



# RIDING THE DRAGON

*Happiness is a place.*

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# RIDING THE DRAGON IN BHUTAN

## *11 Days all inclusive Program*

Embark on the journey of a lifetime and join Dominique Stelling, Life Coach and Meditation Teacher, September 29th - October 9th 2025 in Bhutan for an 11 day Riding The Dragon experience and tour.

Surround yourself with the most epic landscapes.

Align with your wisdom and inner bliss as we visit beautiful, unforgettable temples and sacred sites.

Experience profound personal empowerment and deep spiritual experiences as you delve into the mysticism and history of this hidden Himalayan mountain region.

Connect with like minded people.

Each day is carefully curated by Dominique with the incredible team of BLZ Bhutan Lhayi Zeydhan Tours, as we visit Paro, Thimphu, Punakha and the iconic Tiger's Nest.

This unique program offers a life-changing spiritual journey that will nourish your soul and guide your personal growth through meditation, Tibetan Healing Yoga, beautiful rituals, and much more.

Transformation and enrichment await you in the land of the Thunder Dragon.

Join an intimate, personalized journey in a small group setting.

Please contact me for details and to reserve your spot.

*[info@dominiquestelling.com](mailto:info@dominiquestelling.com)*





# TOUR OVERVIEW

11 Days

29<sup>th</sup> September – 9<sup>th</sup> October, 2025. - 10 Nights | 11 Days.

Paro- 6 Nights | Thimphu- 2 Nights | Punakha- 2 Nights.

Entry - Paro | Exit - Paro.

Embark on an extraordinary 11-day journey through Bhutan, a land of breathtaking landscapes, spiritual depth, and rich cultural heritage. Your adventure begins with a warm welcome in Paro, where you'll be introduced to the vibrant Bhutanese hospitality and the enchanting valleys that will set the tone for your trip. From meditative mornings under serene trees to reflective moments in ancient monasteries, each day offers a perfect blend of tranquility and discovery.

The itinerary takes you through iconic sites such as Kyichu Monastery, Tiger's Nest, and Punakha Dzong, interwoven with transformative experiences like silent walks, puja ceremonies, and meetings with an astrologer. Vibrant cultural highlights, such as the Thimphu Festival, immerse you in Bhutan's traditions, while moments of introspection, like riverside meditations and mindful forest walks, allow you to connect with nature and yourself.

For those seeking adventure, hikes along the Trans Bhutan Trail, a short hike to the beautiful Khamsum YulleyNamgyal Stupa and the iconic climb to Tiger's Nest Monastery provide opportunities to explore Bhutan's stunning landscapes. To balance the physical challenge, rejuvenate with traditional hot stone baths and massages that offer a taste of Bhutanese wellness.

As you wind down your journey, spiritual teachings from a master, honey tastings at Chelela Pass, and mindful gatherings create a deeply personal and enriching experience. Concluding in Paro, this journey promises to leave you with lasting memories, profound insights, and a deep connection to Bhutan's magical spirit.

# ITINERARY OVERVIEW

29<sup>th</sup> September – 9<sup>th</sup> October, 2025.

Day	Destination	Overnight Accomodation
29/09/2025	Introduction to Dragon Wheel Philosophy	3-Star Hotel
30/09/2025	Inner Sanctuary - Inner Temple	3-Star Hotel
01/10/2025	Mental Shaolin - Drive to Punakha	3-Star Hotel
02/10/2025	Emotional Alchemy - Hike to Khamsum Yulley Namgyal Stupa	3-Star Hotel
03/10/2025	Chalice of Abundance - Visit to Nunnery   Drive to Thimphu	3-Star Hotel
04/10/2025	Hero's Journey - Thimphu Festival	3-Star Hotel
05/10/2025	Integration - Special Prayer Ceremony	3-Star Hotel
06/10/2025	Riding the Dragon at Paro Tiger Nest	3-Star Hotel
07/10/2025	Holder of the Light at Chelela Pass	3-Star Hotel
08/10/2025	The Pure State with a Spiritual Master	3-Star Hotel
09/10/2025	International Departure	





