

India

March

11th-19th, 2026





An experience that is both, culturally immersive,
and spiritually touching.



India is a land full of mysteries, about 650,000 temples and great palaces; which were inhabited hundreds of years ago by kings and maharajas.

On this journey through the millenary culture of India, we will learn part of its history, and we'll go further.

In addition to living great experiences in places like Jaipur, Amritsar, and Dharamasala, we'll scout the oldest city in India, Varanasi and the majestic Ganges river, and we'll live its spiritual energy concentrated in every corner of this ancient city.





Itinerary



day 01

Amritsar

Wednesday, March 11th

- Arrival in Amritsar
- Visit the Golden Temple, not only a central religious place of the Sikhs, but also a symbol of human brotherhood and equality. Everybody, irrespective of cast, creed or race can seek spiritual solace and religious fulfillment without any hindrance.
- Transport to Dharamasala



day 02

Dharamasala

Thursday, March 12th

- Yoga, meditation, satsang
- Breakfast
- Visit Namgyal Monastery, often referred to as Dalai Lama's temple, it has nearly 200 monks, representing all four main Tibetan monastic lineages.
- Visit McLeod Ganj markets for shopping and cultural immersion
- Transport back to the hotel



day 03

Dharamasala

Friday, March 13th

- Yoga, meditation, satsang
- Breakfast
- Free time at the hotel
- Group Breathing Session



day 04

Jaipur

Saturday, March 14th

- Breakfast & Check out
- Transport to airport
- Fly to Jaipur via Delhi
- Arrive at hotel in Jaipur
- Satsang and gentle yoga



day 05

Jaipur

Sunday, March 15th

- Yoga, satsang, meditation
- Breakfast
- Visit Fort Amber
- Visit block printing shops and learn about this old technique that is still done today, by hand, requiring expertise and precision.
- Transport back to hotel



day 06

Jaipur

Monday, March 16th

- Yoga, satsang, meditation
- Breakfast
- Free time at the hotel
- Breathing session



day 07

Varanasi

Tuesday, March 17th

- Transport to airport
- Fly to Varanasi via Delhi
- Arrive at hotel by boat
- Satsang



day 08

Varanasi

Wednesday, March 18th

- Early rise for boat tour, through the Ganges river, at dawn, and see the crematorium Ghats of Varanasi
- Stroll through the Goudalia neighborhood, one of the oldest in Varanasi
- At sunset we'll join a Puja ceremony at the banks of the Ganges



day 09

Thursday, March 19th

- After breakfast, transport to airport for Delhi
- Take flight back home or stay in Delhi to depart for Bhutan on March 20th



