



From May 14th to 28th, 2026

WITH TIFFANI GYATSO & IAN BAKER

# BHUTAN

IN THE FOOTSTEPS OF VAJRAYOGINI

# *Welcome to* CARAVANSA



I am Tiffani Gyatso — an artist and an untiring traveler. Life led me to live in India, where I immersed myself for years in the sacred art of Tibetan Buddhism, and later to cross deserts and seas in search of the delicate patterns of Islamic geometry, which I eventually began to teach. I have always sought to learn from the source — from masters who keep ancient traditions alive. Soon, others began to join me, drawn by the same longing for beauty, spirituality, culture, and genuine experiences.

Thus were born the first caravans, which have been crossing borders since 2012 being enriched by other wonderful partnerships contributing to the value of the journeys. In 2025, I gave this movement a name: Caravansa — inspired by the ancient caravanserais of the Silk Road, those havens where travelers, ideas, and dreams converged.

Now, Caravansa is also your portal: a shared adventure of authentic discoveries, inspiring masters, and kindred souls. Welcome to this journey — which begins here, within these pages, and will only fully unveil itself when you surrender to the journey.



# BHUTAN

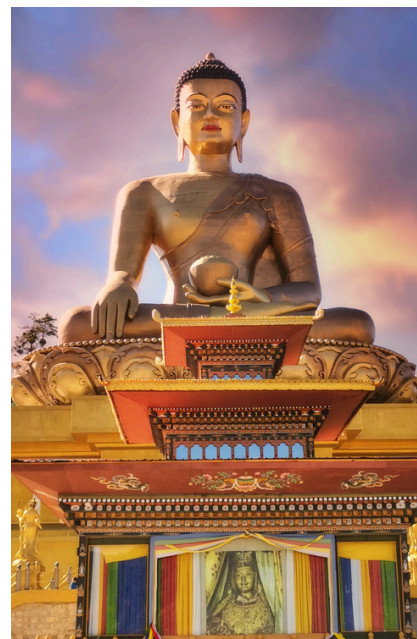
THE LAST THE BUDDHIST KINGDOM

Bhutan, the “Kingdom of the Thunder Dragon,” is far more than a mountainous country in the heart of the Himalayas. With around 800,000 inhabitants, it preserves millennia-old spiritual traditions and a way of life deeply rooted in the wisdom of Buddhism.

On this journey, we will explore sacred temples, dzongs, and caves—places where Guru Rinpoche (who brought Buddhism here in the 8th century) and Yeshe Tsogyal meditated and transmitted teachings that still guide the lives of those who live on, and those who walk upon, this land.

Its main cities include **Thimphu**, the vibrant capital; **Paro**, home to the iconic **Tiger’s Nest** Monastery; and **Punakha**, the former capital, where the majestic Punakha Dzong rises between rivers as a witness to centuries of history and spirituality. Beyond them, picturesque villages scattered across hidden valleys keep ancient traditions alive, offering authentic experiences that connect travelers to the very essence of Himalayan life.

To join this journey is to accept a rare invitation: to experience Bhutan from the inside out, to absorb its sacred energy, and to create memories that transform. It is to connect with centuries-old practices, witness ancestral rituals still alive, feel the power of sacred places, and open space within for profound change. This is not just a trip — it is an opportunity to touch what is eternal: the wisdom, presence, and stillness that Bhutan offers to those who surrender with an open and adventurous heart.



