



# BHUTAN YOGA RETREAT

---

With Ira Trivedi



# ABOUT IRA TRIVEDI



Ira is a Yoga Acharya who holds the highest training from the Sivananda Yoga Vedanta Institute. She has two yoga shows in India - one on Doordarshan, India's national channel and the second on India Today, a leading English channel. She is the author of The 10-Minute Yoga Solution and My Book of Yoga (featuring Om the yoga dog). She is the founder of Namami Yoga, a charity that teaches yoga and life skills to underprivileged children. Ira teaches yoga around the world, and was part of the team leading the first International Day of Yoga (at Rajpath New Delhi) where two Guinness World Records were created- for the largest yoga lesson and for the most nationalities in a yoga lesson.





---




# DATES

31 MAY- JUN 5 2025

# LOCATION

Olathang Cottages , Paro Valley

---



Nestled in the picturesque Paro Valley, Paro is one of Bhutan's most scenic and serene destination. This town is home to some of Bhutan's most iconic landmarks and offers a tranquil ambiance that harmonizes perfectly with yoga and meditation. Olathang Hotels is one of the most reputed hotels in the region. Guests get individual cottage-style rooms with beautiful mountain views and sit-outs.





Olathang Cottages is beautifully nestled among apple orchards, . This serene retreat is designed in traditional Bhutanese architecture, blending classic décor with modern comforts. Guests can enjoy breathtaking views of the Paro Valley. Ideal for traveler's seeking a peaceful haven, Olathang Cottages provides an authentic Bhutanese experience, enhanced by warm hospitality and the enchanting ambiance of the region.



# ACCOMMODATION

Picturesquely situated on a hilltop amidst apple orchards, offering scintillating view of Paro valley, this establishment is blessed with one of the most amazing location amongst hotels in Paro valley.

This charming establishment features 12 individual cottages spread over a vast area and all offering amazingly beautiful view of the valley, built in classical Bhutanese style amidst traditional décors.



# RETREAT HIGHLIGHTS

---

An immersion into the practice of asana, pranayama and meditation with Ira Trivedi .



Treks and excursions in the spectacular Paro Valley.

Immersion into Bhutanese culture and way of life.



Soak in the spiritual vibrations of the Himalayas, ancient monasteries and the mighty Paro River.

## SCHEDULE

Please click "Schedule"



# PRICING



## 5 Nights | 6 Days

OCCUPANCY

SINGLE

DOUBLE

ROOM

INR 96,000  
+ 18 percent  
GST

INR 59,000  
+ 18 percent  
GST

SUITE PRICES ARE ON REQUEST







# PRICING



## INCLUDED

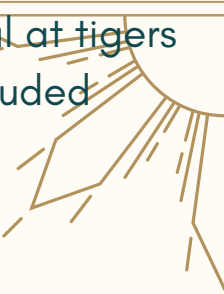
All Stay.

Brunch, dinner and afternoon tea. We don't advise having more than 2 meals during a yoga retreat. Room service is available at the hotel as per hotel rates.

Travel to and from the Hotel.

All yoga classes, meditation plus talks with Ira.

Guided tours to Thimpu. local Paro tour and Tigers Nest. Horse rental at tigers nest not included



## NOT INCLUDED

Airfare to Bhutan.  
SDF fees + Entry permit  
Visa for International Tourists

We will put all guests in touch so that they can form groups for taxi share.

Sight-seeing beyond 3 tours

Any meals apart from meals announced on schedule. All room service charges are extra.





---

# PAYMENT DETAILS



---

## ALL PAYMENTS SHOULD BE MADE TO:

Account holder name: NAMAMI YOGA

Account Number: 164205000134

IFSC Code: ICIC0001642

Bank Branch: New Rajender Nagar

**We are a registered charitable trust. All retreat payments are charitable donations and we will be issuing certificates for the same AFTER THE CONCLUSIONS OF THE RETREAT. ALLOW 2-4 weeks for this**



# Terms & Conditions

- A booking amount of 50 percent needs to be made
- Remaining payment 2 weeks before the retreat
- NO DISCOUNTS.
- NO CASH PAYMENTS of any kind.
- NO REFUNDS will be initiated 2 weeks before retreat under any circumstances.
- If you are unable to make it we and inform us 2 weeks before the retreat, 50 percent of the amount will be transferred to the next retreat
- This retreat CANNOT BE TRANSFERRED to OTHER PERSON except for whom the retreat is booked for.
- We are not liable for any cancellations due to medical emergency or flight unavailability.

For further detailed terms and conditions please visit

[Terms and conditions](#)



admin@yoglove.in



+91-99208 96069



To book your flight and travel tickets, contact  
Ashok Matta : +91 81085 70385

He does not work for us, but we find him reliable and  
trustworthy.