*Meditation*

## DETAILED ITINERARY

### *Day 01* | **Arrive in Paro | Introduction to Dragon Wheel Philosophy**

*Arrival at Paro International Airport*

*Altitude of Paro Valley – 2,300m / 7,365ft*

*Overnight - 3 - star Hotel*

#### **Programs of the day:**

- Welcome to Bhutan, a land of enchantment and mystique! Prepare to embark on a journey like no other. As you step foot in this extraordinary kingdom, you will be warmly welcomed at the airport by your guides and the dedicated team of BLZ Tours, who will ensure your experience begins with genuine Bhutanese hospitality.
- Drive towards your hotel in Paro and Check in.
- After arriving at the hotel and taking some time to rest and settle in, the group will come together for an inspiring gathering led by Dominique Stelling. This session will serve as an opportunity to meet your fellow travelers, set the tone for the journey ahead, and reflect on the unique experiences awaiting you in Bhutan. Dominique's warm guidance will help create a sense of connection and shared purpose, laying the foundation for a transformative adventure.
- Dinner at the hotel.





## *Day 02* | **Inner Sanctuary | Inner Temple**

*Overnight accommodation – 3-star Hotel*

### *Theme of the day:*

Arrive in your inner Sanctuary, your temple within. On your first day you will discover the art of centering yourself amidst life's turbulence. Learn techniques to clear your energy field and establish strong energetic boundaries, creating a calm, protected inner space to navigate challenges with ease.

### **Programs of the day:**

- Begin your day with a calming meditation under a tree, embracing Bhutan's serene natural beauty and setting a peaceful tone for the day.
- Breakfast at the hotel.
- Explore the sacred Kyichu Monastery, one of Bhutan's oldest and most revered temples. Immerse yourself in its spiritual ambiance, admire its ancient architecture, and experience a deep sense of tranquility in this historic sanctuary.
- Lunch at a Local Restaurant
- Visit the serene Tara Temple at Drukgyel Dzong, a place of spiritual devotion surrounded by stunning natural beauty.
- Dinner at the hotel.





*Day 03* | **Mental Shaolin | Mindfulness, Awareness of Thoughts and Mental Flexibility**

**Driving Distance from Paro to Punakha – 120 kms (3 hrs )**

**Altitude of Punakha– 1400m / 4593 ft**

**Overnight accommodation – 3-Star Hotel**

*Theme of the day:*

Cultivate awareness and connect with a resilient mindset by mastering your mind. We will practice Lu Jong for mental flexibility. Unfold into the silence of meditation and practice self-regulation in order to respond to life's trials with wisdom and adaptability.

**Programs of the day:**

- Breakfast at the Hotel and drive towards Punakha Valley.
- Stop at Dochula Pass, a breathtaking mountain pass at 3,100 meters, offering panoramic views of the Himalayan range, including peaks like Gangkar Puensum on clear days. Surrounded by white chortens and lush hills, this serene site reflects Bhutan's natural beauty and spiritual essence. Enjoy the peaceful ambiance and practice Lujong (Tibetan yoga) amidst this inspiring setting and spend some time meditating in the wonderful caves located several minutes away from the Stupas.
- Embark on a rewarding hike along the Trans Bhutan Trail, descending from the iconic Dochula Pass. This scenic route offers breathtaking views of Bhutan's lush landscapes, with vibrant flora and serene surroundings accompanying you throughout the journey. As you walk, immerse yourself in the country's natural beauty and rich cultural history, connecting with the past of Bhutan along this historic trail.
- Lunch on the way to Punakha.
- After lunch, visit the majestic Punakha Dzong, a stunning fortress located at the confluence of the Pho Chhu and Mo Chhu rivers. Known for its exquisite architecture and historical significance, this iconic site offers a glimpse into Bhutan's rich heritage and spiritual traditions.
- Hotel Check in, Dinner at the hotel.





## *Day 04* | **Emotional Alchemy | Understanding Emotions as Elements & How to Master Them**

**Overnight accommodation – 3-star Hotel**

### *Theme of the day:*

Become aware of your inner emotional world and empower yourself to experience rapid inner energetic shifts. Transform your emotions and learn practical tools to transmute dense energies, allowing for emotional clarity and balance.

### **Programs of the day:**

- Breakfast at the Hotel.
- Take a scenic hike to the Khamsum Yulley Namgyal Stupa in Punakha, a magnificent structure perched on a hill overlooking the lush valley below. This moderate trek takes you through terraced rice fields and picturesque landscapes, culminating in a visit to the intricately designed stupa, which radiates peace and spiritual significance.
- Picnic Lunch
- Free Afternoon
- Dinner at the hotel.





