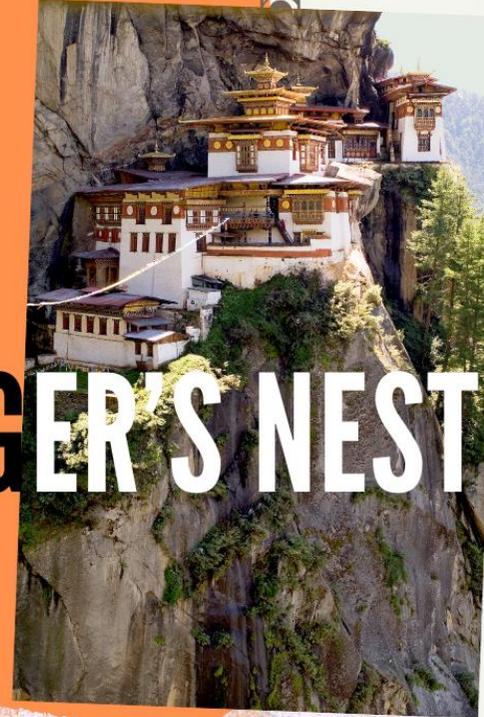
TIFFANI GYATSO &  
MYSTIC ART RETREATS

INVITE YOU TO

# THE LOTUS GURU IN THE TIGER'S NEST

BHUTAN

16TH SEP - 28TH SEP'23



# ITINERARY CALENDAR – Locations & highlights

13 days / 12 nights – 16<sup>th</sup> September – 28<sup>th</sup> September 2023

<p>DAY 1 – 16<sup>th</sup> Sep</p> <p><u>NEW DELHI</u></p> <p>Arrival at New Delhi</p> <p>Accom: 5*</p> <p>Lunch: Hotel</p> <p>Dinner: Connaught Place</p>	<p>DAY 2 – 17<sup>th</sup> Sep</p> <p><u>NEW DELHI</u></p> <p>Accom: 5*</p> <p>Lunch: Museum Café or Janpath Restaurant</p> <p>Dinner: Khan Market</p>	<p>DAY 3 – 18<sup>th</sup> Sep</p> <p><u>NEW DELHI – PARO</u></p> <p>Arrival in Bhutan</p> <p>Accom: Naksel Resort</p> <p>Lunch: Airport</p> <p>Dinner: Hotel</p>	<p>DAY 4 – 19<sup>th</sup> Sep</p> <p><u>PARO</u></p> <p>Accom: Naksel Resort</p> <p>Lunch:</p> <p>Dinner: Hotel</p>	<p>DAY 5 – 20<sup>th</sup> Sep</p> <p><u>PARO</u></p> <p>Accom: Naksel Resort</p> <p>Lunch: Nepali Restaurant</p> <p>Dinner: Hotel</p>	<p>DAY 6 – 21<sup>st</sup> Sep</p> <p><u>PARO - PUNAKHA</u></p> <p>Accom: RKPO</p> <p>Lunch: Bhutan Restaurant</p> <p>Dinner: Hotel</p>
<p>DAY 7 – 22<sup>nd</sup> Sep</p> <p><u>PUNAKHA</u></p> <p>Accom: RKPO</p> <p>Lunch: Restaurant</p> <p>Dinner: Hotel</p>	<p>DAY 8 – 23<sup>rd</sup> Sep</p> <p><u>PUNAKHA</u></p> <p>Accom: RKPO</p> <p>Lunch: Restaurant</p> <p>Dinner: Hotel</p>	<p>DAY 9 – 24<sup>th</sup> Sep</p> <p><u>PUNAKHA - THIMPU</u></p> <p>Accom: Termalinca</p> <p>Lunch: Enroute</p> <p>Dinner: 4* Hotel</p>	<p>DAY 10 – 25<sup>th</sup> Sep</p> <p><u>THIMPU</u></p> <p>Accom: Termalinca</p> <p>Lunch: Festival</p> <p>Dinner: Hotel</p>	<p>DAY 11 – 26<sup>th</sup> Sep</p> <p><u>THIMPU</u></p> <p>Accom: Termalinca</p> <p>Lunch: Hotel</p> <p>Dinner: Hotel</p>	<p>DAY 12 – 27<sup>th</sup> Sep</p> <p><u>THIMPU – NEW DELHI</u></p> <p>Arrival at New Delhi</p> <p>Accom: 5*</p> <p>Lunch: Hotel</p> <p>Dinner: Hotel</p>
<p>DAY 13 – 28<sup>th</sup> Sep</p> <p><u>NEW DELHI - Depart</u></p> <p>Depart New Delhi</p> <p>Accom: n/a</p> <p>Breakfast Only</p>					



