



# Bhutan

Into the Heart of the Dragon

**K**handro-la invites you on an intimate and deep pilgrimage to know the heart of Bhutan – special ceremonies, meeting locals and experiencing the depth of this ancient land.

**3 distinct trips – 18,12 or 9 days**



**B**hutan – Journey to the heart of this ancient kingdom of the Thunder Dragons – guided by Khandro Thrinlay Chodon, a genuine lineage holder of this ancient tradition.

You are invited to be her personal guest as she travels through this land with which she has a deep connection.

Take the full pilgrimage from west to east (18 days) or experience only the west and centre of the country (12 days). Alternately come only to the ethnic eastern region where there will be a special puja (ceremony).

This intimate journey of the heart will take you from the magnificent Tigers Nest to the true ethnic heart of the country in the East. You will see gigantic mountains, luscious rhododendron forests and local crafted architecture. Meet local people from high Rinpoches to simple farmers. Eat local food and mingle with true heart in the spiritual depth of this great country.

Khandro-la is in a unique position to show you this land. She is the consort of the late His Holiness Ngawang Jigme, the ninth Shabdrung of Bhutan – an indispensable figure in the history of Bhutan. In addition she is



the great granddaughter of the renowned yogi Togden Shakya Shri – an integral master of the esoteric meditation lineage of the Thunder Dragons.

With her deep spiritual knowledge, her connections to the Land of Thunder Dragons as well as her understanding of the Western world, Khandro Rinpoche is the perfect host for this very special journey.

Join us on this unforgettable journey.

## 3 TRIPS

**18 DAYS** 2<sup>ND</sup> – 19<sup>TH</sup> NOV

Home of Bhutan (west to east)



**12 DAYS** 2<sup>ND</sup> – 13<sup>TH</sup> NOV

Eye of Dragon (western and central)



**9 DAYS** 11<sup>TH</sup> – 19<sup>TH</sup> NOV

East Bhutan





## 2<sup>ND</sup> NOV

### ARRIVAL AT PARO

You will be met at Paro airport then check in to your hotel. After lunch we stroll around the town, visit the archery and local shops.

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## 3<sup>RD</sup> NOV

### PARO (TAKTSANG)

Day hike to the famous “Tiger’s Nest”/ Paro Taktsang. Perched on the edge of a cliff 900 feet above the Paro valley, Guru Rinpoche flew here on the back of a tigress.



## 4<sup>TH</sup> NOV

### THIMPHU

Day sightseeing in Thimpu – National Memorial Stupa, the Folk Museum, Traditional Arts and Crafts Institute, views of the city and beautiful gongpas.

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## 5<sup>TH</sup> NOV

### PUNAKHA

Sightsee Thimphu, see the national animal “takin” which defies classification! After lunch we take the scenic drive over Dochula Pass (10,500 feet) to Punakha. View Himalayan ranges and 108 stupas.





Visit Wangue Dzong and its local town on way.

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## 6<sup>TH</sup> NOV

### PUNAKHA



Perhaps the most beautiful valley of Bhutan. After breakfast we visit Chimi Lhakhang, built by Lama Drukpa Kunley also known as Divine Madman. Later visit the majestic Punakha Dzong built in 1637 by Shabdrung Ngawang Namgyal – perhaps the most magnificent in Bhutan.

## 7<sup>TH</sup> NOV

### TRONGSA



Today we take the long yet beautiful drive to Trongsa. Through oak and rhododendrum forests and after lunch we go over the Pele-la Pass and stop at the Chendabji stupa, built in Nepali style to ward off evil spirits on a long journey.

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## 8<sup>TH</sup> NOV

### BUMTHANG



After breakfast we visit the Trongsa dzong, which is spectacularly spread across the ridge above a large



ravine. Later we traverse the final miles to Bumthang. After lunch and settling into our hotel we take an afternoon stroll to Memb Tso – burning lake.

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## 9<sup>TH</sup> & 10<sup>TH</sup> NOV



### BUMTHANG

This central religious heartland, which comprises four valleys, is home to some of the oldest temples in Bhutan and stories of Guru Rinpoche (8th century) are legendary. Jambey Lhakhang (temple) was one of 108 monasteries built to subdue evil spirits in the Himalayas, Kuje Lhakhang (temple) has the body print of Guru Rinpoche and is surrounded


by a beautiful chorten wall. Tamshing was founded by treasure revealer, Pema Lingpa and has beautiful paintings. Jakar Dzong, built in 1549 is used today as an administration centre and houses monks.

