



BHUTAN

YOUNG FOREVER

TRIP PROPOSAL

SEPTEMBER 14-20
2023

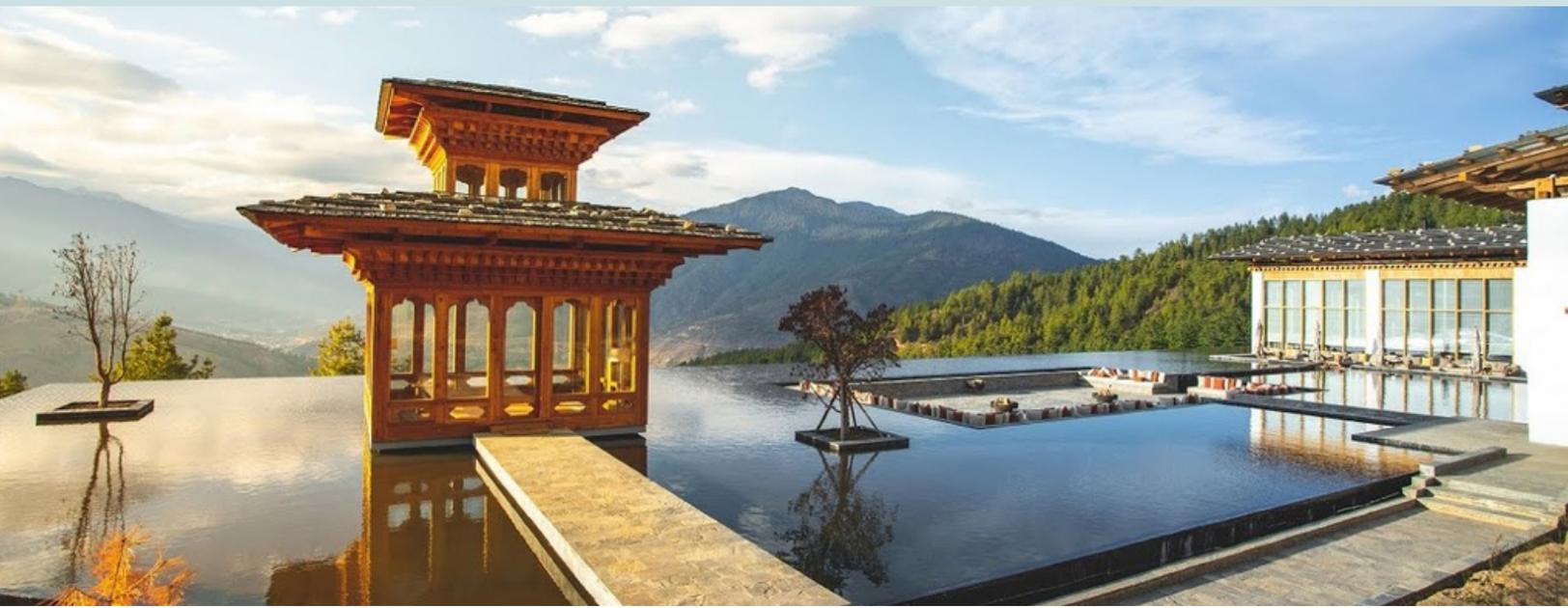
7 days, 6 nights



Welcome to one of the most peaceful places on earth – Bhutan. Years ago, Gross National Happiness was identified by the nation as being more important than Gross National Product (GNP), and given the Buddhist religion that characterizes the nation, there is a strong focus on spiritualism and happiness. During the course of this retreat, travelers will enjoy 7 days of curated activities, including visits to local notable sites, plenty of wellness programming, and of course daily talks and content sessions given by Dr. Hyman. In addition, travelers will also enjoy 3 spa treatments over the course of the trip, as well as savor delicious menus that Dr. Hyman has specifically curated for this experience. What better way to detox and reset than in this place that is known to also be the happiest country in the world?



ACCOMMODATIONS



SIX SENSES | THIMPHU

Welcome to what is considered the nicest 5-star hotel in all of Bhutan – the Six Senses in Thimphu, also nicknamed the "Palace in the Sky." Surrounded by some of the most awe-inspiring landscape views of mountains and valleys, this is the perfect spot to spend a week relaxing and detoxing. All rooms feature incredible forest or valley views, as well as floor-to-ceiling windows so that you can always catch a glimpse of the magnificence outside.

The hotel also offers a wide variety of traditional spa treatments and facilities, including hot stone baths, five treatments rooms including two couple rooms, steam room and sauna, indoor yoga studio, fitness center, indoor pool, herbal garden, Alchemy Bar, and a manicure and pedicure room.

The hotel restaurant, Namkha, excels in healthy cuisine with an emphasis on local ingredients picked fresh from the lodge's own organic gardens, and of course during our trip, we'll enjoy menus handcrafted by Dr. Hyman.



ITINERARY HIGHLIGHTS

SEPTEMBER 14

- Arrive to Paro by Druk Air and transfer to Six Senses Thimpu
- Visit the Institute of Traditional Medicine Services followed by a visit to the Institute of Traditional Medicine
- In the evening, enjoy a welcome dinner and talk by Dr. Hyman

SEPTEMBER 15

- Morning lecture
- Drive to the Buddha Point and enjoy a yoga session with Yoga by Yangchen.
- Visit the Pangrizampa Astrology Institute in the afternoon

SEPTEMBER 16

- Morning lecture
- Hike to Talakha Goemba
- Enjoy a hot stone bath in the afternoon

SEPTEMBER 17

- Morning lecture
- Enjoy an archery session
- Stroll around Thimphu and visit Kaja Throm (farmer's market).

SEPTEMBER 18 - 20

- Morning lecture
- Join other curated, internal programming
- Participate in other wellness activities
- Indulge in traditional spa treatments
- Enjoy free time to use the spa facilities, explore on your own or simply just relax by the pool



PROGRAM DETAILS

INCLUSIONS

- 7 days, 6 nights in 5-star accommodations
- Meals as mentioned in the program
- All local transportation
- Transportation by private vehicle with A/C and heat
- All entrance fees and sightseeing as mentioned in the program
- All tips
- Internal programming curated and led by Dr. Mark Hyman
- Local English speaking guide(s) as mentioned

EXCLUSIONS

- Meals and drinks which are not mentioned in the program
- Personal insurance and expenses
- International flight tickets and airport taxes

PRICING

**STARTING AT \$12,999
PER PERSON**

double occupancy

Solo traveler supplement: \$3,999

Limited availability