Hotels



Anopura, Jaipur









Brijrama Palace, Varanasi









Brij Anayra, Dharamasala









Bhutan

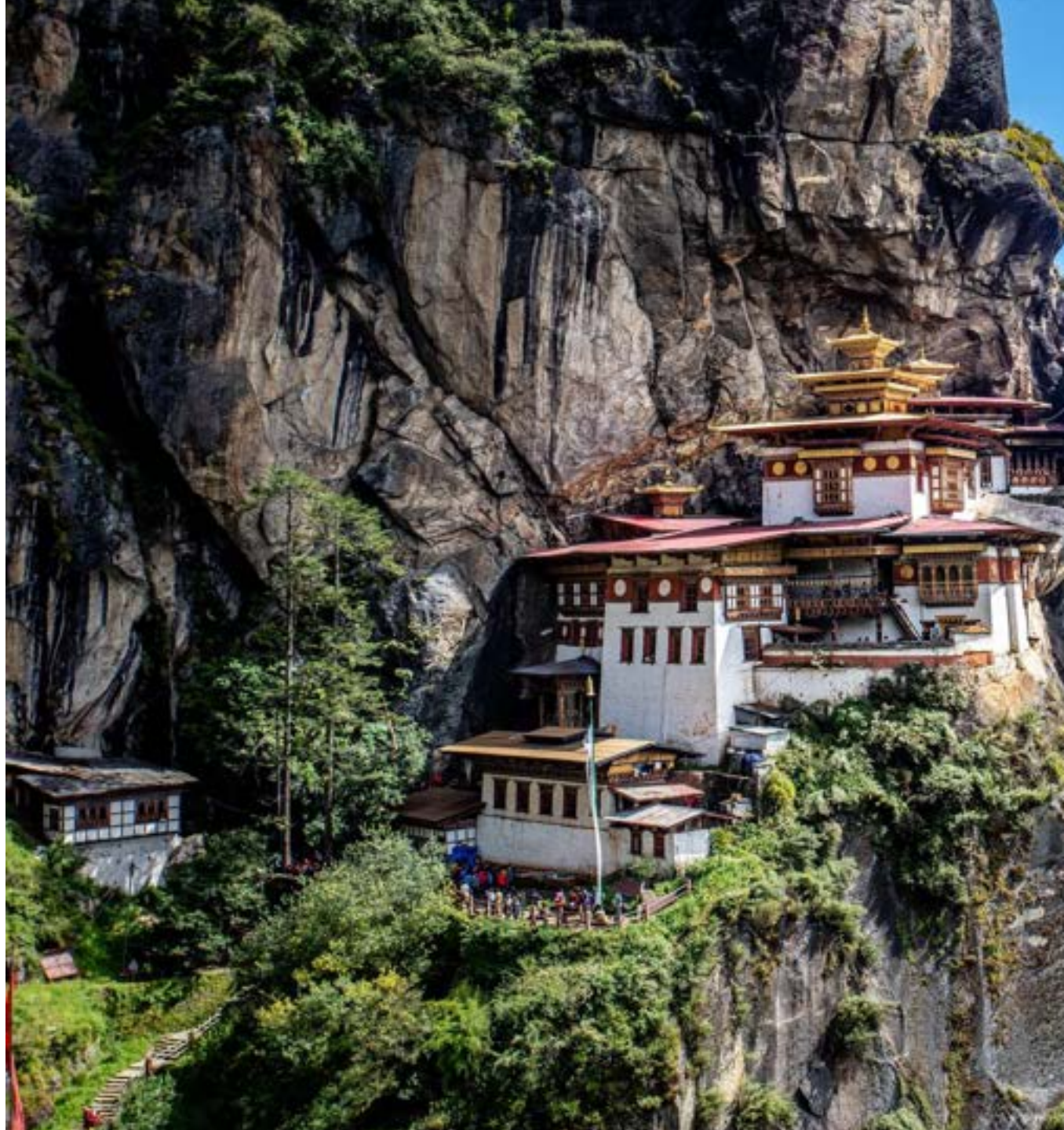
March
20th-26th, 2026



Bhutan is a small, landlocked country nestled in the eastern Himalayas between China and India. Known for its stunning natural landscapes, rich cultural heritage, and commitment to preserving its environment,

This is a journey of self discovery through immersion into Bhutan's rich cultural, spiritual, and pristine natural environment. We will be visiting 8th to 14th century temples, holy sites, and caves, small hamlets, and traveling across valleys, deep forests, pines, orchids, rice fields, and orchards.

We will be meeting monks and nuns, and scholars, engage in deeply enriching discussions. We will also indulge in Bhutan's national pastime of eating chilies and doma. Bhutan's fast running rivers provide for some thrilling adventures but we choose to raft down the calm Mochu river at Punakha.





day 01

Paro and Thimphu

Friday, March 20th

- Arrival in Paro
 - Visit National Institute of Art & Craft
 - Lunch at Folk Heritage for a taste of Bhutanese cuisine
 - After lunch, visit the nunnery at Zilukha
 - Visit the National Memorial Chorten, considered one of the most sacred modern chortens conceived by His Holiness Dudjom Rinpoche.
 - Arrive at hotel
 - Group meeting and Satsang
 - Group Dinner
- NOTE: for those traveling to India and Bhutan, we will stay the night at the hotel in Aerocity and board flight Delhi-Paro, Druk Air KB 202 at 0445 and arrive at Paro at 0715. Both the hotel night and the air ticket Delhi to Paro, Bhutan are included in the India & Bhutan Bundle Retreat.



day 02

Thimphu

Saturday, March 21st

- After yoga and meditation we head out to our day visits
- Traditional handmade paper making at Lungtenzampa
- Visit the Buddha Dordenma, at 54m tall it is one of the largest in the world. The statue was built for world peace and it is a beautiful location for meditation
- Lunch at Khenpo (Dr) Karma Phuntsho center. We will taste cuisine from his village in Bumthang
- After lunch we will have a meditation session with Dr Karma Phuntsho, a Buddhist scholar, historian and social worker. Afterwards, we may feel inclined to discuss subjects ranging from spiritualism to any mundane issues.



day 03

Punakha

Sunday, March 22nd

- After yoga and meditation we head out to our day visits
- We will drive to Punakha, and on the way stop at the Dochula Pass (3140m) and walk around the 108 stupas
- Visit the Punakha Dzong, one of the largest and most impressive, built on the confluence of two rivers, Phochu and Mochu.
- After a short hike, passing through rice fields, we will raft the calm and safe waters of the Mochu river. Mo means female, therefore calm and safe.



