

# WEEKEND YOGA RETREAT

WITH YOGA YANGCHEN AND LEKI

Reconnect with yourself  
Rejuvenate yourself  
Refresh yourself



WE TAKE BOOKINGS EVERY WEEKEND  
RESERVE YOUR SPOT NOW WHATSAPP +975-77606162  
SPACE IS INTENTIONALLY LIMITED TO ENSURE A PERSONALIZED EXPERIENCE

REFRESH YOUR SPIRIT  
YOGA YANGCHEN & LEKI



2-NIGHT RETREAT  
EVERY WEEKEND

Step into a world of serenity and embrace the art of balance with our specially curated 2-night Yoga Weekend at The Happiness Farm, in partnership with Yoga Yangchen and Leki. We are excited to offer an intimate opportunity to deepen your practice, nourish your body, and connect with nature every weekend.

- Location: The Happiness Farm, Above Chuzom Paro
- Dates: Every weekend for 2024
- Cost:

Local : Nu. 6699 per person

Expats living in the country: 8000 per person

Tourists: 9500 per person

- Included: 2 nights' stay  
( twin sharing, 3 yoga sessions  
(2 mornings, 2 evenings),  
and 3 gourmet meals per day.

- Note : if you require suite and family suite  
( two rooms only and single occupancy,  
additional cost of Nu 1000 and 1500 per night .

Your Yoga Weekend Escape Includes:

- Two nights of peaceful accommodation at our million-dollar view .
- Morning and evening yoga sessions led by our collaborative partner, Yoga Yangchen, catering to all levels of practice.
- Gourmet three-course meals, including breakfast, lunch, and dinner, prepared with the freshest ingredients from our/local organic gardens.

Reserve your spot for a transformative weekend by contacting us at +975-77606162.

Space is intentionally limited to ensure a personalized and tranquil experience.

# Weekend Itinerary



## Friday - Day 1:

- 5:00 PM - 6:00 PM: Check-In

Settle into your cozy retreat space and take in the tranquil surroundings of The Happiness Farm.

- 5:00 PM - 6:30 PM: Welcome and Evening Briefing Session

Join us for welcome gathering followed by an introduction

- 7:00 PM: Three-Course Welcome Dinner

Relax and enjoy a chef-crafted 5-course meal

that will delight your palate and energize your body for the weekend ahead.

## Saturday - Day 2:

- 8:30 AM - 9:30 AM: Sunrise Yoga Session

- Awaken your senses with a refreshing morning yoga practice to align your energy with the new day.

- 10:00 AM: Nutritious Breakfast

Fuel your morning with a wholesome and tasty three-course breakfast featuring a variety of farm-to-table delights.

- Leisure Time

Spend your midday enjoying the peaceful farm environment, exploring walking trails, or simply relaxing.

- 5:00 PM - 6:30 PM: Evening Yoga Session

Return to the yoga area for a deeply relaxing and restorative evening yoga session that will help you unwind and reflect on the day.

- 7:30 PM: Three-Course Dinner

End your day with another exquisite three-course meal, crafted with care to support your yoga journey and satisfy your culinary desires.

## Sunday - Day 3:

- 7:00 AM - 8:30 AM: Closing Sunrise Yoga Session

Experience your final morning yoga session, where you'll have the chance to solidify your practice and savor the serene farm ambiance.

- 8:30 AM: Farewell Breakfast

Gather for a farewell breakfast, a perfect time to exchange experiences and intentions for maintaining your practice at home.

- 11:00 AM: Check-Out

As you prepare to depart, we hope you carry with you a renewed sense of peace and happiness, along with memories that will last a lifetime.