# IN THE FOOTSTEPS OF VAJRAYOGINĪ



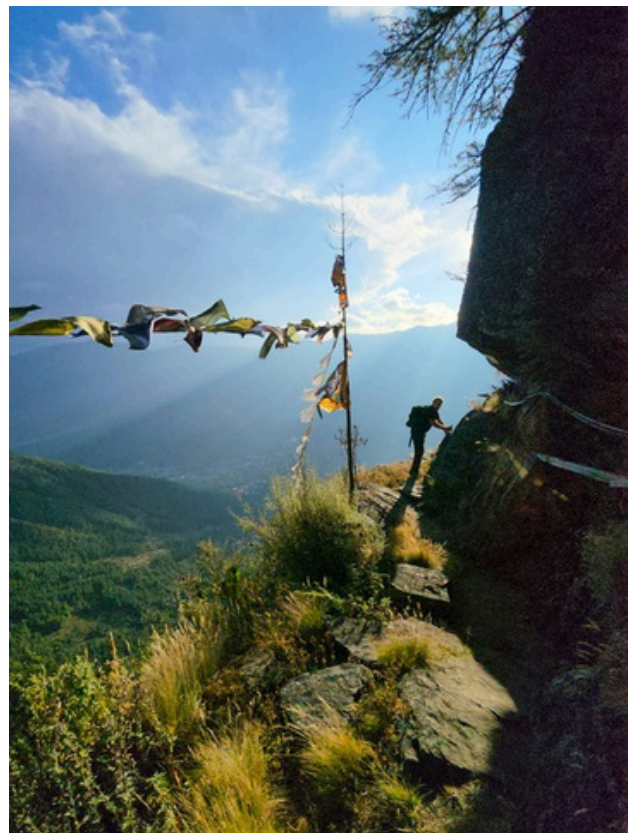
At the heart of Vajrayāna Buddhism, Vajrayoginī embodies the supreme expression of the enlightened feminine: pure, untamed, and compassionate energy that leads the practitioner directly to ultimate wisdom. In Bhutan, this goddess appears in forms such as Vajravārahī — the yoginī with a sow's head, symbolizing victory over ignorance — and Kurukullā, the crimson goddess of magnetism, linked to the power to attract, transform, and awaken. Both are faces of the same principle: the dynamic force of the awakened mind, which does not fear passion but transforms it into a path.

Bhutan holds caves and temples dedicated to these manifestations of the sacred feminine. In places like Paro Taktsang (Tiger's Nest), where Guru Rinpoche is said to have practiced with his consorts, and in caves linked to Yeshe Tsogyal, the disciple and spiritual companion of Padmasambhava, one can still breathe the living presence of this ancient worship. These sites are not merely geographic destinations, but portals of initiation where monks, nuns, yogis and yoginis keep the flame of Vajrayāna alive. There, visitors find the rare opportunity to connect with the lineage and the living energy of the practice.

Our journey with Caravansa will follow this thread — the path of Vajrayoginī. We will travel through sacred places connected to her presence, learn from local artists how to draw her attributes in the Tibetan iconographic tradition, meditate with monks and nuns in temples that preserve her mantras, and receive initiations that allow us to touch her transformative energy directly. This will not be just a cultural journey, but a deep immersion into the enlightened feminine of Bhutan — where art, practice, and inner experience intertwine to reveal new dimensions of being.



# TRAVEL WITH:



**Ian Baker**, PhD, holds degrees in English Literature, History, Anthropology, and Buddhist Studies. He is the author of seven critically acclaimed books, including *Tibetan Yoga: Principles and Practices*, *Buddhas of the Celestial Gallery*, *The Tibetan Art of Healing*, *The Dalai Lama's Secret Temple*, and *The Heart of the World*. Recognized by the National Geographic Society as one of seven “Explorers for the Millennium” for his field research on hidden lands (beyul) in the Buddhist Himalayas, he now leads study journeys and seminars worldwide, exploring the intersection of diverse philosophical, spiritual, and yogic traditions.

**Tiffani Gyatso** is a Brazilian artist who specialized in traditional Tibetan Thangka painting at the Norbulingka Institute in India between 2003 and 2006. Later, she deepened her studies in Sacred Geometry at the PSTA in London. From 2007 to 2012, she created the paintings for Lama Samten's temple in Viamão, Brazil. She also holds a degree in Visual Arts from the Dulcina de Moraes University in Brasília. In 2020, she founded the online school Mandalas do Mundo. Currently, Tiffani leads art retreats at her center in the mountains of Brazil — the Atelier YabYum — as well as art programs in India, Tibet, Bhutan, Morocco, and Turkey. She is the author of the book *Vida e Thangka*.



