



# PROGRAMME

## WELLNESS & REJUVENATION

### HOLIDAY WORKSHOP IN BHUTAN

#### TEAM BUILDING PROGRAMME SUMMARY

DAY 01

ARRIVE PHUNTSHOLING / PARO. TRANSFER TO PHOBJIKHA VALLEY IN SUMMER & PUNAKHA VALLEY IN WINTER. CHECK-IN HOTEL.

#### 11 DAYS PROGRAMME AT THE SAME VENUE

DAY 02

INTRODUCTION & KEYNOTE SPEECH FOLLOWED BY SESSION OF YOGA & MEDITATION.

#### DETOXIFICATION OF MIND & BODY AND REJUVENATION OF YOUR SOUL

DAY 03 - 11

MEDITATION IN A MONASTERIES, YOGA, TREKKING & HIKES (Simple to medium), FORUM DISCUSSIONS, SPEECHES, TALKS & DEBATES, RIVER RAFTING, VALLEY WALKS, CYCLING, SHINRIN YOKU, COOKING, MANDALA & THANGAKA PAINTING SESSION, DINNER WITH LOCAL FAMILY, FARMHOUSE & FAMILY STAYS\* .....

#### YOU TAKE HOME ENRICHING EXPERIENCE

DAY 12 - 15

DAY 12 OVERNIGHT IN PUNAKHA / THIMPHU. DAY 13 - 15 IN PARO. DEPART TO YOUR DESTINATION.

#### MANDATORY PRE DEPARTURE MEDICAL TEST

NOTE

THOUGHT PROVOKING DISCUSSIONS, PLAYING GAMES, LEARN CHESS ETC ARE PART OF THE PROGRAMME.

Note: The event schedule and timings are subject to change.

# Visual details of the Wellness Programme with Team Building

SUBJECT TO CHANGE



Most of the activities of the Wellness Programme are described with images & video





