day 04

Paro

Monday, March 23rd

- After yoga and meditation we head out to Paro
- Visit Bhutan National Museum, built in 1649. It houses Himalayan and Bhutanese artistic, cultural, and anthropological artifacts and tradition.
- Visit the Dzong and stroll down over the historic stone paved path, crossing the cantilever bridge into town for lunch and shopping.
- After lunch visit the Dzongdrakha monastery above Bondey valley, also known as mini Taktshang.



day 05

Paro

Tuesday, March 24th

- After yoga and meditation we will have the morning free to enjoy the grounds of the hotel and enjoy its services and peaceful surroundings
- Afternoon stroll in town and shopping



day 06

Paro

Wednesday, March 25th

- After meditation we will head out to visit the Taktshang. This is a 4 mile hike to the well known Tiger's Nest, at a 2950m altitude. The legend has it that Guru padmasambhava flew on the back of a tigress from Singye Dzong as Dorji Drolo (one of the manifestations of the Guru himself) and meditated in the cave to tame spirits and forces of darkness and negativities that infested the area. The rock face on which it is built resembles the face of Dorji Drolo.
- This may well be the highlight of the visit to Bhutan. A very enjoyable and fulfilling trek physically, mentally, and spiritually.



day 07

Paro

Thursday, March 26th

- Depart for airport



Hotels



Spirit Sanctuary, Paro











Zhiwaling Ascent, Thimphu







Dhensa, Punakha









Early Bird

(register by May 30th with payment plan)

India only

\$5,399

Bhutan only

\$4,599

India & Bhutan

\$9,498 (save \$500)

Regular Price
(After May 30th)

\$5,600 India

\$4,800 Bhutan

\$9,900 India & Bhutan Bundle

How To Register:

Deposit \$799 (non-refundable)

Via www.bodhiyogastudio.com

or at the studio (786) 732-6233

Balance payment plan:

25% by June 15th

25% by August 15th

25% by October 15th

Final payment by December 15th

INCLUSIONS

INDIA

- 8 nights, 9 days lodging
- Assistance at the airport on arrival
- Tour guide in English
- Entry tickets for programmed excursions and visits
- Private bus transportation with A/C
- Bottled water on the bus
- 3 Domestic tickets within India: Dharamasala-Jaipur, Jaipur-Varanasi, Varanasi-Delhi
- Daily Yoga, meditation, Satsang
- Breathing Sessions
- Bottled water on the bus, daily
- Daily Breakfast and Lunch
- Indian yoga rug

BHUTAN

- 6 nights, 7 days lodging
- Assistance at the airport on arrival
- Tour guide in English
- Entry tickets and fees for programmed excursions and visits
- Private bus transportation with A/C
- Bottled water on the bus
- Daily yoga, meditation, Satsang
- Breathing Sessions
- Bottled water on the bus daily
- Daily Breakfast, Lunch & Dinner



EXCLUSIONS

- Travel and medical insurance
- Tips
- International air ticket
- Visa
- What's not mentioned in the *Inclusions* section
- Dinner not included for India portion
- Bhutan Sustainable Development Fund imposed by the government, paid at the time of visa (\$100 per night)



General Conditions

- Deposits are non refundable for any reason
- Retreats payments are non refundable if you cancel within a 3 month window of the retreat start date. If cancelation occurs prior to the 3 month mark, Bodhi Yoga will refund 50% (excluding the deposit).
- You are responsible for having your passport and ID with you at all times.
- We will provide you with all the information necessary to complete your trip (visa, medical certifications, vaccinations, etc). You are responsible for getting them and bringing them with you.
- In case of missed flights because of tardiness, lost luggage, or any other inconvenience, you will be responsible for the purchase of another ticket or recovering luggage.
- All activities are optional and you may decide to not participate. However, any transportation, services, or meals outside of the set itinerary, are not included, and will be your responsibility. If during the program, day visits, excursions, activities you want to return to the hotel, you will be responsible for getting your own transportation.
- In case of sickness or any other health issue, you will be responsible for getting medical attention needed.
- Anything that falls outside of the itinerary is your responsibility.



Your Hosts



Ximena, Bodhi Yoga



Vic, Citizen Yoga



*...travel far enough,
you meet yourself...*



www.bodhiyogastudio.com

ximena@bodhiyogastudio.com

vicblessings@icloud.com

+1.305.904.0631 Ximena

+1.414.979.1151 Vic