# Itinerary

*in short*

**From May 14th to 28th, 2026**

With Tiffani Gyatso & Dr. Ian Baker

## **Paro - Thimphu - Punakha Valley - Phobjika - Bumthang - Tiger's Nest**

**Day 1 – Arrival in Paro** - Arrival in Paro, visit to Kyichu Lhakhang temple, time to rest, and a welcome dinner.

**Day 2 – Paro Valleys** - Visit to Tenchen Choeling and Singye Drak, with a Kurukullā initiation ceremony.

**Day 3 – Chumphu Né** - Hike through the Chumphu Né valley to the Vajravārāhī temple and fire ceremony of Kurukullā.

**Day 4 – Paro to Thimphu** - Visit to Jangtsa Dumtseg temple, transfer to Thimphu, and introduction to thangka art class.

**Day 5 – Thimphu** - Artistic activities in Thimphu, with painting and sculpture workshops on tantric imagery.

**Day 6 – Punakha Valley** - Travel to Punakha Valley, archery practice, and visits to Chimi Lhakhang and Punakha Dzong.

**Day 7 – Phobjikha** - Journey to Phobjikha, visit to Gangtey Monastery, and coloring activity of Kurukullā and Vajravārāhī.

**Day 8 – Bumthang** - Travel to Bumthang, visiting Trongsa Dzong, Jambay Lhakhang, and other historic temples along the way.

**Day 9 – Bumthang Valleys** - Walk through Kurjé and Tamshing temples, with an optional visit to Red Panda Brewery.

**Day 10 – Bumthang Region** - Visit to temples dedicated to Padmasambhava and his consorts, overnight at Ogyen Choling.

**Day 11 – Tang Valley** - Visit to the Temple of the Twenty-One Tārās and hike to Lamaling temple.

**Day 12 – Tang Valley** - Art and meditation at the Temple of the Twenty-One Tārās, hike and film screening.

**Day 13 – Return to Paro** - Fly back to Paro, free afternoon for local exploration or spa.

**Day 14 – Paro** - Hike to Tiger's Nest, visit yoginī caves, and farewell dinner.

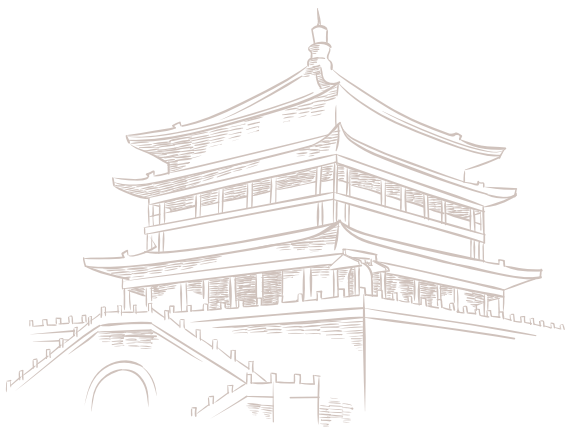
**Day 15 – Departure** - Transfer to Paro airport for individual return flights.

# Route Map

**Paro - Thimpu - Punakha Valley - Phobjika - Bumthang - Tiger's Nest**







# Itinerary

## Complete

**From May 14<sup>th</sup> to 28<sup>th</sup> May, 2026**  
With Tiffani Gyatso & Dr. Ian Baker

### DAY 1 Arrive in Paro, Bhutan

- In the morning, visit Kyichu Lhakhang, the first Buddhist temple in Bhutan, to explore its connections with transformative tantric deities—especially the serene White Tārā, the joyful Green Tārā, and the semi-wrathful Red Tārā (Kurukullā), who embodies the wisdom of magnetism and enchantment. After lunch, continue to the “Speaking Tārā” temple at Drukgyal Dzong to deepen both practice and artistic understanding of the feminine deities in Vajrayāna Buddhism. (The “Speaking Tārā” temple at Drukgyal Dzong is especially renowned for granting wishes!) **Overnight at Paro Rema Resort.** (alt. 2,200 meters / 7,200 feet)



