

NEPAL & BHUTAN

JOIN US FOR A HEALING JOURNEY TO SACRED PLACES
SEPTEMBER 29 – OCTOBER 17, 2018

Welcome to Your Healing Journey to Nepal and Bhutan!

There is something about a journey to sacred places that is life altering beyond words. Experiencing other cultures, discovering the rich diversity of fellow humans sharing our planet and appreciating our commonality are blessings of travel. But, exploring the sacred and divine is truly transformational.

The vibration, the depth of the texture, the vibrancy of the sights, sounds and colors awaken in us a deep knowing not available in the daily ritual of life. The archetypal energy developed over thousands of years transports us to a new height of awareness that no books, pictures or classes can offer. I invite you to join us on a mystical tour of Nepal and Bhutan.

You will experience Unlimited Healing, personal empowerment, deep personal connections, curiosity and fulfillment of life long dreams as part of your spiritual quest. There will be lectures on how to really connect with the sacred sites, healing in sacred places, and meditations and group sessions to expand your awareness.

Nepal

The Kathmandu Valley is the political and religious center of Nepal where caravans have traveled for thousands of years from the low lands of India to the Tibetan plateau. The medieval city squares of Kathmandu, Bhaktapur and Patan provide a rich backdrop for our visit to centuries old monasteries, temples and stupas.

Bhutan

This small remote kingdom nestled in the Himalayas is built around the unique political concept of [Gross National Happiness](#). In addition, it is the first country to be carbon negative based on its commitment to living in harmony with the environment. This stems from its cultural heritage and living in alignment with genuine Buddhist spiritual tradition.

Your Group Leader



Jon Royal is a highly qualified guide and group leader. He is a Life Coach, Unlimited Body and Unlimited Breath Master Teacher, and has traveled to many sacred sites around the

world including: Nepal, Tibet, Bali, Peru, Mexico, Hawaii, The Vatican, Italy, France, and Switzerland.

Since graduating from Grinnell College in 1970, Jon has supported thousands of people on their journey of personal growth, healing and spiritual evolution. He states, "On our voyage from unaware to wisdom, one of the quickest and most profound transformational experiences is available in travel to sacred places. With intention and attention you can pass thru wormholes that transmute your perspective instantaneously."

He applies his wisdom to support your unique and amazing outer and inner experiences – accessing the healing power of the mountains, land, people, culture and ancient traditions.



For more information contact Jon Royal (515) 244-8535 or Jon@JonRoyal-LifeCoach4U.com

Tentative Itinerary

After leaving your home on Saturday, September 29th, 2018 we will rendezvous in Kathmandu on Monday, October 1, 2018. Kathmandu is on the other side of the world and on the other side of the international date line from North or Central America (approximately 11 hours different from Central Daylight time), so you lose a day traveling there.

1: **Arrive in Kathmandu (October 1st)**

You will be welcomed at the Airport and transported to the Shambaling Hotel www.shambaling.com. The hotel is very comfortable and will serve as our base in [Kathmandu](#). Depending on when you arrive, we will visit [Bodhnath Stupa](#), which is about a 15 minute walk from the hotel. We will celebrate with a welcome party and orientation, followed by dinner at the hotel that evening.

2: **Visits in Kathmandu**

On the 2nd, we will begin the day with a Healing Session, then visit [Bodhnath Stupa](#) and have a teaching session with a Lama. We will then travel to Pulhahari, a great monastery situated above Bodhnath with a wonderful view overlooking the valley. We will have lunch at Sechen Guest House and dinner at the hotel.

