



BHUTAN SPIRIT

SANCTUARY





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JOURNEY WITH OUR FOUNDER

19 to 27 November 2024



Independently minded

Louk Lennaerts

When Louk Lennaerts, founder of the Bhutan Spirit Sanctuary, first visited Bhutan in 2012, the country was still very much unknown and mysterious to him. Little did he know that within a few years he would be living in Bhutan.

Louk became fascinated by the unique country and its possibilities. He felt it would be the perfect place to build something truly different and new: a Sanctuary in the land of wellness, his dream project.

Click [here](#) for Louk's interview with SLH and learn what makes Bhutan so unique.





Journey with our Founder

Bhutan and the Sanctuary, according to Louk:

“In life, there is an unwritten path that we do not always see. We receive signs, and it is up to our intuition to react to it. I see my move from Vietnam - after 20 years - to Bhutan as such a sign.

My vision was and still is: the Sanctuary is the best place to experience the essence of Bhutan. We are the only 5-star luxury accommodation in Bhutan that offers a wellness-inclusive concept. We want our guests to feel generously treated.

For me, the essence of Bhutan lies in the mix of everything the country has to offer, from its beautiful nature, the fresh air, the silence, the respect for traditions, the heart-warming attitude of the people, the absence of pressure and stress, the presence of century-old rituals, to the wisdom of Traditional Bhutanese Medicine. We want our guests to feel at home, surrounded by family members who take good care of them. For guests to experience this, they need to have time, and spend time doing ‘nothing’”.



Journey with our Founder

This is the first time, we organize a journey with our founder, giving guests the opportunity to travel with Louk in Bhutan. The journey will provide guests with unique inside information about developing a project in Bhutan and the challenges you meet during this process.

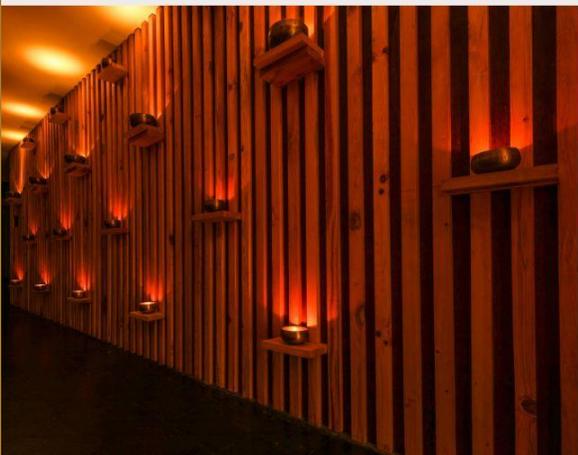
During his years living in Bhutan and his numerous visits, Louk has met and befriended many Bhutanese people, ranging from our neighbouring farmers, the local community leaders to the Ministers in Government. Each of them leading a very different life in the Land of the Thunder Dragon. Traveling with Louk will provide you with the possibility to meet many different people in Bhutan.

Louk practises what he preaches; he is an experienced yoga and meditation practitioner and follows the guidelines of the "The Restful Mind, a New Way of Thinking, a New Way of Life" by His Eminence Gyalwa Dokhampa. He loves to read and learn about new developments related to wellness, sustainability, and balancing body, mind and spirit.

A journey with Louk in Bhutan will provide you with new insights, positive and interesting ones, and possible also some more life changing ones...