### DAY 2 Dakini's temples

- In the morning, visit Tenchen Choeling, a Buddhist college for nuns regarded as the abode of one of the five longevity ḍākinīs who protect the Paro Valley. The head teacher, Khenpo Kinga Norbu, will offer the group the empowerment and mantra transmission of the “magnetizing lotus” ḍākinī, Kurukullā. After artistic activities with the nuns of Tenchen Choeling, continue to Singye Drak, the cliffside abode of the Lion-Faced ḍākinī (Simhamukhā)—a “secret wisdom” ḍākinī of the Dzogchen tradition, whose jubilant laughter and fierce roar open the gateways to awakened awareness. **Overnight at Paro Rema Resort.**





## DAY 3 Hike to the abode of Vajravarahi

- Hike through the enchanting Chumphu Né Valley to the temple of the tantric goddess Vajravārāhī, where a Kurukullā fire ceremony will be performed to invoke the power and presence of the tantric goddesses. Each participant will receive a personal amulet to carry throughout the journey. **Overnight at Paro Rema Resort.**



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## DAY 4 Thangka workshop in Thimphu

- After visiting the multi-storied tantric temple Jangtse Dumtseg, we drive for about two hours to our hotel in Thimphu, the capital of Bhutan. After lunch, we will meet one of Bhutan's most renowned thangka (scroll painting) artists, who will guide us in drawing Kurukullā's bow and arrows—crafted from bees and flowers! **Overnight at a hotel in Thimphu.** (alt. 2,400 meters; 7,874 feet)



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## DAY 5 Art activities in Thimphu

- In the morning, we will take part in additional artistic activities in Thimphu, learning about the traditional Buddhist arts of painting, sculpture, and woodcarving. We'll meet local artists who explore the interface between tradition and innovation in contemporary Bhutanese art, followed by an afternoon workshop. **Overnight at a hotel in Thimphu.**



## DAY 6 The Temple of Fertility

- Journey to the Punakha Valley, with a stop for lunch at a local farmhouse, where we will also practice traditional Bhutanese archery — the national sport, rich in symbolism within the art and practice of Kurukullā. Walk through the rice fields to Chimi Lhakhang, the “temple of fertility,” associated with the Tibetan tantric archer and mahāsiddha Drukpa Kunleg and his passionate compassion for life. We’ll end the day with a visit to the spectacular and artistically rich Punakha Dzong, also known as the “Palace of Great Bliss.” **Overnight at a hotel in Punakha.** (alt. 1,242 meters; 4,075 feet)



## DAY 7 Temples in the valley of Phobjikha

- Departure from the Punakha Valley and a three-hour journey across the Black Mountains to the high valley of Phobjikha. After admiring the rich symbolic murals of Gangtey Goenpa Monastery, enjoy a walk back to our lodging through beautiful fields and forests. In the evening, using the Gangtey murals as inspiration, we will hold an activity coloring the forms of Kurukullā and Vajravārāhī on traditional handmade paper. **Overnight at Phobjikha Resort.** (alt. 3,000 meters; 9,800 feet)



## DAY 8 The magic valley of Bhumtang

- Journey to Bumthang, the spiritual and cultural heart of Bhutan, with stops at the spectacular Trongsa Dzong Museum, lunch at the Willing Waterfall Café, and the many-eyed Chendibji Stupa. In the afternoon, walk from our lodging to the 7th-century Jambay Lhakhang, dedicated to Maitreya, the Future Buddha, the twenty-one forms of Tārā, and the deities of the Kālacakra “Wheel of Time” Tantra. **Overnight at Rinchenling Lodge.** (alt. 2,800 meters; 9,185 feet)





