



GANGTEY LODGE

Gangtey Lodge Celebrates its 10th Anniversary with the Launch of an Exclusive 5-Day Wellbeing Retreat in Bhutan for 2024

Start the year off mastering the Five Keys to Wellbeing through nature, spirituality, connection, community and rejuvenation



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Phobjikha Valley, Bhutan (September 5, 2023): As [Gangtey Lodge](#) celebrates its 10th anniversary they are pleased to announce a new 5 day/4 night Wellbeing Retreat for 2024. Set in the idyllic Himalayan Kingdom of Bhutan, the new Retreat is geared for travelers in search of such balance and happiness,. Amidst the relentless pace of modern life, the significance of pausing and prioritizing self-care can often be overlooked. In Bhutan's Phobjikha Valley and Gangtey Lodge, guests will find a haven that invites them to detach from the hardships and distractions of daily life and embark on a journey in search of revitalization and happiness.

The Wellbeing Retreat at Gangtey Lodge is an immersive framework centered around the Bhutanese beliefs of the 5 Keys to Wellbeing: Nature, Spirituality, Connection, Community, and Rejuvenation. The five-day, four-night experience is meticulously crafted to guide guests toward a state of inner harmony and peace focusing on Grounding, Reflection, Gratitude, and Resolution. They will immerse themselves in the embrace of nature, traversing time-honored trails that meander through lush forests, past the haven of crane roosting sites, and into open meadows. They'll engage in meditative practices that rekindle their inner essence, replenishing both mind and soul. Neighboring villages and monasteries will welcome them to forge connections with Phobjikha's vibrant community and soak up the tapestry of Bhutan's storied and cultural heritage. Finally, they'll surrender to tranquility to alleviate stress within the serene confines of the local shedras where monks will lead thoughtful meditations. As day turns to night, Gangtey Lodge

envelops guests in serenity, providing a sanctuary to unwind with various body treatments from hot stone baths to bodywork massages and treatments. Each day of the retreat will transcend the ordinary and leave an indelible mark as guests master the five keys to wellbeing and return home with the tools to continue a life invigorated, renewed, and profoundly inspired.

[Visual carousel of the five-day itinerary]

Bhutan's Five Keys to Wellbeing:

Nature: Immersion in nature is proven to be emotionally and physically beneficial to wellbeing. The team at Gangtey Lodge helps inspire guests to enhance or transform their life with offerings to suit their needs, encouraging guests to enjoy greater vitality and fitness levels, with a variety of experiences to choose from. Working out in the great open expanses of the Valley, experiences are carefully designed to meet each guest's desired level of fitness; ranging from gentle valley walks to more strenuous hikes to surrounding mountain peaks, to the lung busting cycle to the top of the pass. A walk in the surrounding forests will take you into a world of unspoiled and pristine nature. This nature experience will immerse you into a sea of tall blue pine trees, where you can inhale and absorb the sweet scent of pines and fill your lungs with the purest air on Earth.

Spirituality: Guided Meditation classes with a Lama, provide a unique spiritual experience, enabling complete disconnection with the surrounding world. Morning or evening prayers and different ceremonies will allow guests to find harmony and inner peace. Spiritual Experiences at Gangtey Goenpa (Monastery) and Shedra (Buddhist College), allow guests to find spiritual enrichment and delve into ancient traditions, which are an integral part of the local community. Join the monks at the Shedra for an early morning Thrusel ritual, for self-cleansing of all bad spirits surrounding us and for good luck. Buddhist fumigation is a ritual practiced by the Bhutanese every morning and during special pujas (religious ceremonies). Experience morning or evening prayers at the Gangtey Shedra. Hoist some prayer flags for happiness, long life, prosperity, and luck and to offer karmic merit to all sentient beings. In addition to the regular academic practice and classes, the Shedra provides a meditation class and discussion for Gangtey Lodge guests, on compassion and shamata (tranquility and calm abiding meditation) by highly qualified lamas, with English translations. This meditation practice helps people overcome stress, develop a peaceful mind, and to generate kindness.

Connection: From intimate Bhutanese dinners in the Woodshed to outdoor picnics with dramatic landscapes on the Gangtey 360 hike and beautiful alfresco breakfasts on the terrace, dining experiences at Gangtey Lodge promise to introduce exotic flavors of Bhutan as part of the cultural immersion into Gangtey Valley. To celebrate those truly unforgettable moments, and to complete the perfect journey, the Executive Chef prepares and offers tailored and balanced wellbeing menus composed of only natural and organic ingredients. For those interested in a cooking class, guests can collect ingredients such as homemade cheese and butter from a visit to a village house, or join the chefs shopping at the local market to get a greater understanding of the history, customs, and traditions of preparing a culinary journey of Bhutan.

Community: Visiting neighboring villages, guests will experience the beautiful traditional life of the Bhutanese countryside touring through pastures and tiny hamlets. Phobjikha (Gangtey) Valley is rich in

culture and customs, its origins shrouded in myths and legends passed down through the ages in the oral tradition. Guests can hike to a traditional farmhouse where they will be able to immerse themselves in the local community and learn more about their culture. At the lodge, the team will teach visitors Bhutan's national sport Dha (archery), which together with Khuru (darts), are the most popular Bhutanese sports. Wearing the traditional dress, a Bhutanese Kira or Gho is a wonderful way to dress up for dinner or to visit the monastery and is one of the most distinctive aspects of Bhutanese culture.

Rejuvenation: Travelers can finish the day with a relaxing, luxurious massage in their Farmhouse Suite, or take a traditional Hot Stone Bath in the beautifully appointed stone bathhouse. The bath itself is made of local pinewood, and the rocks used to heat the water are large boulders collected from a river nearby. It is believed that the heat from the water, the minerals released from the rock, and herbs foraged from the forest all combine to produce an array of medicinal benefits. Bath experiences help to replenish the skin with rich minerals that nourish and care naturally. Special treats complementing the bath experience are served to enhance the experience.

The multi-award-winning Gangtey Lodge offers the perfect blend of luxury, nature, culture, and spiritual enlightenment through its regenerative and sustainable practices. Rates begin at \$600 per person per night. Further details on the five-day, four-night Wellbeing Retreat can be found [here](#). For reservations please contact res@gangteylodge.com or visit www.gangteylodge.com/reservations. Visitors to Bhutan are required to pay the country's daily Sustainable Development Fees (SDF). In June, Bhutan introduced new incentives and savings. Visitors staying for 8 nights will pay for 4 nights and receive 4 nights of SDF free. Visitors staying for 14 nights will pay for 7 nights and receive 7 nights SDF free. Visitors staying for 24 nights will pay for 12 nights and receive 12 nights SDF free. Furthermore, children 0-5 years are SDF exempt and children 6-11 years receive 50% off the fees.

About Gangtey Lodge:

The multi-award-winning Gangtey Lodge is set high above the Phobjikha (Gangtey) Valley in the Kingdom of Bhutan with sweeping views over the 17th-century monastery and valley floor. A member of Small Luxury Hotels of the World, the Bhutanese farmhouse-inspired lodge boasts 12 beautifully designed suites while offering every comfort and luxury in one of the most remote places in the world. Through unique adventures, guests will discover a spiritual presence and peace of mind, while experiencing the country's rich and fascinating historic culture. Gangtey Lodge embraces Bhutan's concept of Gross National Happiness by pursuing a harmonious balance between respecting nature and promoting cultural preservation and sustainable development.

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Rates begin at \$600 per person per night. For reservations please contact res@gangteylodge.com or visit www.gangteylodge.com/reservations.

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