



Path of the Thunder Dragon

A Bhutanese Quest



A Yoga and Adventure Retreat with **Tanvi Mehra**

November 20-26





Join us this November for a transformative retreat in the heart of Bhutan — the Land of the Thunder Dragon. Nestled deep in the Eastern Himalayas, Bhutan is a place where ancient tradition meets pristine natural beauty, offering the perfect backdrop for reflection, healing, and renewal.

As the autumn leaves fall and the air turns crisp, Bhutan reveals its most breathtaking side — golden rice fields, clear blue skies, and snow-capped peaks. November is a sacred window between the monsoon rains and winter snow, making it an ideal time to explore the inner and outer landscapes.





About Tanvi Mehra

A certified Yoga-trainer and professional dancer, Tanvi Mehra founded Tangerine Arts Studio, a multi-disciplinary space, in Bombay with the aim to provide lovers of art and fitness easy access to a variety of wellness routines within one venue.

When she's not at Tangerine teaching yoga or learning dance herself, Tanvi takes frequent trips around the world to spend time in nature, practise yoga and meditate.

A decorative graphic at the top of the page. On the left, there is a stylized leaf branch. On the right, several small birds are shown in flight against a light blue background.

About the Yoga Sessions

Our yoga sessions will unfold against the backdrop of the majestic Himalayas.

We will practise to the rising or setting sun, to the soundtrack of birds and swaying trees. Each of our yoga sessions will offer a harmonious mix of asanas, pranayamas, mobility work and stretching, so that you feel revived on the mat, and by the surroundings.





Weather

November in Bhutan is a magical time when the air turns crisp and clear, offering a pristine backdrop for a yoga retreat. As the last days of autumn embrace the country, the weather is refreshingly cool, with daytime temperatures averaging between 15°C (59°F) and 20°C (68°F), making it ideal for outdoor practice and quiet contemplation.

The mornings are often accompanied by a soft, misty haze that lifts as the sun rises over the snow-capped peaks, bathing the landscape in a golden glow. The air is thin and invigorating-clean, pure, and crisp, allowing each breath to feel deeper and more expansive.





Locations

Thimphu

Nestled in a serene valley, Thimphu blends tradition and modernity, offering a peaceful start to your journey. Surrounded by forested hills, it's ideal for grounding practices and mindful exploration.

Punakha

Home to the majestic Punakha Dzong, this lush valley exudes harmony and spiritual energy. The confluence of rivers and fertile landscapes create a perfect backdrop for deep inner work.

Paro

A sacred valley dotted with monasteries and mountains, Paro invites deep introspection and healing. It's home to the iconic Tiger's Nest, a place of powerful energy and stillness.



Where you'll stay



The Postcard Dewa, Thimphu



Where you'll stay



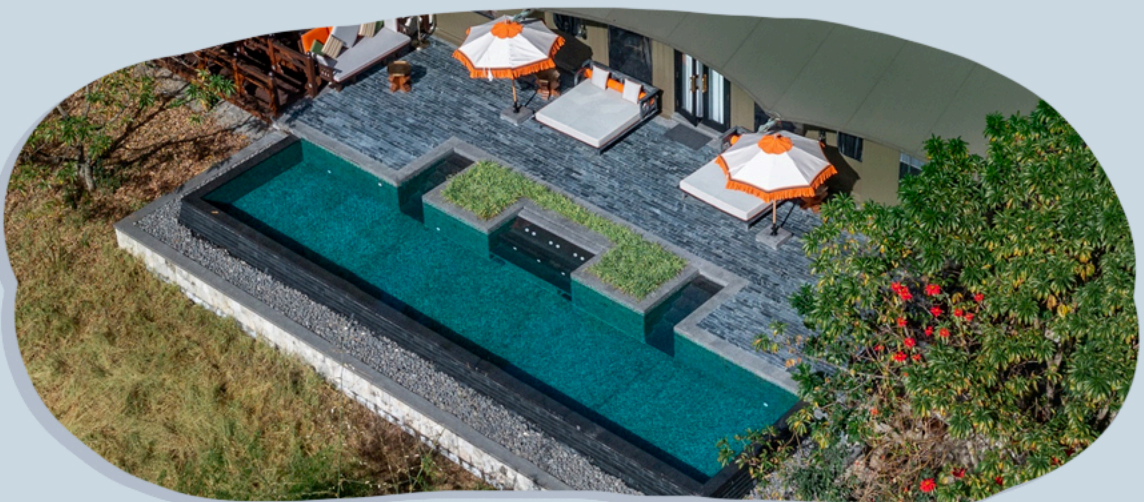
Zhiwaling Heritage, Paro



Where you'll stay



Pemako, Punakha



How to get there?



