



**Mystic-Asia**

INNER SILENCE MEDITATION  
in  
AMANKORA, BHUTAN

6th-14th June 2015



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In the backdrop of the last of the Himalayan kingdoms, The Inner Silence Meditation programme in Bhutan (or the Land of the Thunder Dragon, as it is sometimes called) is designed to introduce beginners to the benefits of a daily practice of meditation and to take experienced meditators to a deeper understanding of their own practice.

In her 25 years of practice, Mala has studied and engaged in various forms of meditation techniques including Transcendental, Yog Nidra, Sudarshan Kriya, Vipassana, Antar Mauna, Metta, Tonglen etc and has spent time with various Masters such as Swami Anubhavananda, HH the Dalai Lama, Sri Sri Ravi Shankar, Gurumai, Geshe Dorji Damdul , Swami Parthasarthyand Thich Nhat Hanh.

For the Inner Silence practice Mala has intertwined the best of Vedantic and Buddhist knowledge to bring people to their own Inner Silence beyond the barriers of the physical body and the activities of the mind.

You will be guided to silence your mind in a way that not only reduces mental chatter, but also helps you discover the inner silence that exists within you. Layer by layer, Mala will help you unfold this Inner silence, giving you tools for relaxation, de-stressing, reducing anxiety and dissolving anger. It is a journey into self-discovery that could be the most powerful journey you ever embark on.

At the same time travelling through the breathtaking mountains of Bhutan, we will discover the enigmatic Dzongs, chant with monks, have traditional hot stone baths, trek to cliffside monasteries and offer 100 butter lamps for World Peace.

# ITINERARY

## DAY 1 –THIMPU ARRIVAL IN THE LAND OF THE THUNDER DRAGON



Arrive in Paro

Those who arrive early will have a chance to visit the National Memorial Chorten, National Textile Museum, Folk Heritage Museum and National Library and stroll in the main street shopping for Himalayan artifacts and textiles.

Evening informal talk by Tulku Mynak Rinpoche on the fundamentals of Buddhism and the history of the Shabdrungs of Bhutan

Welcome brief by Mala

## DAY 2- THIMPU DAY OF NOTHING TO DO AND NOWHERE TO GO

MORNING

Introduction to Zen walking.

Morning Meditation introducing the concept of overcoming the role of the physical body in our timeless existence.



A 40 min drive and then trek to Cherie Monastery (approx 2 hours difficulty level –moderate). Cherie is considered very sacred as it contains the remains of Tempi Nime, the father of the first Shabdrung of Bhutan and beautiful frescoes of Buddhist saints. Shabdrung Ngawang Namgyal built it in 1620 in memory of his father.

AFTERNOON

Sight seeing/ shopping/spa treatments or just relaxing

EVENING

Practice of stilling the body and awareness of the body

## DAY 3- GANGTEY DAY OF THE BOAR AND SNAKE RACE



### MORNING

Zen walking

Morning Meditation introducing the concept of the more subtle role of our breath in our timeless existence

A dramatic drive over the high mountain pass of Dochu La (3,050m) to Phobjika Valley crossing Bhutans first fortress monastery Simtokha Dzong. On arrival we may have time to visit the striking Gangtry Goempa, sitting at the head of the valley and perhaps strolling through the quaint Gangtey Village.

### EVENING

Practice of breath awareness and Prana Vidya

## DAY 4- GANGTEY DAY OF REINCARNATION AND THE CIRCLE OF LIFE

### MORNING

Zen walking

Morning Meditation introducing the role of our mind/thoughts in our timeless existence Silent and most breathtaking walk through the forest and along the expanse of the Phobjika Valley

### AFTERNOON

Cycling through the valley Hot stone baths in an authentic potato shed Making Tsa Tsas Offering 100 butter lamps/chanting with the monks (optional and according to availability)

### EVENING

Meditation Practice on thought awareness –Chidakash Dharana





## DAY 5- PUNAKHA DAY OF THE FOUR HARMONIOUS FRIENDS



### MORNING

Zen walking

Morning Meditation on the Eight Verses of Mind Transformation



Drive to Punakha

### AFTERNOON

Spa treatments/walk along the river and rice fields  
Time given to enjoy the farmhouse or even hike to an ancient monastery on the hilltop behind the lodge.  
Visit to Punakha Dzong



### EVENING

Meditation on the Eight Verses of Mind Transformation



## DAY 6- PUNAKHA DAY OF DIVINE MADNESS

### MORNING

Zen walking

Morning meditation on our Inner Silence with the Tibetan Singing Bowls

Walk to Chimi Lakhang or Temple of the Divine Madman



### AFTERNOON

Spa treatments/ walk along the river/ archery

### EVENING

Laughter Yoga and a creative Divine Madness exercise



## DAY 7- PARO DAY OF THE FOUR NOBLE TRUTHS

### MORNING

Zen walking

Meditation on the Four Noble Truths



After descending down from Dochu La we will follow the dramatic Wang Chu and Paro Chu river valleys before crossing through Paro Town. Here set in a pine forest is the Amankora lodge and its spa.

### AFTERNOON

Lunch at Thimpu Lodge

Spa treatments/ shopping/sightseeing

Quick stroll to nearby ruins or ramble down Paros's main street



### EVENING

Meditation on the Four Noble Truths

## DAY 8-PARO FLYING TO TIGERS NEST ON THE WINGS OF THE MIND

This morning will begin with a hike up to view one of Bhutans most revered monuments, the Taktshang Goemba, more commonly referred to as the "Tigers Nest". The 4-5 hour return trek offers spectacular views of this sacred monastery perched on a cliff face 900m above the valley floor.

We will carry a picnic lunch and the balance of the day can be spent browsing shops in town.

Offering 100 butter lamps at Bhutans oldest Monastery Kyichu Lhakhang (optional).

### EVENING

Closure/sharing





## DAY 9 –DEPARTURE

A car will be ready to take you to Paro Airport. Transfer time is approximately 30 minutes and you are advised to arrive at the airport an hour before your international flight departure.