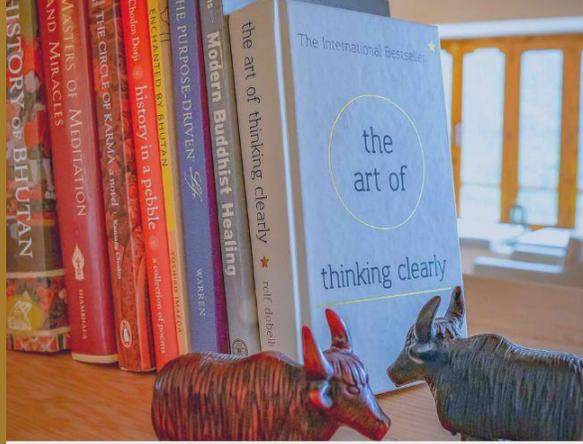


ALL-INCLUSIVE
WELLNESS

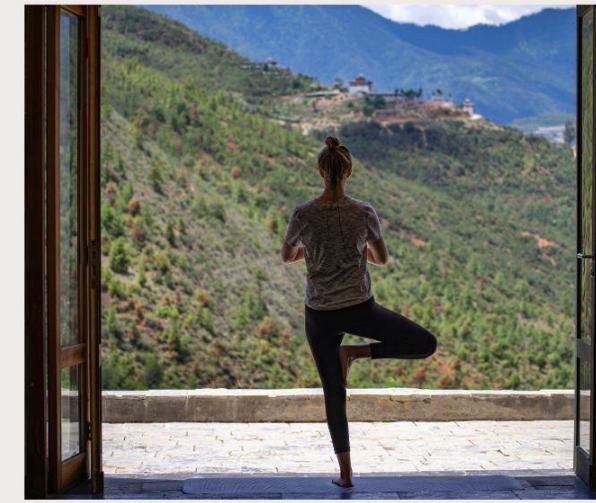



BHUTAN SPIRIT
SANCTUARY





ALL-INCLUSIVE
ACTIVITIES




BHUTAN SPIRIT
SANCTUARY





ALL-INCLUSIVE
CULINARY
SURPRISES





Journey with our Founder itinerary

DAY 1 – 19 November: ARRIVAL

- Arrival at the international airport in Paro.
- Our Guest Experience team will welcome you at the airport.
- The Sanctuary is only a 15-minute ride from the airport.
- Upon arrival, you are invited to participate in a special Buddhist transformation ritual before entering the Sanctuary.
- The 4-course set lunch will be served in the restaurant, including a meet & greet with Louk.
- After lunch, we invite you for an introduction into Traditional Bhutanese Medicine, by one of our in-house Traditional Bhutanese Medicine Doctors.
- During the afternoon, there is time for a private consultation with one of the doctors and your first wellness treatment
- Before dinner, we will serve drinks in the library during which Louk will tell more about his journey in Bhutan.
- The 6-course set dinner will be served on the restaurant terrace if weather permits, Louk and the General Manager will be joining the welcome dinner.

DAY 2 – 20 November: ACCLIMATIZATION

- Before breakfast you can join a yoga and/or meditation class in our yoga studio.
- The à la carte breakfast is served in the restaurant and always starts with a freshly blend healthy morning shot.
- After breakfast, we invite you for a presentation about Bhutan and its history by a Bhutanese history teacher.
- The 4-course lunch will be served in the restaurant.
- *OPTIONAL:* After lunch, we will organize a hike with Louk to the Eutok Goenpa Monastery, right across the Sanctuary in the Neyphu Valley. The hike will take about 1 hour.
- At the Monastery we will be welcomed by the head monk, and Buddhist rituals will be performed.
- You will have the opportunity to talk to the monks and the students. Our guides will translate if necessary.
- Before dinner, we will serve drinks in the library and invite a special Bhutanese person, a friend of Louk, for you to meet.
- Late afternoon or after dinner there is time for another wellness treatment.



Journey with our Founder itinerary

DAY 3 – 21 November: TIGER ´S NEST

- The day will start in the tea bar with an early cup of herbal tea and a healthy fruit shot.
- The ride to the Tiger ´s Nest base is about 45 minutes.
- The hike up to the Tiger ´s Nest will take about 2-4 hours depending on your fitness level – during the hike there will be several pauses, where we can enjoy our packed breakfast.
- In the Tiger ´s Nest, a still operating Monastery, your guide will give you a tour and explain the meaning of all different rooms and altars.
- We will return at the Sanctuary in the afternoon, and recommend a hot stone herbal bath to prevent muscle pain the next day.
- Before dinner, we invite you to dress in traditional Bhutanese clothing, and our team will make pictures of you together with Louk.
- In the evening you have the opportunity to enjoy a traditional Bhutanese dinner.
- If there are no clouds, our Restaurant Terrace is the perfect place for some star gazing after dinner.

DAY 4 – 22 November: CHELELA & HAA VALLEY

- Before breakfast you can join a yoga and/or meditation class.
- The à la carte breakfast is served in the restaurant.
- After breakfast, we leave to make our way by car to Chele La. At around 13,000 feet (3,988 meters) it is the highest motorable pass in Bhutan. It is also the perfect place to hang some prayer flags for your well-being and a long life.
- If you feel fit and adjusted to the high altitudes, you can still hike up another 1,000 feet (305 meters) and experience a 360-degree view of Bhutan’s natural beauty, including the Paro and Haa valleys.
- We continue from Chele La Pass to Haa to explore the Haa Valley and have our homemade picnic lunch there.
- After lunch, we will visit Lhakhang Karpo which was built in the 7th century by Tibetan king Songtsen Goempo.
- We will be back in the Sanctuary around dinner time and you can enjoy another wellness treatment in the evening.



Journey with our Founder itinerary

DAY 5 – 23 November: RESTFUL DAY

The program for this day is organized by Louk and it will take place at the Sanctuary.

DAY 6 – 24 November: THIMPU

- After breakfast we leave for a visit of Thimphu, the capital of Bhutan, about a one-hour drive from the Sanctuary.
- On the way to Thimphu, we will stop at Chuu-zom, the junction between Paro and Thimphu where you will see different types of stupas across the river.
- Upon arrival in Thimphu, we will visit the Simply Bhutan Museum or another place of interest, where you will have a chance to learn about Bhutanese culture.
- Lunch will be taken with Louk at the Russian Bakery in Thimphu, which offers a magnificent view over the gardens of the Royal Palace. We will be joined by an interesting Bhutanese person.
- After lunch, we will visit the Choki Traditional Art School (CTAS) and receive a tour by Mr. Rinzin, founder of the school. Mr. Rinzin is also the co-initiator of the Sanctuary together with Louk. CTAS is the only private institute in Bhutan that provides free education to underprivileged youths who have a keen interest in learning the traditional arts and crafts.
- Late afternoon we will drive back to the Sanctuary, just in time for the 6-course dinner and another wellness treatment.