- ## Book Your Flight

Please book your flight to Paro Airport from your travel destination. If travelling from Mumbai please book on **November 20, 2025, (B3 701 Bhutan Air)** and your return from Paro on **November 26, 2025 (B3 700 Bhutan Air).**

- ## Ground Transfers

Ground transfers and travel to and fro within bhutan will be provided by us!



Daily Rhythm



- We will start or end the day with soulful yoga and meditation surrounded by Bhutan's peaceful landscapes.
- The day will be a blend of adventures, cultural sights, and mindful leisure, with plenty of space to rest and recharge.
- Together we will savour wholesome meals and moments that nourish both body and spirit.





Itinerary

Day 1

Welcome to Bhutan!
(Paro → Thimphu ^{1 hr})

- Arrive at Paro Airport.
- Quick stop at Tachog Lhakhang for our first taste of Bhutan's charm.
- Drive to Thimphu to check into the hotel.
- Unwind with a cozy dinner + bonfire night.
- Overnight in Thimphu.



Day 2

Explore Thimphu



- Breakfast at the hotel.
- Buddha Dordenma (giant golden statue).
- Takin Preserve
(meet Bhutan's national animal).
- Wangditse Hike - A gentle trail
with epic valley views.
- Stroll through Thimphu Market.
- Dinner at the hotel.
- Overnight in Thimphu.





Day 3

Off to Peaceful Punakha (2 hrs)

- After breakfast, drive via the scenic Dochula Pass (stop for stunning views + 108 chortens).
- Arrive in lush Punakha, check into your hotel.
- Visit the iconic suspension bridge & majestic Punakha Dzong.
- Join monks for a prayer flag ceremony.
- Overnight in Punakha.



Day 4

Hike, Raft & Play

- Start the day with a short hike to Khamsum Yulley Namgyal Chorten.
- River rafting on the Mo Chhu River.
- Enjoy a picnic lunch by the riverside.
- Evening football match with monks.
- Overnight in Punakha.



Day 5

Punakha → Paro (3 hrs)



- After breakfast, head back to Paro.
- Scenic stop at Saba River Point.
- Settle into the hotel and enjoy some chill time.
- Dinner at a secret location.
- Overnight in Paro.