## DAY 9 Marks of Padmasambhava

- After breakfast, walk through the fields to the Kurjé Temple complex, where the tantric mahāsiddha Padmasambhava left his bodily imprint on a cave wall. Continue to Tamshing Temple, with its 15th-century murals depicting the 84 Indian tantric mahāsiddhas. Time permitting, visit the Red Panda Brewery and the nearby cheese factory. **Overnight at Rinchenling Lodge.**



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## DAY 10 Dakinis and arrival at Heritage House

- After visiting a nearby temple dedicated to Monmo Tashi Khyidren, the Bhutanese consort of Padmasambhava, travel to Tang Rimochen Lhakhang, a temple devoted to Padmasambhava and his Indian and Tibetan consorts, Mandāravā and Yeshe Tsogyal, at the base of a tiger-striped cliff with bodily marks on nearby stones. Continue to Ogyen Choling Manor in the Tang Valley. **Overnight at Ogyen Choling Heritage House.** (alt. 3,000 meters; 9,800 feet)



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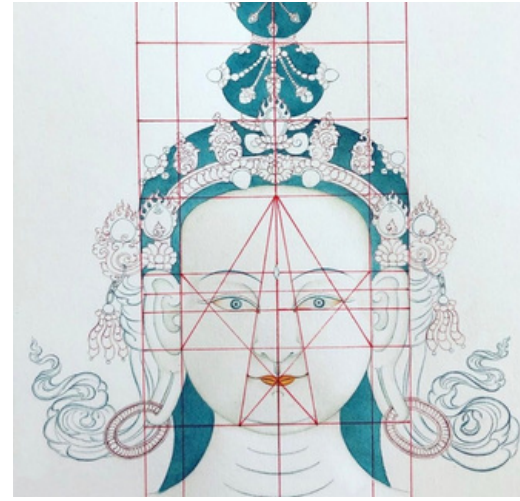
## DAY 11 Tang Valley

- After visiting the Twenty-One Tārās Temple at Ogyen Choling, the “mothers” of all Buddhas, with its impressive statues and murals, walk through the Tang Valley to Lamaling Temple and its soul tree, said to grant wishes. After a picnic, return to Ogyen Choling. **Overnight at Ogyen Choling Heritage House.**



## DAY 12 The 21 Taras

- Morning dedicated to art and meditation at the Twenty-One Tārās Temple, focusing on drawing and coloring Tārā's face in its various symbolic expressions. Includes a light afternoon walk and a film screening in the evening. **Overnight at Ogyen Choling Heritage House.**



## DAY 13 Return to Paro

- Morning departure from Ogyen Choling for a 45-minute flight to Paro. Free afternoon for local exploration or spa treatments at Rema Resort. **Overnight at Rema Resort.**

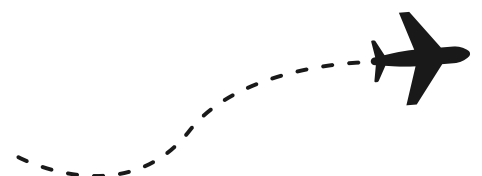
## DAY 14 Hike to Tiger's Nest

- Morning hike to Pelphug's Tiger's Nest, Bhutan's most iconic destination, built on the face of a cliff, with numerous sanctuaries and chapels dedicated to male and female tantric deities. Here, Guru Padmasambhava manifested his "mad wisdom" form, Guru Dorje Drolo, riding a tigress. Visit the Lioness Cave of the Tibetan yogini Yeshe Tsogyal and the cave-temple of the 11th-century female mahāsiddhā Machig Lhabdron, considered a reincarnation of Yeshe Tsogyal and an emanation of Prajñāpāramitā, or primordial wisdom. Visiting the "Single Mother" (Machig) cave is believed to prolong life! The day concludes with a farewell dinner and celebration. **Overnight at Rema Resort.**



## DAY 15 Final

- Transfer to Paro International Airport. Departure.