3: **Kathmandu – NamoBuddha**

In the morning on the 3rd, we will take a two hour drive to [NamoBuddha](#), one of the most sacred spots near Kathmandu. In the afternoon we will take a short and easy walk to the monastery and the small stupa where the Buddha in previous life gave his body to feed a hungry tigress. We will enjoy lunch, dinner and the night at NamoBudha Resort. www.namobuddharesort.com

4: **NamoBouddha - Kathmandu**

We will begin the 4th with a morning meeting at the resort and in the afternoon we will return to Kathmandu. On the way we will visit [Bhaktapur](#), which, along with Bodhnath and Patan, is one of the great [Unesco World Heritage Sites](#). It is one of the most beautiful and enchanting medieval cities in the valley with its small lanes and temples. As we complete our three hour drive, we will have dinner and the evening back at the Shambaling Hotel.

5: **Kathmandu – Patan**

In the morning of October 5th we will visit [Patan](#), one of the three original city-states of the [Kathmandu Valley](#) before Nepal was unified, and complete our visit with lunch at the Patan Museum café. The afternoon will be spent in old town Kathmandu with free time for shopping in the main bazaar of [Thamel](#). After dinner in Thamel we will head back to the hotel.

6: **Flight Kathmandu - Paro Bhutan then drive to Thimphu**

On the 6th we will leave Nepal and take a mountain flight (1 hr) following the Himalayan range with the highest summits in the world (Cho Oyu, Everest, Makhalu, Kanchenjunga) to [Paro](#), Bhutan. We will be welcomed at the [airport](#) and then drive two hours to [Thimphu](#), the Buthanese capital. Along the way we will [cross a suspended bridge](#) to visit Tachogang temple, one of the most beautiful spots in Bhutan. In Thimphu we will then visit [Tashichhoe Dzong](#), the main dzong (administrative and monastic fortress) of Bhutan. We will finish the day with dinner at our hotel in Thimphu.

7: **Thimphu - Punakha**

On October 7th we will drive about three hours on a picturesque winding road thru the mountains to [Punakha](#). This will include crossing the [Dochula Pass](#) (3150 m, approximately 10,332 ft). After lunch in Punakha we will hike thru rice paddies and villages to the [Kamsum Namgyal stupa](#). We will have dinner and spend the night at the Hotel Vara Resort or Punatsangchhu cottages.

8: **Punakha**

We will spend the 8th day in Punakha. After this we will drive back to visit the beautiful [Punakha Dzong](#) built in 1637 at the confluence of 2 rivers. After a short 20 minute walk we will also see [Chime Lhakhang](#) (XVI century), a temple built by the great divine madman Droukpa Kunley. Upon return to the hotel you will have free time.

9: **Punakha - Trongsa**

The 9th we will drive on the most beautiful road of Bhutan with white summits, forests, landscapes, villages, and prayer flags. Crossing Rukupji, Chendebji and Tangsubjii villages, our four hour drive will end in [Trongsa](#). Here we will visit the old [Trongsa Dzong](#) built in the XVII century. It is massive and is the most strategic in Bhutan. Our dinner and housing will be at the Hotel Yangkhil

10: **Trongsa - Tharpaling – Bhumthang**

In the morning on the 10th we visit the newly opened [Tower of Trongsa Royal Heritage Museum](#) set in the Ta Dzong, an old watch tower. The Museum displays more than 250 objects from the Wangchuck dynasty including the Crow Crown of the first king. Departing Trongsa, we will have a beautiful drive through the Chume Valley to the [Tharpaling](#) retreat monastery. It is in an incredible setting seldom visited by tourists.

Note: If the group is ready for an easy hike, we can reach Bhumthang Valley on foot (3 hours) following the old caravan trail (45 minutes up to reach the pass with a great view and an easy forest walk downhill to Jakar). Otherwise we will drive to Bhumthang. We will enjoy some free time and spend the night at either the Hotel Ugyenling or Mountain Lodge.

11: **Bhumthang**

On the 11th we will have a Healing Session and explore [Bhumthang](#), a small and remote valley in central Bhutan which has always been the spiritual center of the country. Bhumthang hosts more than 15 monasteries and temples, the earliest dating back to the VIII century. According to time and motivation, we can visit a few historic monasteries such as Kurjey, Tamshing or Jampay Lhakhang and keep some free time to enjoy this incredibly beautiful place. We will enjoy lunch, dinner and the night in the hotel.