Journey with our Founder itinerary

DAY 7, 25 November: PUNAKHA & DOCHULA PASS

- Before breakfast you can join a yoga and/or meditation session
- After breakfast, we leave for the ride to the Punakha Valley.
- During the ride we will stop at the Dochula Pass, located at 3000 meters above sea level. On clear days this site offers stunning views of the Himalayan mountain ranges.
- From the Dochula Pass we continue to the Punakha Dzong, the most beautiful Dzong of Bhutan. Here you will receive a special tour by one of the head monks.
- In the afternoon a special cultural event will be organized for our group around the Punakha Valley.
- Late afternoon we will drive back to the Sanctuary, just in time for the 6-course dinner and another wellness treatment.

DAY 8, 26 November: PARO

- Before breakfast you can join a yoga and/or meditation session.
- *OPTIONAL:* After breakfast we leave for Paro, where we can visit the following sites: the Paro Dzong, Bhutan National Museum, the recently renovated farmer's market, the Tashi Gonphel handmade paper factory and one of the many art galleries.
- Lunch will be taken in one of the local restaurants in Paro to discover the Bhutanese version of dim sums: momos
- The afternoon can be used for wellness treatments, a nice swim in our infinity pool and a rest on the sundeck terrace, or a visit to the Namgay artisanal beer brewery in Paro.
- Before dinner, we invite you for farewell cocktails in the library. We will invite some people you have met during your stay in Bhutan.
- The surprise farewell dinner will be served on the restaurant terrace – if weather permits, Louk and the General Manager will join for dinner.

DAY 9, 27 November: FAREWELL



Journey with our Founder

package details

PACKAGE INCLUDES

- 🦉 8 nights in the Bhutan Spirit Sanctuary.
- 🦉 Free upgrade to a Terrace room.
- 🦉 Assistance with reserving flights to Bhutan.
- 🦉 Assistance with visa processing.
- 🦉 Transport from the airport in Paro to the Sanctuary on the day of arrival 19 November 2024.
- 🦉 Transport and a licenced English-speaking guide to visit sites outside de Sanctuary from 18 to 23 November 2024.
- 🦉 Entry fees for touristic sites.
- 🦉 Transport from the Sanctuary to the airport in Paro on the day of departure 27 November 2024.

PACKAGE INCLUDES

- 🦉 Introduction to Traditional Bhutanese Medicine.
- 🦉 Reading by a Bhutanese fortune teller.
- 🦉 Bhutanese cultural evening, including dress-up in Bhutanese clothing, dance, music and a special Bhutanese dinner.
- 🦉 Visit and blessing ritual at the Eutok Goenpa Monastery.
- 🦉 Day trip to Punkha Valley, visits of Dochula Pass and the Punakha Dzong.
- 🦉 Day trip to Thimphu, the capital of Bhutan
- 🦉 Tiger´s Nest hike.
- 🦉 Day trip to Haa Valley and Chelela Pass

Journey with our Founder

package details

PACKAGE INCLUDES

- 🦉 Free consultation with one of our Traditional Bhutanese Medicine Doctors.
- 🦉 Daily access to all wellness facilities such as the indoor heated pool, the gym, saunas, sundeck, and steam rooms.
- 🦉 One traditional wellness treatment per night paid per person, such as a massage, hot stone herbal bath, or moxibustion.
- 🦉 Daily yoga classes and/or meditation sessions.
- 🦉 Herbal walks with our Wellness team.
- 🦉 Traditional Bhutanese sports in the apple orchard.
- 🦉 Pottery classes in the art studio.
- 🦉 Laundry service.

PACKAGE INCLUDES

- 🦉 Healthy and tasty a la carte breakfasts.
- 🦉 4-course signature set lunches.
- 🦉 6-course signature set dinners.
- 🦉 Soft drinks, juices, house wines and local beers.
- 🦉 Special herbal teas in our tea bar with home-made cookies.
- 🦉 Fresh drinking water in glass bottles in your room.
- 🦉 Homemade picnics to take when hiking or walking.
- 🦉 Bhutanese cooking classes with the Culinary team.

Journey with our Founder

package details

PACKAGE PRICE

Dates: Tuesday 19 to Wednesday 27 November 2024 – 8 nights

Package price:

- Single occupancy of room: US\$6,700++ for 8 nights
- Double occupancy of room: US\$8,300++ for 8 nights
- Free upgrade to a Terrace room is included in price
- Maximum 8 participants

PACKAGE DOES NOT INCLUDE

- 10% Bhutan Sales Tax and 10% Service Charge
- Any flights
- Entree visa
- The mandatory Sustainable Development Fee (SDF)
- Donations

For more information contact us at:
sales@bhutanspiritsanctuary.com