# INVESTMENT

## Bhutan 14 NIGHTS

**EARLY-BIRD** until Feb. 20th: US5.600 (*double room*)

Price after Feb. 20th: US5.900 (*double room*)

Single room: US6.500 (*fixed price*)

## INCLUDED:

- Pick-up at Paro Airport;
- All ground transportation by minibus or jeep;
- All accommodations in heritage hotels;
- All meals;
- Entrance fees to monuments and local guides;
- Visa and daily SDF (Sustainable Development Fee);
- 1 Domestic flight;
- Guidance from two international specialists;
- Assistance with booking international flights and connections;
- Two online group meetings for trip preparation and introductions, plus a WhatsApp group with all participants.

## NOT INCLUDED:

- Round-trip international airfare to Paro, Bhutan;
- Travel insurance;
- Gratuities (drivers, local guides, and services);
- Personal expenses, such as alcoholic beverages, extra drinks, laundry, spa treatments, and transportation outside the itinerary.

# PAYMENT METHODS:

There are two ways to register:

- Bank transfer via Wise in USD (especially easy for those who already have a Wise account); simply use the tag: **@hollackg**. For a full deposit with account details, request information by email: [arteperegrina@gmail.com](mailto:arteperegrina@gmail.com).
- Use the “Book Now” button on the trip page to pay by card in installments of your choice, with the final payment due by early May 2026. (A 2% card processing fee applies.)
- Access: [www.acaravansa.com/bhutan](http://www.acaravansa.com/bhutan)

## STEP BY STEP:

1. Contact us at [arteperegrina@gmail.com](mailto:arteperegrina@gmail.com) to submit your registration request. A video call can be arranged to clarify all details for both parties.
2. Make your first deposit and send the proof of payment. We will confirm receipt, but please note that we do not issue invoices, as we are not an official travel agency, but facilitators of the trip with more than 12 years experience.
3. Send a good photo of your passport and a photo ID (for the visa).
4. Book your round-trip flight to Paro, Bhutan. Our representatives will meet you at the airport. See our recommendations on the following pages for guidance on planning your journey.
5. Arrange your travel insurance (if purchasing your flight with a credit card, many provide insurance; please contact your provider).
6. Attend our first online group meeting in April and the second at the beginning of May.
7. Take care of your health to endure long flights and minimize jet lag. See our tips in the “Preparation” section.
8. Pack your bags and fly!



# INTERNATIONAL FLIGHTS:

There are no direct flights from America or Europe to Paro, Bhutan — all routes require at least one or two connections. The most common layovers occur in hubs such as New Delhi (India), Kathmandu (Nepal), Bangkok (Thailand), Dubai, or Addis Ababa (Ethiopia), depending on the airline.

The airlines most frequently used on these routes include Druk Air and Bhutan Airlines (for regional or final segments), along with major international carriers for the long-haul flights to Asia.

## RECOMENDATIONS:



To arrive in Bhutan well-rested, we recommend a 1- or 2-night stop in Bangkok after the long 20–25 hour journey. Flights to Paro (approximately 3½ hours) depart early, between 5:30 and 7:30 AM, making an overnight stay in the city ideal. Bangkok is perfect for recharging with Thai massages and excellent cuisine before continuing your journey. Good accommodation options near the airport include Novotel Bangkok Suvarnabhumi Airport (inside the airport). Dubai is also an option, though potentially more expensive.

To plan this, book your flight to Bangkok or Dubai, reserve a hotel, and acquire a separate ticket to Paro, arriving on May 14, 2026. The same can be done for your return, with or without a stop in Bangkok —choose the schedule that suits you best. Departure from Paro can be at any time on May 28, 2026.

# GET READY:



## **Packing Light: Bring Only the Essentials**

For a transformative journey to Bhutan, simplicity is your best ally. Bring only what you truly need so every step feels light and each part of the journey more enjoyable. A compact main suitcase is enough; on the plane, carry a small backpack that will accompany you on short hikes, temple visits, and trails. This way, you keep essentials at hand without overburdening yourself.