## TO THE LOTUS GURU IN THE TIGER'S NEST

**An external and interior journey into the Tantric iconography of Buddhism Bhutan with thangka study and practice at the Himalaya's feet with Tiffani Gyatso produced by Mystic Art Retreats.**

Mystical Bhutan, amidst rugged mountains high in the Himalayas, boasts beauty, art, ancient and untouched Buddhist temples embraced by profound peacefulness. It is here that legend holds that a great Tibetan Yogini, Yeshe Tsogyal transformed herself into a tigress and carried Guru Rimpoche (Padmasabhava) on her back from Tibet to the present location of the Taktsang in Bhutan. In one of the caves here, the Guru then performed meditation and manifested in "the terrifying wrathful form of crazy wisdom", binding worldly spirits under oath to protect the terma treasures and serve the Dharma. Then he was known as Dorje Drolö, "Wild Wrathful Wisdom" and the place became holy. This holy and most famous place in Bhutan is called the "Tiger's Nest".

It is to the Tiger Nest where the Lotus Guru emanated his blessings that I would like to take you. Bhutan always occupied my dreams as an unreachable magical place and still today the entry of tourists is very controlled and conditioned making the journey definitely unique and exceptional. Being so well preserved, visitors can experience authentic representation of Tibetan Buddhist art of the Tantric tradition, Vajrayana. We will visit the most exemplary monasteries and understand the power of transcendence that vajrayana lays in art depicted in thangkas, murals, statues and altars.

I am a thangka painter specialized in Tibetan Iconography at the Norbulingka Institute in India. For the last 20 years I have dedicated my life to sacred arts, teaching and producing art murals as well as cultural and art guide to India, Nepal and now the so dreamed Bhutan which I will have the greatest joy to go holding your hands and waking up your soul with the dragon roar of the sacred sights.

After one precious week of unforgettable experience by the magic and richness of Bhutan we will extend our journey to the highlands of Sikkim, India - a couple of hours flight from Paro. India is like my home, the smiles, the food, the beauty, simplicity and authenticity will give us a new and different breeze. Sikkim is the headquarters of the Karmapas, the head of the Kagyupa lineage giving us more glimpses about the internal and external spiritual journey that sacred art can take us. Here we will preserve some days to be able to practice after all what we saw and outline with grace and color the face of the lotus Guru and the queen tigress. Anyone even not having done any art in his or her life is welcome to dive into the experience of devotional art and learn a new kind of yoga, the yoga of the sacred artist. You only have to bring your favorite color pencils which I will give more details later.

Our accommodations are hand picked, because we know how precious this journey is. We will visit temples and monasteries, monk chants, raw incense fragrances, wild nature, colorful markets, mountain ranges, tea plantations and even a traditional hot stone bath and every day delicious food. But most of all we will experience in this small group (not more than 10 to 12 people), is ourselves in amazement. When we open ourselves to a new experience so different to our daily life, a kind of alchemy happens, like adding straw to the fire in our hearts. The fire that illuminates the purpose and motivation to be in this so brief life and strengthen the intention to cultivate bodhicitta and benefit as much as possible, where obstacles that might emerge are blessings to our path, teaching and rising our fire with passion and wisdom, being guided by love and virtue and if possible with beauty, art and dance. This is where I like to take you. So come, dance with me!