12: **Bhumthang – Tang Valley**

After a short drive on the 12th, we will reach the Tang Valley which is beyond most tourist itineraries. Here we will visit [Ogyen Chholing Mansion](#), property of the Shabdrung family. Perfectly restored and maintained, the mansion has been transformed into an ethnic folk museum. We will take a short, easy two hour walk through pastures and old villages where we will enjoy a picnic on the river side. Dinner and the evening will be spent at the hotel.

13 : Flight Bhumthang- Paro

On the morning of the 13th we will take a 35 minute flight to Paro. Depending on the exact schedule, we will have a free morning in Bhumthang or a free afternoon in [Paro](#) to visit Paro Dzong, one of the most beautiful of Bhutan. We will spend the night at the Hotel Gangtey Palace in Paro.

14 : Paro Takshang

On the 14th, we will visit the most venerated pilgrimage place for the past 1200 years, [Taktsang](#) (Tiger Nest) which is hanging 600 m (approx. 2,000 ft) on a cliff above Paro Valley. Consecrated by Guru Rimpoché (Padma Sambhava), the founder of tantric Buddhism in the Himalayas, the temples are built around his meditation cave. Since then, thousands of masters have meditated here. On the way, we will visit [Kyichu Lhakhang](#), one of the oldest temples in Bhutan (7th century). Dinner and evening back at the hotel

15 : Flight Paro – Kathmandu (15th October)

On October 15th, we will take a morning flight to Kathmandu. You will have the afternoon free to [shop](#), visit more of Kathmandu or just relax. We will enjoy a celebration evening and dinner at the Shambaling Hotel

16 : Departure transfer (16th October)

On the 16th, you will be transferred to the airport to catch your flight home.

You will probably arrive home on the 17th depending on your destination and flight connections.

(If you wish to add a supplement to the trip, the staff at our travel agency will be happy to assist you in planning your personal excursion. Let us know and we will get you connected.)

The above is listed as a Tentative Itinerary because sometimes on a Healing Journey surprise opportunities arise. We will be working with the guides throughout the trip to offer you a spectacular experience.

Common Questions

Why go to Nepal and Bhutan in the Fall?

Since Nepal and Bhutan are located in the Himalayan mountains, it seems like fall in Nepal and Bhutan would be cold, but it is actually the best time of year to go. The countries are on approximately the same latitude as Florida and the fall avoids the monsoon season that runs through summer into September. The down side is that it is also the most popular time to go. Since there are only two airlines offering limited flights from Nepal to Bhutan it makes getting tickets difficult. We have reserved 12 seats at this time and if demand is great enough, we will get up to 6 more. However we may have to pay for or relinquish the seat sometime in May so reserving your slot(s) now assures your place for this once in a lifetime trip.

How much is tuition?

The \$6,850 tuition includes all group transportation, and full room (double occupancy) and board in Nepal and Bhutan from pick-up on October 1, 2018 to departure on October 16, 2018.

(Single room supplement \$695.) International flights to and from Nepal are not included. You are free to book your own flights or you can work with our travel agent to book on a group ticket.

How do you Register or get additional information?

Call for questions and to Register: (515) 244-8535 or send in your Registration Form (address found on Form) with your full tuition of \$6,850 (non-refundable) or a deposit of \$3,425 (non-refundable) made out to The Center for Health & Harmony. Full balance is due before August 1, 2018. Get your Registration Form by emailing your request to Jon@JonRoyal-LifeCoach4U.com or calling Jon Royal (515) 244-8535.

How do you get to and from Kathmandu, Nepal from home?

- International flights to and from Nepal are not included.
- You are free to book your own flights or you can work with our travel agent to book on a group ticket.

What is included in the \$ 6,850.00 US price?