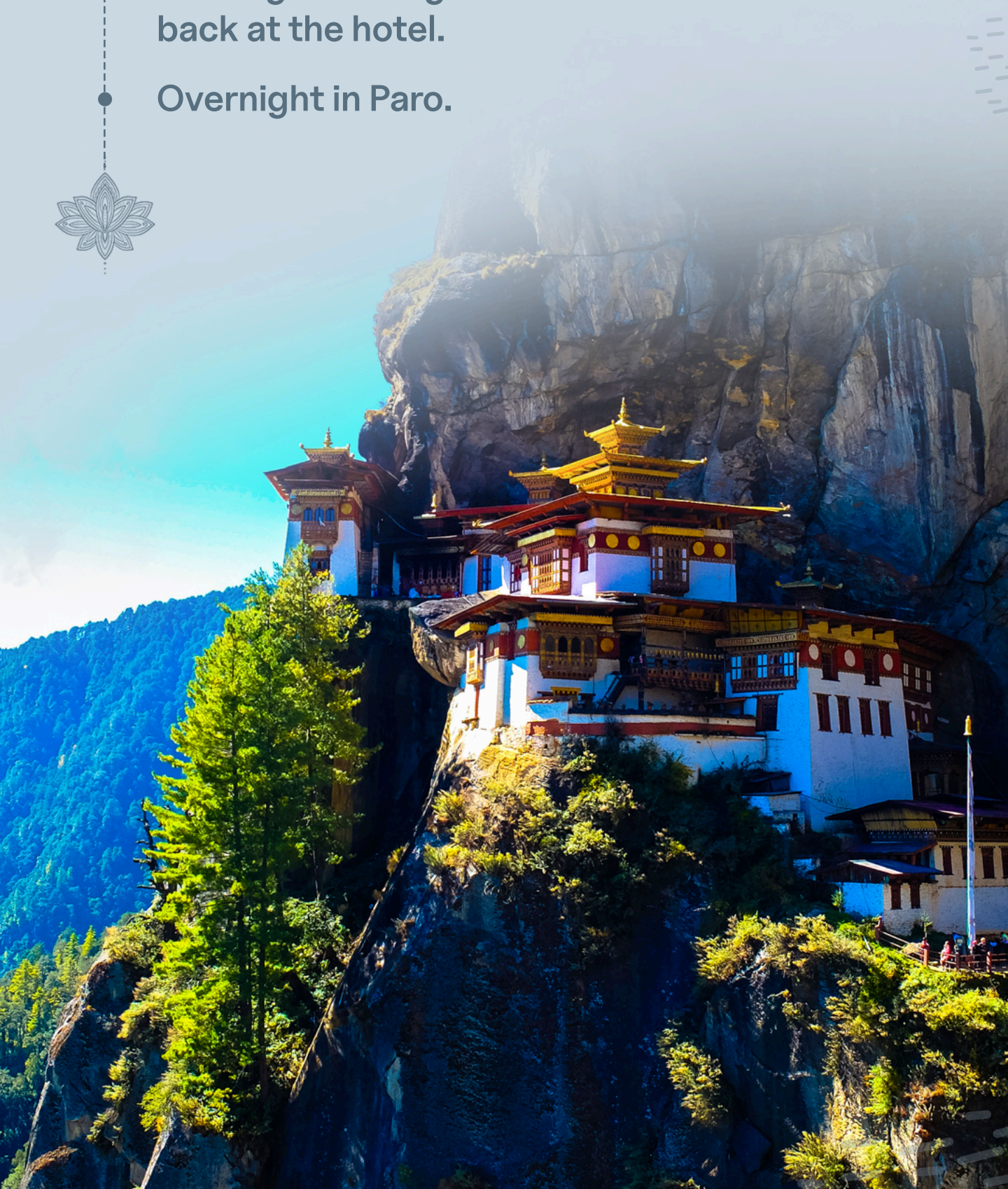


Day 6

The Big Hike - Tiger's Nest



- Early breakfast, then hike to Taktsang Monastery (Tiger's Nest) Bhutan's most iconic spiritual site.
- Connect deeper with a monk-led meditation & Buddhism talk.
- Evening candlelight dinner back at the hotel.
- Overnight in Paro.



Day 7

Farewell Bhutan



- Final breakfast together.
- Drive to Paro airport.



What's included?

- All accommodation on double sharing.
- Daily yoga sessions.
- Breakfast & Dinner at the hotel.
- Airport pick and drop from Paro airport.
- All transportation by private car (2 nos. Toyota ho-roof bus).
- A licensed English-speaking Bhutanese tour guide throughout your tour.
- Route permit to travel in Bhutan (online permit- passport).
- All local taxes and charges.



What's included?

- Extra services: mineral drinking water.
- River rafting charges at Mo-Chhu river in Punakha.
- 1 riverside picnic lunch at Punakha's Mo-Chhu river.
- SDF of Rs. 1200/- per person per night.
- All entrance fees of museums and cultural sites.
- One football match with monks either in Paro or Punakha.
- One meditation session with a monk.
- Dinner experience at a secret location.



What's not included?

- Airfare (can book at additional charges).
- Any meals not mentioned in the inclusions.
- Sound bath charges.
- Tips for guide, drivers and other staff.
Trekking accessories like sleeping bags and shoes.
- Personal related expenses like calls, beverages, alcohol, laundry, donations to monasteries and temples, souvenirs, shopping, etc.





Land Package Cost

₹3,50,000*

+18% gst

P E R P E R S O N

Early bird pricing, subject to price surge
Limited Spots only



Terms & Conditions



- Payment in full is preferred.
- To enquire about payment in instalments please contact 9867369960.
- No discounts.
- No refunds.
- This retreat cannot be transferred to another person except for whom the retreat is booked for.



For Payments

Bank Details

A/c Name: TAS ENTERPRISES

Bank: ICICI Bank Limited

Branch: Waterfield, Bandra West

A/C No: 003805013601

IFSC: ICIC00000038



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