## *Day 05* | **Chalice of Abundance | Unconditional Love, Divine Feminine Template**

**Driving Distance from Punakha to Thimphu – 70 kms (2 hrs )**

**Altitude of Thimphu Valley – 2,400m / 7,685ft**

**Overnight accommodation – 3-star hotel**

### *Theme of the day:*

Envelop yourself in the nurturing energy of the feminine template of abundance. Unveil the secrets of manifestation by moving beyond perceived limitations. Tap into the infinite potential of unconditional love and abundance through focused intention and inner harmony.

### **Programs of the day:**

- After enjoying a hearty breakfast, embark on a scenic drive to Thimphu, Bhutan's vibrant capital city.
- On the way we will visit the Sangchen Dorji Lhendrup Nunnery to participate in a ritual ceremony along-side the nuns. Perched on a ridge overlooking the Punakha and Wangduephodrang valleys, this nunnery serves as both a religious center and a school for nuns, offering training in various traditional arts. The complex features a magnificent stupa and a two-story temple housing a 14-foot bronze statue of





## *Day 06* | **The Hero's Journey | Seeing The Different Aspects Of Yourself**

**Overnight accommodation – 3-Star Hotel**

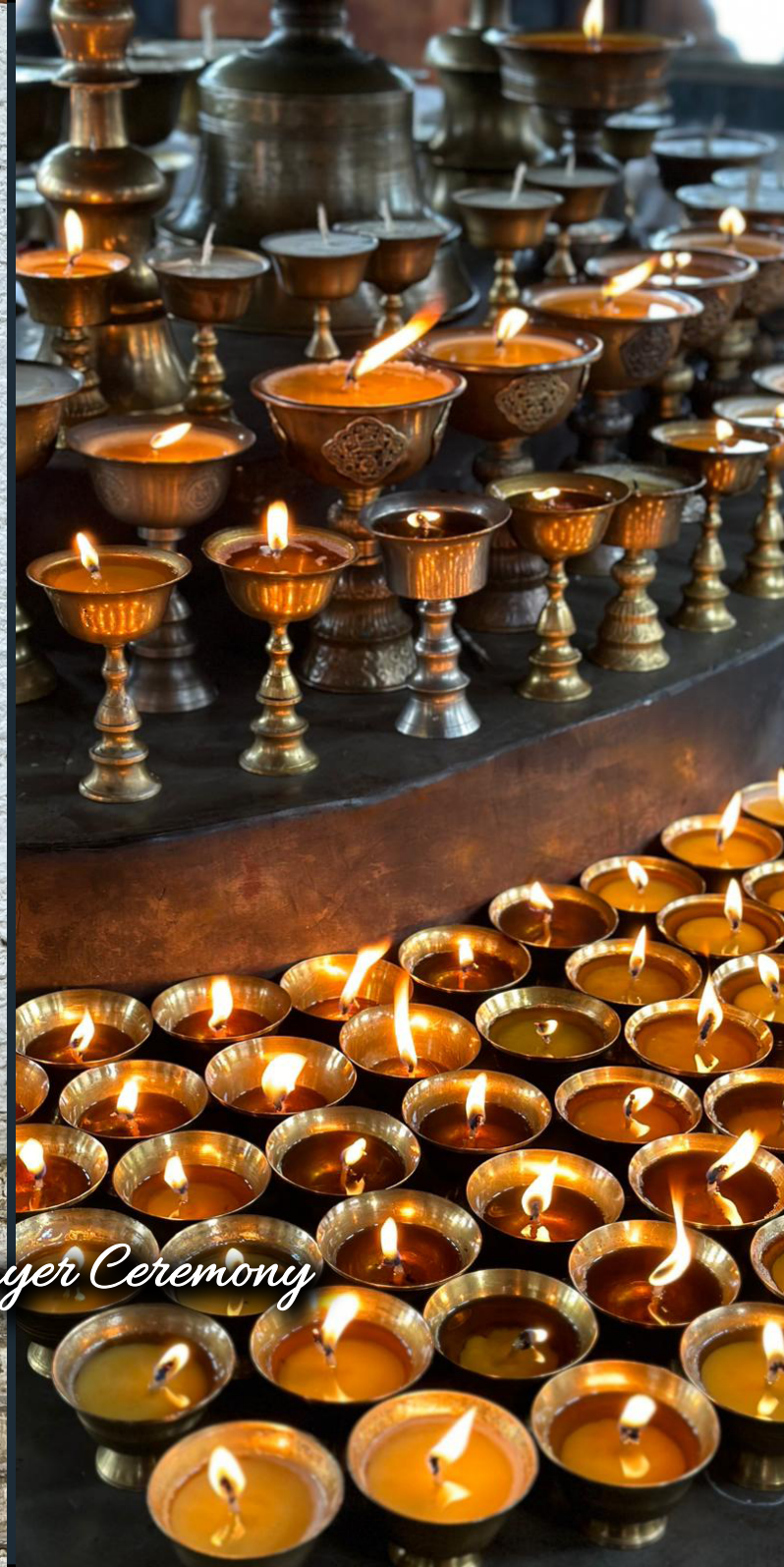
### *Theme of the day:*

Step into the role of the protagonist in your hero's journey, rising courageously to meet life's challenges on your journey of transformation. Explore how obstacles can be reframed as gifts, leading to profound personal growth and transformation.

### **Programs of the day:**

- Breakfast at the hotel.
- Experience the vibrant Thimphu Festival, a celebration of Bhutanese culture filled with colorful dances, traditional music, and spiritual rituals. Immerse yourself in the festive atmosphere and witness the rich heritage of Bhutan come alive.
- Take a scenic drive to Buddha Dordenma, a magnificent golden statue overlooking the Thimphu Valley. Admire its grandeur and soak in the peaceful ambiance of this iconic spiritual site.
- Lunch at a local Restaurant.
- Engage in a private session with an astrologer, offering personalized insights and guidance rooted in Bhutan's ancient spiritual traditions.
- Dinner at the hotel with Astrologer.





*Day 07* | **Integration | Integrating Emotions of The Past**

**Driving Distance from Thimphu to Paro - 50 kms (1 hr 30 minutes)**

**Overnight accommodation - 3-star hotel**

*Theme of the day:*

Heal and harmonize through the magic of forgiveness and releasing past traumas in a Puja ritual. Integrate life's lessons that have been illuminated the day before, fostering wholeness and preparing for forward momentum.

**Programs of the day:**

- Breakfast at the hotel.
- Participate in a sacred prayer ceremony at Simtokha Dzong, Bhutan's oldest fortress. Experience the spiritual essence of this historic site as monks perform prayers and rituals for blessings and well-being.
- Lunch at a local Restaurant serving Traditional Cuisine.