- Teachings, guidance and support.
- All local group transfers and transport by private vehicle in Nepal and Bhutan.
- All accommodations according to the program in Nepal and Bhutan.
- Full board in Nepal and Bhutan beginning with dinner on Oct. 1, 2018 thru breakfast Oct. 16, 2018.
- English speaking local guides in Nepal and Bhutan.
- Entry fees during visits to sites and monasteries in Nepal and Bhutan.
- Visa in Bhutan (done by travel agency).
- Round trip flight from Kathmandu to Paro.
- Flight from Bhumthang to Paro.
- Single room for entire trip if you purchase the single supplement.

What is not included?

- International flights to and from home to Kathmandu, Nepal.
- Visa in Nepal (It can be done upon arrival at the airport with \$30 US and 2 passport photos).
- Compulsory Travel Insurance.
- Tips, donations, personal expenses, drinks, shopping, personal transportation, etc.

How much extra money should you bring?

Regarding bringing pocket money, bring travelers checks or cash in different denominations. You can use credit cards to a certain extent in Kathmandu. Most people will bring between \$200 and \$600 unless you want to make large purchases. I suggest that you use the money precautions you would on any far away travel.

What about High altitude?

This trip is accessible to anybody in good health. The altitude will be less than 12,000 feet in the passes which is approximately the height of Trail Ridge Road in Rocky Mountain National Park. To make it really easy on everyone, we have planned a gradual transcending to higher altitudes, with a few days acclimatization in Kathmandu before we go through any mountain passes.

Should you get travel insurance?

Repatriation travel insurance, which covers the cost of repatriation, medical expenses and hospitalization is required for this trip and must be provided to complete your booking. Some credit cards offer this if you use their card to pay for the airplane ticket. However, the Lonely Planet guide books on Nepal and Bhutan say - A travel-insurance policy to cover theft, loss and medical problems is always highly recommended. Most policies will cover costs if you are forced to cancel your tour because of flight cancellation, illness, injury, or the death of a close relative. This can protect you from major losses due to Bhutan's prepayment conditions and hefty cancellation charges. There are a wide variety of policies available so check the small print carefully to be sure it covers ambulance rides or an emergency helicopter airlift out of a remote region or an emergency flight home. You may prefer a policy that pays doctors or hospitals directly rather than you having to pay on the spot and claim later. In Nepal, most medical treatment must be paid for at the point of delivery. If your insurance company does not provide upfront payment, be sure to obtain a receipt so you can reclaim later. Some policies ask you to call back (reverse charges) to a center in your home country where an immediate assessment of your problem is made. This is not possible in Bhutan.

What vaccinations are required?

You are not required to have any vaccinations for traveling in Nepal and Bhutan if you are coming from the US or Canada. Check with your doctor and state department. If you are coming from a country with a yellow fever zone you may be required to offer proof of vaccination.

The U.S. State Department states that Tuberculosis can be a problem in some areas. It appears according to their guidelines that we will probably be ok, but you should check with your doctor to be certain. Be up-to-date on all recommended vaccinations, per [CDC's information](#). You can also check with the U.S. State Department for [travel advisories](#).

The Government of Bhutan recommends that visitors obtain tetanus, typhoid, and hepatitis A inoculations before traveling to Bhutan. Hepatitis B, Japanese Encephalitis, and rabies vaccines are recommended for prolonged stays for people at risk. The influenza vaccine is also recommended.

Health questions?

Consult with your doctor if you have any health conditions. Have them provide you with written and signed diagnosis and prescriptions for any medications. Have them in their original, clearly labelled container. Bring extra medication because if it is lost or stolen you will probably have a hard time replacing it.

Nepal is not clean, but most shops, restaurants and hotels have taken precautions to accommodate foreigners. Bhutan is clean, but you should still drink bottled water and avoid ice. The Lonely Planet books on Nepal and Bhutan have excellent sections on health while traveling which is far too extensive to include here.