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## 11<sup>TH</sup> NOV



### MONGAR / PARO / SAMDUP JONGHA

 **Full day drive over the beautiful countryside to Mongar in the east** – Eastern Bhutan is spectacular wild country. At first you drive through beautiful open valleys and then the country gets more forested until you are in the heart of less developed indigenous areas. People here, known as Sharchopas



are the heart of Bhutan as it has been over the centuries.

 **Journey back to Paro – through high passes and beautiful forests.**


 **East Bhutan group flies into Guwati then heads to Samdup Jongha.**


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**12<sup>TH</sup> NOV**



TASHIGANG / PARO

 **After arriving Tashigang visit the large and most important dzong of the east (religious fortress).**

 **East Bhutan group then joins this group on this morning.** Eat local food and see local farming practices and give yourself up to majestic landscapes.




 **Day sightseeing in Paro.** Paro is a glorious place to relax, shop and enjoy the culmination of your Bhutan visit. Visit Ta dzong – a round watchtower, which now houses the National Museum and its collection of art, relics, spiritual thangka paintings, coins, stamps and handicrafts. The Rinpung dzong, also built by the first Shabdrung, lies on a hill and its entrance is via a wooden bridge and a stone path that runs alongside the imposing outer walls or simply shop and relax.



## 13<sup>TH</sup> NOV



TASHIYANGSTE

  Chorten Kora at Tashiyangste – Place of dakinis in a small idyllic town of the east.  **Eye of Dragon tour completes – you are transferred from your hotel to Paro airport for journey homeward.**

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## 14<sup>TH</sup> NOV



PEMA GATSAL

Travel to and enjoy Jasharwong Gompa (Shakya Shri nunnery).

## 15<sup>TH</sup> – 17<sup>TH</sup> NOV



PUJA

This is a communal tantric practice for the making of medicinal blessing pills (mendrup). The pills are infused with many mantras and long practices over many days. The practice in this case is based on the Mother tantra with Chakrasamvara and Consort as the main deity of the mandala. A rare opportunity as it is not easy to prepare for this puja – getting the right ingredients is difficult and having the blessing and presence of genuine masters. (Last day is Buddha’s Descent from Heaven anniversary).





## 18<sup>TH</sup> NOV

SAMDRUP JONGHA

Drive to Samdrup Jongha.



## 19<sup>TH</sup> NOV

GUWATI

Homeward bound.



# Cost

2<sup>nd</sup> – 19<sup>th</sup> Nov **18 DAYS**

Home of Bhutan (west to east)



AUD\$4900

2<sup>nd</sup> – 13<sup>th</sup> Nov **12 DAYS**

Eye of Dragon (western and central)



AUD\$3420

11<sup>th</sup> – 19<sup>th</sup> Nov **9 DAYS**

East Bhutan



AUD\$2500

Price includes twin share hotel accommodation, all transport and food. Also includes donations to monasteries visited and a donation to “Khachodling” which engages in community projects in memory of Khandro-la’s husband, the late Ngawang Jigme, the ninth Shabdrung of Bhutan.

Cost is ex Paro/and or Guwati (India) We will organize all Druk Air or Indian flights on your behalf.

All international flights, and Indian visa if required, are your responsibility.

**Deposit of 50% due by 7th September 2011**

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## For Registration & more information

### **AUSTRALIA CONTACT :**

**Robyn North Zaman**

**Cell : 0416 165 922**

**Home: 02 – 98100026**

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### **INDIA CONTACT :**

**Druk Expeditions (Dhargyal)**

**91–11– 23738359**

**drukexpeditions@rocektmail.com**

You could also email **jane@khachodling.org**  
(however she is not so available from mid August)



**K**handro Thrinlay Chodon is a lay female Buddhist practitioner and teacher who was born in the Indian Himalayas to a family of great Tibetan yogis.