- Spend the evening walking down the hill in silence, allowing time for reflection and integration of the day's experiences amidst the serene surroundings.
- Hotel Check in / Dinner at the hotel.





## *Day 08* | **Riding The Dragon | Hike to Tigers Nest Monastery**

*Driving distance from Hotel to Tigers Nest Base - 25 minutes (10 k.m)*

*Hiking duration to Tigers Nest from Base – 3.5 hours (one way)*

*Overnight accommodation – 3-star Hotel*

### *Theme of the day:*

Activate your inner dragon by connecting to your willpower and bravery, simultaneously inviting grace and flow as you conquer this majestic hike. Connect deeply to your authentic empowerment and discover inner strength and perserverance as a metaphor for overcoming any uphill journey. Trust that your inner dragon will always carry you.

### *Programs of the day:*

- Breakfast at the hotel.
- After breakfast you will drive towards the base of Tigers nest and from that point you will start the hike towards the tiger's nest, a famous Monastery which dates back to the 8th century when the famous Guru Padmasambhava is believed to have flown on a back of a tigress and meditated for 3 months at this place.
- After getting back to Paro you can spend some time in the Paro Town, having a look around the town and if interested to try one local spa treatments, there are many places that offer massages and people usually enjoy a quick hot stone bath after a tiring day of hike. There are many places that offer this and if you are interested you can ask your guide and they can have it arranged for you ( for a charge ).
- Dinner at the hotel.





*Day 09* | **Holder of light | Holding the Highest Form of Presence**

**Altitude of Chelela – 3800m / 12468 ft**

**Driving distance Paro to Chelela and back – 3 hours' drive (60 kms)**

**Overnight accommodation – 3-star Hotel**

*Theme of the day:*

Connect to your Higher Self and awareness consciousness. Become the connection between heaven and earth with your embodiment and presence. Under the vast sky feel the openness to release and let go into spaciousness and expansion.

**Programs of the day:**

- Take a scenic drive to Chelela Pass, the highest motorable pass in Bhutan, located at an elevation of 3,988 meters (13,084 feet). Surrounded by stunning alpine scenery and vibrant prayer flags, this breathtaking spot offers panoramic views of the Himalayan range and the Paro and Haa valleys below.
- We will have a tea and honey tasting with a beautiful view.
- At Chelela Pass, participate in a smoke healing ceremony, a practice believed to cleanse and restore balance. Surrounded by the serene mountain landscape, join the group for a mindful gathering, fostering connection and reflection in this peaceful and spiritual setting.
- Lunch at Local restaurant.
- Drive back to Hotel where we spend time making handmade prayer flags in traditional Bhutanese style.
- Dinner at the hotel.