DAY 1 - Arrive	NEW DELHI	16 September
<p>Accommodation  <b>Aerocity (5*)</b></p> <p>Lunch and Dinner included</p>	<p>When you have cleared arrivals and picked up your luggage, you shall then make your way out to the arrivals hall. There you will see one of our representatives with a placard bearing your name on it. A short drive to your hotel where you can rest after your long flight.</p> <p>In the evening you shall be met by our executive producer Mukul Purohit and Tiffani Gyatso, who shall discuss the tour programme with all over dinner.</p>	



Accommodation

**Aerocity (4\*)**

Breakfast, Lunch and Dinner included

Delve right into Delhi, a firecracker of a city. After breakfast we shall visit the National Crafts Museum which holds over 35,000 rare and distinctive pieces reflecting the continuing tradition of Indian craftsmen through painting, embroidery, textiles, various crafts of clay, stone and wood. Following a sumptuous lunch, we shall drive past the Parliament House, Government Secretariat Buildings and Connaught Place - shopping centre of New Delhi. In the evening we shall visit the Sikh Holy temple Gurudwara Bangla Sahib and watch a spectacular sunset. We shall then have dinner at a North Indian restaurant and return to the hotel early for our flight the following day to Bhutan.



Accommodation

**Naksel Boutique Hotel and Spa (4\*)**

Breakfast, Lunch and Dinner included

**Delhi - Paro Flying time (2:20 hrs)**

**Elevation: (2330 meters / 7200 feet)**

An afternoon flight whisks you to the Land of the Thunder Dragon. Simply arriving is a thrill, as the landing at Paro is a breathtaking squeeze between rippled peaks. Upon arrival our guide will receive you at the airport.

After checking in, we shall visit the the ancient temple of Kyichu Lakang which was one of 108 temples built by Songtsen Gampo an important early Tibetan king, to pin down the Bon demon who was thought to hover over the whole of Tibet.

We shall then visit Bhutan's National Museum to see some of the treasures housed in the Ta Dzong, or watch tower, above the Dzong. Displays include a fascinating collection of ancient thangkas depicting Bhutan's important saints and teachers.

Following this we shall have an easy paced evening contemplating our journey in this mysterious spiritual land.



Accommodation

**Naksel Boutique Hotel and Spa (4\*)**

Accommodation

Breakfast, Lunch and Dinner included

**Elevation: (3120 mts / 10240 feet)**

Today you will walk up to the famous Tiger's Nest, Taktsang Monastery - a fitting climax to your trip. The monastery is perched some 600m/2,000ft up on a cliff overlooking the valley and was said to be where the legendary Indian saint, Guru Padma Sambhava, flew from Tibet on the back of a tiger to defeat five demons, who were opposing the spread of Buddhism in Bhutan. It's a steep uphill walk through woods, of about 1½-2hrs, to reach a tea house (an ascent of 340m/1,115ft). Apart from offering welcome refreshment this tea house is one of the principle viewpoints of the monastery, and those who prefer not to climb any further can relax here whilst others continue on. The full walk to the monastery and back involves approximately 740m/2,428ft of ascent.

In the evening we shall take a relaxing Bhutanese style stone bath in the spa followed by dinner.



Accommodation

**Naksel Boutique Hotel and Spa (4\*)**

Accommodation

Breakfast, Lunch and Dinner included

**Elevation: (3120 mts / 10240 feet)**

Today we shall visit the spectacular Paro Dzong. This Dzong is one of Bhutan's most impressive and well-known dzongs, and perhaps the finest example of Bhutanese architecture you'll see.

The massive buttressed walls that tower over the town are visible throughout the valley. The dzong's correct name, Rinchen Pung Dzong (usually shortened to Rinpung Dzong), means 'Fortress on a Heap of Jewels'. In 1644 Zhabdrung Ngawang Namgyal ordered the construction of the dzong on the foundation of a monastery built by Guru Rinpoche. The fort was used on numerous occasions to defend the Paro valley from invasions by Tibet.

From here, you may like to walk down into the town and have a wander around the streets before returning to your hotel. In the evening we shall have dinner with artists from Paro.



