

	DAY 5		DAY 6		DAY 7		DAY 8
Time	Paro / Dechen Pelri / Bumthang		Bumthang		Bumthang / Paro		Paro
0700	Breakfast		Breakfast		Breakfast		Breakfast
0800	Mindfulness & Meditation with Lama	Hike with Team Guide	Mindfulness & Meditation with Lama	Hike with Team Guide	Mindfulness & Meditation with Lama	Hike with Team Guide	
0900	At Leisure Shower / Breakfast		At Leisure Shower / Breakfast		At Leisure Shower / Breakfast		Departures Depart Paro, Bhutan at 800am and arrive Bangkok, Thailand at 12:10pm No Singapore flights available on Thursday, October 10 Delhi & Kathmandu flights available
1000	Private Charter Flight to Dechen Pelri 45 min scenic flight to Gelephu <i>flight time to be determined</i>		Bike to Mebar Tsho (Burning Lake) - One hour flat mountain ride from hotel to lake - Meeting with spiritual teacher of Mebar Tsho - Take part in ritual with floating butter lamp - One hour flat bike ride back (or SUV transport) to riverside lunch		Activity - A Portrait of Bhutan (Photography Activity) - The Monks of Bumthang - An Inside look at Monastic Life - River Rafting (class 2) <i>All activities TBD based on flight time.</i>		
1100	Meet the Change-makers <i>The women of Dechen Pelri</i> Immersion with Dechen Pelri Village - Traditional welcome and prayer in Lhakhang followed by gathering under ceremonial tent - Lunch with district officials & village residents - My Story: sharing of inspirational stories - Visit to community radio station and daycare - Visit homes constructed with local brick - Time permitting: hands-on activities with community groups		Riverside Picnic Lunch <i>casual and at leisure</i>		Lunch <i>TBD based on flight time</i>		
1200							
1300							
1400			Private Charter Flight to Paro 30 minute scenic flight to central Bhutan <i>flight time to be determined.</i>				
1500	Private Charter Flight to Bumthang 30 minute scenic flight to central Bhutan <i>flight time to be determined</i>		Meet the Change-makers <i>The women of Bumthang</i> The Bumthang Heartland Immersion Experience and engage grassroots food & beverage purveyors, and the Bumthang Yathra (woollen textile) workshop, walk Chakhar town		Options: SUVs available for souvenir shopping and local tours		
1600							
1700	At Leisure		At Leisure		At Leisure		
1800							
1900	Drinks & Dinner at Hotel <i>Drinks available before sunset, dinner at 6:30pm</i>		Farmhouse Dinner Local farmhouse favourite of Bhutan's Royal Family <i>depart hotel for farmhouse at 6:30pm</i>		Sunset Drinks & Closing Dinner Zhiwaling - Overnight at Zhiwaling - Outdoor cocktails, canapes in private indoor bar - Casual dinner in Bhutan's most stunning hotel lobby		
2000							
2100	<i>Optional Activity:</i> Drinks at Hotel Bar		<i>Optional Activity A:</i> Stargazing		<i>Optional Activity B:</i> Drinks at Hotel Bar		
2200							