



COMO SHAMBHALA

## COMO Uma Paro & Punakha, Bhutan - Yoga Retreat with Lynn & Sumei

26<sup>th</sup> November – 2<sup>nd</sup> December 2020 | Bhutan

### Personal information (all fields are compulsory)

Full name (as per passport): \_\_\_\_\_

Passport No & Expiry date: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Citizenship: \_\_\_\_\_

Phone No: \_\_\_\_\_

Email address: \_\_\_\_\_

Emergency Contact:  
(Name, phone no) \_\_\_\_\_

### Registration (please tick where applicable) – rates are quoted per person, for 7D/6N

*Early bird registration (on or before 31<sup>st</sup> August 2020):*      *US\$800 non-refundable deposit*  
*US\$3480 by 31<sup>st</sup> August 2020*

*Regular registration (after 31<sup>st</sup> August 2020):*      *US\$800 non-refundable deposit*  
*US\$3880 by 1<sup>st</sup> October 2020*

	<b>Early bird</b>	✓	<b>Regular</b>	✓
Standard: King bed (per pax)	US\$4280		US\$4680	
Standard: Twin beds (per pax) [limited to 2 twin rooms]	US\$4280		US\$4680	
Single occupancy (King bed)	US\$5580		US\$5980	

**Roommate request** \_\_\_\_\_



## COMO SHAMBHALA

**Payment details** – payment via cash / cheque (please provide cheque no.) / Internet banking

	<b>Amount</b>	<b>Mode of payment / details</b>	<b>Date / collected by</b>
<b>EARLY BIRD RATE US\$800 non-refundable deposit</b> <i>Balance by 31<sup>st</sup> August 2020</i>			
US\$800 deposit (non-refundable)	US\$		
US\$3480 balance (non-refundable) DBL	US\$		
<i>US\$4780 balance (for single occupancy)</i>	US\$		
<b>REGULAR RATE US\$800 non-refundable deposit</b> <i>Balance by 1<sup>st</sup> October 2020</i>			
US\$800 deposit (non-refundable)	US\$		
US\$3880 balance (non-refundable) DBL	US\$		
<i>US\$5180 balance (for single occupancy)</i>	US\$		
<b>Total</b>	<b>US\$</b>		

**Payment details:**

Account Holder (Beneficiary) Name: **Como Shambhala Pte Ltd**

Account Number: 647-519479-001

Bank: OCBC Bank, Singapore

Bank Address: 65 Chulia Street #01-00 OCBC Centre, Singapore 049513

SWIFT CODE: OCBCSGSG



## COMO SHAMBHALA

Package includes (per person):

- 4N stay in luxurious Valley View Room at Uma Paro with hi-speed wifi connectivity
- 2N stay in luxurious Valley View Room at Uma Punakha with wi-fi connectivity
- Five days of privately guided excursions in group, taking in the highlights of the Paro, Thimphu and Punakha Valleys - includes trip to Taktsang “Tiger’s Nest” Monastery, Paro to Punakha valley via Thimphu and Dochu La, Chimmi Lhakhang, Sangchhen Dorji Lhuendrup nunnery, Punakha Dzong, Khamsum Yulley Namgyal Chorten, Paro Dzong
- 5-6 yoga sessions with Lynn & Sumei
- 1 x 60 min signature COMO yoga massage
- All meals – 6 x breakfast, 6 x lunch (excludes beverages), 6 x dinner (excludes beverages)
- Return airport transfers from Paro airport to Uma Paro resort
- Royalties at US\$65 per day, visa at US\$40 and all entrance fees\*
- Taxes & service charge\*

\*In the event the government taxes, royalties & service charges are increased prior or during the retreat, COMO Shambhala reserves the right to increase the relevant fees correspondingly.

**Package price excludes air tickets to Paro (we suggest booking directly with Druk Air for a more favourable rate)**

*Drukair [flight times below are indicative and subject to change by Druk Air]*

*26<sup>th</sup> November 2020 KB541 Singapore – Paro 1215 – 1615 (40 mins layover in Guwahati)*

*2<sup>nd</sup> December 2020 KB540 Paro – Singapore 1120 – 1920 (40 mins layover in Guwahati)*

*Note:*

- **Limited twin rooms available**
- **Rooms are on a “first-come, first-paid” basis**
- **Deposits are strictly non-refundable**

**Tentative schedule (exact schedule will be provided during the retreat)**

- **Day 1:** Late afternoon: arrival  
6pm-7pm: yoga session (grounding / hip-opening session, meditation)  
7pm: Group Dinner
- **Days 2-6:** 7am-8.45am: morning yoga session for Days 2 & 4  
AM & PM: excursion with lunch at resort OR picnic lunch  
5.15pm – 6.45pm: Days 3,5 & 6 – evening yoga session  
7pm: Group Dinner
- **Day 7:** AM: Breakfast, pack & check-out