Her great grandfather Togden Shakya Shri is renowned all over the Himalayas, including Bhutan. Khandro Rinpoche has since childhood been fully trained in her lineage and she later married His Holiness the ninth Shabdrung of Bhutan, living with him in exile and serving all his activities with full dedication, till his early demise in 2003.

Khandro Rinpoche holds a Masters Degree



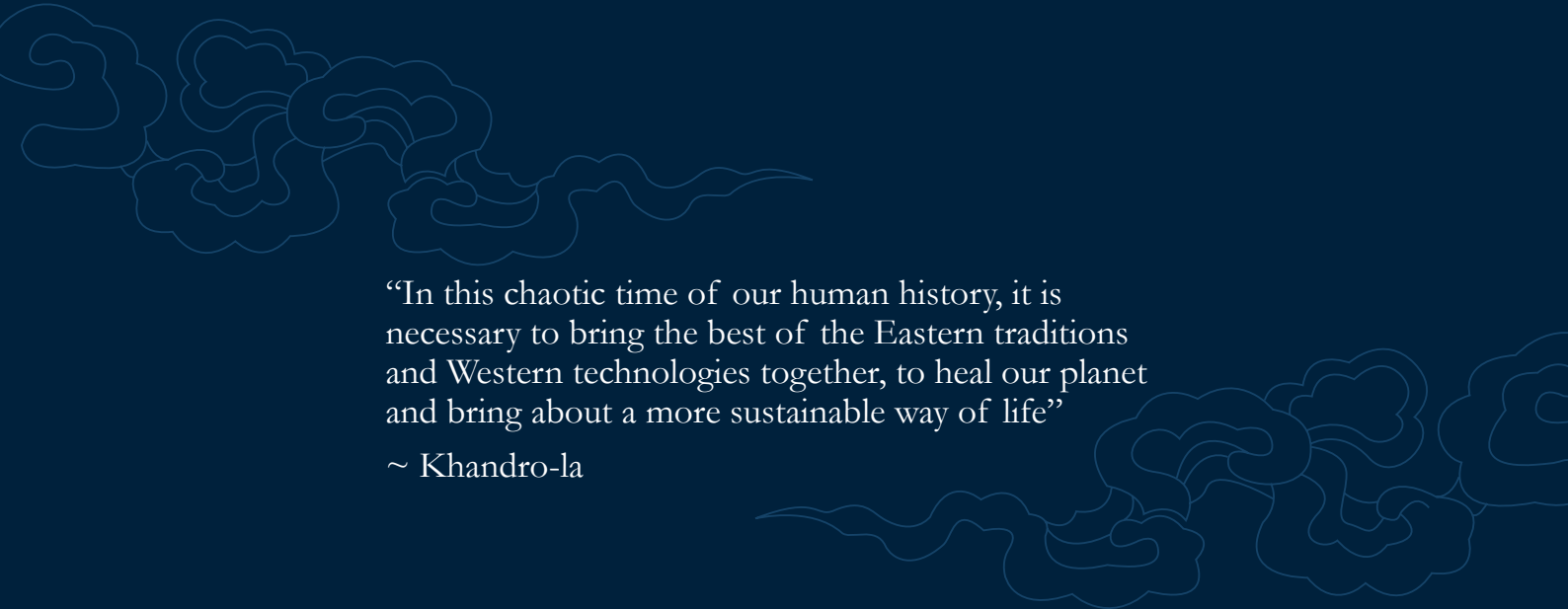
in East – West Psychology from the United States. She is devoted to bringing the wisdom of her ancient tradition alive in our modern world. She focuses on spirituality in daily life.

After the passing of her late husband Khandro-la's life's work and vision "Khachodling" engages in spiritual and humanitarian projects in the remote Indian Himalayas.

"Khachodling" translates as a place where the heart essence of wisdom, known as the feminine principle in Buddhism, is nourished and respected.

Khandro-la is the embodiment of warmth and humanness and her teachings skilfully inspire us to deepen our awareness and courageously expand into the path of wisdom, joy and compassion.

For more information on Khandro Thrinlay Chodon and her Khachodling organisation please visit her website :  
**[www.khachodling.org](http://www.khachodling.org)**



“In this chaotic time of our human history, it is necessary to bring the best of the Eastern traditions and Western technologies together, to heal our planet and bring about a more sustainable way of life”

~ Khandro-la