*Day 10* | **The Pure State | living our Buddha Nature, Compassion and wisdom**

**Overnight accommodation – 3-star Hotel**

*Theme of the day:*

Anchor yourself in the Pure State, embodying oneness through wisdom. Embrace a life of reverence, maintaining inner peace while living in alignment with your highest self. Receive teachings from a spiritual master about your Buddha Nature and inner bliss.

**Programs of the day:**

- Engage in an enlightening session with a spiritual master, delving into the principles of mindfulness and meditation. Gain valuable insights and practical techniques to cultivate inner peace and deepen your connection with the present moment.
- We make Tsa Tsa together and have Lunch with Spiritual master.
- Spend a tranquil moment alone in a nearby forest, meditating under the shade of a tree. Surrounded by nature's stillness, this practice offers a chance to reflect, recharge, and connect deeply with your inner self.
- Experience a traditional massage and rejuvenate with hot stone bath.
- Dinner at the hotel.



Today we will bid a fond farewell to this beautiful Himalayan country.

As your time in Bhutan draws to a close, we bid you farewell with warm hearts and gratitude for choosing our beautiful country as your destination. We hope your journey has been filled with cherished memories, cultural encounters, and breathtaking experiences. The pristine landscapes, ancient monasteries, and the warmth of our people have welcomed you with open arms. May the tranquility and wisdom of Bhutan stay with you, guiding your path long after you depart. As you leave, carry the essence of Gross National Happiness in your heart, spreading joy and kindness wherever you go.

Thank you for honoring us with your presence. On behalf of BLZ Tours and Travels we wish you Safe travels, and may your future adventures be filled with wonder and discovery.

*Tashi Delek!*



For further information about this journey, hotel options and pricing inquiries, please contact us at our email address: [blzbhutantours@gmail.com](mailto:blzbhutantours@gmail.com)

## TRAVEL REQUIREMENTS

### *Sustainable development fee*

The Royal Government of Bhutan has set a sustainable development fee of USD 100 per person per day, which must be paid prior to issuing a visa. This fee goes towards the government fund to help develop Bhutan, preserve its rich natural and cultural heritage and also be able to provide free education and health care to all the Bhutanese citizens.

### *Exemption and Concessionary Levy*

Subject to any conditions specified in the Rules, the Competent Authority may provide for an exemption or concessionary levy rate on the applicable Sustainable Development Fee:

- Day tourists who do not travel beyond the first designated point are exempt.
- Children aged 5 and under are exempt.
- Concessionary levy of 50% for children aged 6 to 12 years.
- Other exemptions or levy rates that may be deemed necessary.

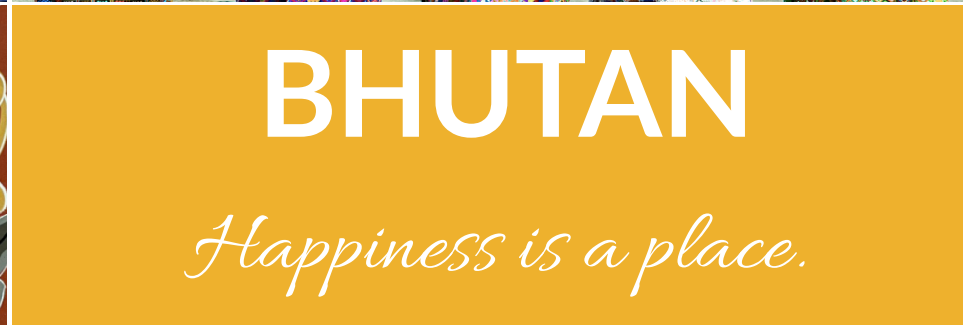
### *Visa Fee & Required Documentation*

A passport copy is required. The passport must be valid for six months from the intended date of departure from the Kingdom.

- Travel insurance valid for the duration of the trip.
- A recent passport size photograph.
- The visa fee is USD 40 per person and it is non-refundable. While the process to issue the visa is usually quick, the visa can take up to five working days to process.

Monument fees shall be applicable for the temples/Fortress/parks etc as per the policy of the government.









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