Accommodation

**RKPO**

Breakfast, Lunch and Dinner included

**Elevation: (1242 mts / 4075 feet)**

**Paro to Punakha (3.5 hrs)**

Today we leave for Punakha which is the old winter capital of Bhutan. En-route we drive over the Dochu La pass at an altitude of 3,050m known as one of the finest viewpoints of Eastern Himalaya. On a clear day you can see the peaks Masangang, Tsendagang, Terigang and Gangkar Punsum (the highest unclimbed mountain in the world). On arrival to Dochu La you can get out of the car to admire the view and walk around the 108 chortens marking the summit of the pass. We then descend through beautiful forest into the Punakha Valley at an altitude of 1,350m.

Before reaching Punakha we visit Chimi Lhakang also known as the fertility temple of Bhutan. Lama Drukpa Kunley, who was a highly unorthodox Buddhist saint, deeds form the basis of many local legends blesses the monastery. The temple is fondly regarded by local families as a potent fertility shrine. It takes about 20 minutes to walk across rice fields to reach the temple.

Overnight at our beautiful hotel.



Accommodation

**RKPO**

Breakfast, Lunch and Dinner included

**Elevation: (1242 mts / 4075 feet)**

Today we shall visit the fabulous Punakha Dzong, one of the most spectacular and important in the kingdom. It is situated at the confluence of two rivers. The dzong is a real showcase for Bhutanese craftsmanship and painting. After breakfast we shall visit the fabulous Punakha Dzong, one of the most spectacular and important in the kingdom. This dzong is the second largest in Bhutan and was constructed by Ngawang Namgyal, 1st Zhabdrung Rinpoche, in 1637-38 so it is also the second oldest.

Following this, we shall visit the Wolakha nunnery which is a beautifully located monastery on a hilltop and houses 120 nuns. It is comprised of double storied temple and a nunnery complex. The chorten resembles Nepal's Boudhanath stupa.

The place looks aesthetic with Modern Bhutanese Art and has a touch of Sambhunath like Temple .

The Prime deity residing here is Avalotekeshra (The God of Compassion). From here you can also enjoy the grand view of Punakha and Wangdue valley.

Overnight at our beautiful hotel.



Accommodation

**RKPO**

Breakfast, Lunch and Dinner included

**Elevation: (1242 mts / 4075 feet)**

This morning we head to the annual Wangdue Phodrang Tshechu or Wangdue Festival which was introduced by Zhabdrung Ngawang Namgyal in 17th century after the completion of Wangdue Dzong. The three days Tshechu (22<sup>nd</sup> - 24<sup>th</sup>) is very special revelry occasion for the people of Wangdue Phodrang and the people across the country. The Tshechu is best known for the Raksha Mangcham or the dance of Ox. Thousands of people gather in their best traditional outfit to witness the district's biggest cultural festival.



Accommodation

**Terma Linca Resort and Spa**

Breakfast, Lunch and Dinner included

**Elevation: (2350 Mts / 7656 Fts)**

**Punakha – Thimpu (2 hours)**

After breakfast, we head off on a scenic drive to Thimpu. Thimpu has an attractive valley location and is relatively small for a capital city but has grown greatly in recent years.

Our resort is considered one of the best in Bhutan and is by the river Wangchuk. It has some beautifully designed art pieces made by local artists.

In the evening we shall visit a renowned Bhutanese Artist's studio to get an orientation about their individual practice and art in Bhutan.



DAY 10	THIMPU TSHECHU (Festival)	25 September
<p>Accommodation  <b>Terma Linca Resort and Spa</b></p> <p>Breakfast, Lunch and Dinner included</p>	<p><b>Elevation: (2350 Mts / 7656 Fts)</b></p> <p>Tashichhodzong (Thimphu Dzong) - The "fortress of the glorious religion" was initially constructed in 1641 and restored by the Third King Jigme Dorji Wangchuck in the 1960s. Tashichhodzong houses some ministries, His Majesty's secretariat, and the central monk body.</p> <p>The Thimphu Tshechu, as all Tshechu festivals, honors Padma Sambhawa, also known as Guru Rimpoche, the precious yogi and saint who is credited with having introduced Tantric Buddhism throughout the Himalayas. The festival's masked dances are performed by monks clad in colorful brocade attire and permeated by chants and reading of Buddhist scripts. The culmination of festival constitutes the unfolding of a huge cloth thanka, a sacred scroll, depicting Padma Smabhawa and imagery from Buddhist pantheon.</p> <p>This world famous cultural festival is one of life's greatest memories to take back home.</p>	



