

Inner Silence at Amankora
11 – 18 January, 2010

Recognised as the last surviving Buddhist Himalayan Kingdom, Bhutan is true to its cultural, spiritual and social traditions. Embark on a spiritual journey through the country's western and central valleys and embrace the inner silence reflected in its natural beauty and Buddhist teachings.

Using a simple Buddhist technique called "mindfulness" to bring together awareness of mind, body and breath, this eight-night kora (journey) develops a deep self awareness. Guided by Mystic-Asia's Mala Barua, the retreat incorporates practices from Tantric Buddhism prevalent in Bhutan as well as Vedantic principles.



Amankora is a series of lodges located throughout the central and western valleys of Bhutan.

Inner Silence at Amankora
An Eight-Night Offer (11 – 18 January, 2010)

Suite (Double occupancy)	US\$11,200*
Suite (Single occupancy)	US\$10,400*

- * Rates are based on eight nights' accommodation in a combination of Amankora lodges inclusive of all meals, house beverages, laundry and land transfers.
- * Rates are subject to 15% government tax and service charge, daily FIT surcharge of US\$40 (single occupancy) / US\$60 (double occupancy), government royalties of US\$65 per person per day and Tourism Development Fund Tax of US\$10 per person.
- * A visa application fee of US\$20 will be charged at time of booking.
- * Rates and taxes are subject to change without notice.

Begin each morning with a zen walking meditation that helps facilitate an awareness of breath, body and thought as guests enjoy a relaxed stroll through Bhutan's natural setting.

On the first morning, Mala will introduce the individual components of mind/body/breath awareness, which will then be explored in depth throughout subsequent days.

The next step transforms the mind into a vehicle of enlightened thought. Mala's guided meditation, talks and simple exercises will add a deep dimension to this inner journey through four of the Kingdom's valleys. The last two days focus on Buddha's teachings relating to the nature of suffering and the beauty of silence.

The principles of mindfulness will guide guests to experience the natural beauty, culture and deep spirituality of Bhutan in a more intimate and personal way. In addition, a yoga instructor will offer daily sessions to deepen the understanding of the mind/body/breath connection.

RESERVATIONS

amankora

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