

# 2023 Pilgrimage to Bhutan with Atum and Malika September 1st - 17th



Enter into the luminous heart of equanimity that so permeates this land of innocence and have your heart washed and healed. The sublime beauty of a complete culture living the Buddhist tradition in a country dedicated to developing “Gross National Happiness” is a journey that will live on in you.

## Basic Itinerary

- Sept**
- 1st Group gathers in Bangkok in the evening
  - 2nd Free day in Bangkok-we will meet in the evening again.  
There will be some suggestions for sightseeing, shopping, etc during the meeting the first night
  - 3rd Depart Bangkok for Paro, Bhutan  
13 nights in Bhutan visiting monasteries, temples, dzongs with time for meditation in temples and meetings with Atum
  - 16th Return to Bangkok for the last night with the group or fly to Kathmandu if you are continuing on with the Nepal pilgrimage.
  - 17th Group departs for home or further travel.

## Message from Atum

Dear pilgrims,  
It is customary during the spiritual practice of a pilgrimage to leave much of one's persona and daily life behind, the purpose is to create an inner

spaciousness that becomes an accommodation for new guidance and inspiration. Bhutan is a profoundly Buddhist country and at the core of the tradition is the practice of living in the present moment, rather than always referencing one's past or future. We shall be returning again and again to the gift of mindfulness which will engage us ever more deeply in the pilgrimage. I will also ask that we share periods of silence, on parts of our bus rides and transitioning to and from Sacred Temples and Monasteries. This does not mean the pilgrimage will be a formal retreat, there will be an abundance of opportunity to socialize in our pilgrim community. We will share our meals together and hopefully much joyous laughter.  
Blessings, Atum

**The Cost** is \$6825 per person /double occupancy. The trip is limited to 19 people.

This includes:

- 3 nights in Bangkok, 2 before Bhutan and one after.
- Roundtrip airfare Bangkok-Bhutan, or Bangkok-Bhutan-Kathmandu
- 13 nights in Bhutan- all hotels and food
- All visas, entrance fees and basic tips
- Driver and Guides in Bhutan

This does not include: International flights or food in Bangkok and some additional tips.

A deposit of \$450 (non-refundable) is required to hold your place; the \$450 is included in the trip cost, not an additional fee. The reservations on Druk Air will be made sometime in early spring and at that time you will need to send an additional \$600 so that the tickets can be paid for. Since the trip is over 1 year away and as happened this year, there could be an increase in the airfare, we will need to increase the cost of the trip to cover the Druk Air increase if that should happen again.

The remaining amount is due by July 15th.

A limited number of singles available for \$700.

### **Cancelation Policy:**

\$450 is non refundable.

Cancelations have to be in writing.

>more than 5 months prior to the trip: Cancelation fee is 15% of trip cost, plus the cancelation fee for Druk Air.

>Between 5 - 4 months prior to the trip: Cancelation fee 30% of trip cost, plus cancelation fee for Druk Air.

>Between 4 - 2 months prior to the trip: Cancelation fee 50% , plus cancelation fee for Druk Air.

>Less than 2 months to 1 month prior to the trip: 75% of trip cost

>Less than 1 month: no refund

**Druk Air Cancellation Policy:**

- 85% refund for tickets canceled more than 45 days prior to arrival date in Bhutan
- 50% refund for tickets canceled between 30 and 45 days prior to arrival date in Bhutan
- No refund for tickets canceled within 30 days of arrival date in Bhutan
- An administration fee of \$30 per ticket will be applicable for all canceled tickets
- Passengers who fail to show up for a flight will not be eligible for a refund

Mail checks payable to Malika Forsyth, 11657 Buckthorn St, South Beach, Oregon 97366

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