DAY 11	THIMPU	26 September
<p>Accommodation  <b>Terma Linca Resort and Spa</b></p> <p>Breakfast, Lunch and Dinner included</p>	<p><b>Elevation: (2350 Mts / 7656 Fts)</b></p> <p>After breakfast, head off to a scenic drive up to Buddha Point to see the 169 foot tall bronze statue of the seated Buddha Dordenma. One of the largest sitting Buddha statues in the world, it sits atop a hill where you will get the sweeping views of the valley and the surrounding mountains.</p> <p>It is voluntary if you wish to visit the National Folk Heritage Museum, dedicated to preserving Bhutanese folk arts, the Jungshi Handmade Paper Factory, where you will see the ancient practice of natural papermaking, the National Textile Museum, where you will learn all about the brightly colored and beautifully designed fabrics that are worn by the Bhutanese people.</p> <p>In the evening we shall visit the local thimpu markets and craft bazaars.</p>	

DAY 12	PARO - NEW DELHI	27 September
<p>Accommodation  <b>Aerocity (5*)</b></p> <p>Breakfast, Lunch and Dinner included</p>	<p><b>Paro - New Delhi Flying time (2:30 hrs)</b></p> <p>A very early morning drive from Thimpu to Paro international airport of about 1:30 hours. Today we shall depart for New Delhi. We shall be received at the airport and checked into our hotel. Day at leisure for voluntary sightseeing or shopping or preparation for onward connections to your home destinations. <i>(Please note that any local sightseeing shall be at your own expense. However our team would guide you for transport or suggestions.)</i></p>	



Accommodation

**Checkout from Hotel**

Breakfast included

Today we shall depart for our onward destinations or home. Our team on the ground shall coordinate your departure drop to the airport.

When you are on a Mystic Art Retreats tour, every detail is taken care for you so you can relax and truly experience each moment. Airfare to India is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need. If you would like assistance with booking your flights or other travel plans, please contact Mukul Purohit (details below) who shall personally guide you on every facet of your travel planning.

### Pricing

**USD 5800 per person** twin sharing occupancy

**USD 7300** single occupancy

### Inclusions

Savour wishful sites of the mystical kingdom of Bhutan

Be led by world-renowned artist Tiffani Gyatso who shall expertly guide you on the sites and various attractions within them along with art tuition

Your trip includes 3 nights in New Delhi, India; 3 nights in Paro, Bhutan; 3 nights in Thimpu, Bhutan and 3 nights in Punakha, Bhutan

International flight to/fro Bhutan India are included – New Delhi, India– Paro, Bhutan; Paro, Bhutan – New Delhi, India

DATE	DAY	FLTNO	CLASS	FROM	TO	ETD	ETA
18 SEP 23	MON	<b>KB 201</b>	Economy	DEL	PBH	1230	1520
27 SEP 23	WED	<b>KB 200</b>	Economy	PBH	DEL	0940	1130

All meals including Breakfast, Lunch and Dinner are included with the exception of Breakfast on arrival day and lunch/dinner on departure day



All Visitors attractions with their fee which would include forts, museums, nature, cultural heritage and two festivals at Thimpu and Wangdue Punakha  
Artist Studio Visits  
One Bhutanese Stone Bath spa treatment for 45 minutes  
Includes the USD 200 per day (USD 2000 total) Bhutan Sustainable Development fee  
Visa Charges and handling  
All applicable Transfer & Sightseeing including Innova Vehicles in India and Coaster Bus 4cc in Bhutan  
Be guided by our Executive Producer Mukul Purohit, cofounder of Mystic art retreats, who will masterfully orchestrate our trip and details  
Government educated English speaking guides in Bhutan

### Exclusions

International flight to/from New Delhi from your home country  
Travel insurance  
India Visa  
Use of bar and beverages in hotel, laundry, telephone calls or internet and personal shopping  
Tips to your guide and driver  
Other items not listed in “What is included”  
Difference in cost arising due to mishaps, political unrest, natural calamities like - landslides, road blockage, etc.

### Clothing and Equipment list

Footwear:

Comfortable shoes i.e trail shoes or trainers

Flip flops or sandals

Travel clothes:

You will need clothing as follows:

Lightweight waterproof jacket

Casual long sleeved shirt with collar (for visits to Dzongs)

T shirts

Lightweight trousers.

Micro fleece



## Dress Code and Cultural Considerations for Entering Dzongs

It is important to follow the dress code for dzongs, monasteries and lhakhangs. Use the details below to assist with your planning for the trip

Go for smart casual look such as long sleeved shirt with collar i.e no T shirts or short sleeved shirts

Full length trousers or long skirts (ankles must be covered) i.e no shorts, ¾ length trousers or short skirts

Shoes with socks covering ankles i.e no sandals or slippers

No hats and umbrellas allowed

Photographs are only allowed in the courtyard of most monasteries

Walk around Buddhist temples or stupas in a clockwise direction

Turn off your mobile phone and talk in a quiet tone

It is customary to give a small donation when visiting a monastery

## Payment and Cancellation Policy:

### Payment

50% non-refundable in advance payable to Bank Details provided below

50% by 1<sup>st</sup> Aug 2023

### Cancellation

Due to the nature of the tour and dynamics associated with the Bhutan visa and fee policy, advance is non-refundable

### Account Details

Beneficiary's Account Number: 020806000001

Beneficiary's Account Name: HEAT TRAVELS AND TOURS (INDIA) PRIVATE LIMITED

Beneficiary's Bank Name: ICICI BANK LIMITED

Beneficiary's Bank BSR CODE: 6390399

Beneficiary's Bank RTGS / NEFT / IFSC CODE: ICICI0000208

Beneficiary's Bank SWIFT CODE: ICICINBBXXX

Beneficiary's Bank Address: SAHARAN HOUSE, NEAR ANANDALOK HOSPITAL, SEVOKE ROAD, SILIGURI - 734001, WEST BENGAL, INDIA PHONE : +91 9233504328



Message (If Required): PLEASE ASK YOUR BANK TO CREDIT THE FUND TO INTERMEDIARY BANK JP MORGAN CHASE, NEW YORK (SWIFT COAD – CHASUS33XXX & ACCOUNT-FED ABA 021000021) AND ADVISE TO FURTH CREDIT THE FUND TO THE A/C NO. 020806000001 FOR HEAT TRAVELS AND TOURS (INDIA) PRIVATE LIMITED, WITH ICICI BANK LIMITED, MUMBAI INDIA (SWIFT COAD – ICICINBBXXX) WITH SILIGURI BRANCH (IFSC CODE- ICICI0000208).

**After depositing the payments please email us the acknowledgement document of the payment clearly mentioning UI-10517 in the subject line to [mp@mysticart.org](mailto:mp@mysticart.org)**

### Trip Leadership

**Tiffani Gyatso:** Tiffani Gyatso is a Brazilian artist born in 1981. She studied graphic design in Munich, Germany and later specialized in Thangka Painting (Tibetan Buddhist Art). She was introduced to sacred arts at the Gandam monastery in Mongolia and completed her studies at the Norbulingka Institute, in India (2003-06). She works today at her studio Atelier YabYum at the inner state of São Paulo and teaches all over the country and South America. She lectures traditional thangka painting and also gives Immersions on Creative art, self expressions and Art therapy groups which she developed based in body awareness, movement and contemplative arts. ([www.tiffanigyatso.com](http://www.tiffanigyatso.com))

### For More Info

#### **Mukul Purohit**

Executive Producer & Co-founder

Mystic Art Retreats

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E: [mp@mysticart.org](mailto:mp@mysticart.org)