## **Essentials for May in Bhutan:**

- Light daytime clothing (thin long-sleeve tops, comfortable pants, socks)
- Windbreaker or jacket for cool mornings and evenings (temperatures between 13°C and 32°C / 55°F–90°F)
- Comfortable walking shoes (sturdy boots or sneakers)
- Hat or cap, sunglasses, and sunscreen
- Lightweight raincoat
- Scarves or shawls (useful in temples and monasteries)
- Small daily backpack
- Reusable water bottle
- Universal adapter and chargers
- Wet wipes and earplugs (for light sleepers)

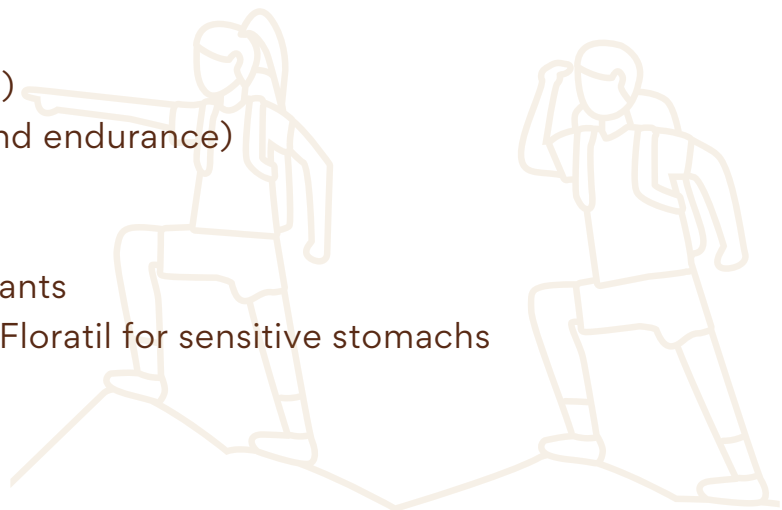
## **Health and Wellness:**

To boost immunity before the trip, some simple, natural supplements can be helpful:

- Vitamin C
- Vitamin D
- Zinc
- Probiotics (to strengthen gut flora)
- B-complex vitamins (for energy and endurance)

## **Basic medicines to have on hand:**

- Mild pain relievers and decongestants
- Antacids, activated charcoal, and Floratil for sensitive stomachs





# TESTIMONIALS:

**Valeria Cebb Recon**

**Traveling with Tiffani is like strolling through art!**

Her deep knowledge of Tibetan iconography and local culture allows us to feel the value of the artistic expressions of the place. Throughout the journey, she shares valuable information about what all that artistic richness represents, helping us make connections to our own lives.

**It's a must!**

**Fernanda Macedo**

It was an unforgettable, indescribable time, a turning point in my personal story.

I got to live intense and unique moments, many of which can't be put into words.

How do you describe feeling deeply moved during a mantra recitation, or the silence that echoed within us in the middle of a match?

How can you put into words the depth of the Dharma?

**My gratitude to everyone who participated and to the sacred moments we shared together.**

I miss it already 🥺🙏

**Valeria Cebb Recon**

**Traveling with Tiffani is like strolling through art!**

Her deep knowledge of Tibetan iconography and local culture allows us to feel the value of the artistic expressions of the place. Throughout the journey, she shares valuable information about what all that artistic richness represents, helping us make connections to our own lives.

**It's a must!**

Through Tiffani's lightness, enthusiasm, and competence, we were led to experience a bit of the world of Thangka paintings, connected to our visits to temples and sacred places, diving into Tibetan culture!

Even without knowing each other beforehand, we formed a harmonious and strong group.

Tiffani, with her experience and sensitivity, guided us step by step through the world of Thangka, which she shared so beautifully.

**Sonia**

If my health allows it, I want to participate again.

**Unforgettable experience!! Highly recommended!!** 🌸



**Izabel Santana Cebb, BA**

**Friends,**

Just stopping by to send a kiss to everyone's heart and share my deep sense of gratitude for the companionship, love, and learning we experienced together!

A joyful and happy Sangha followed the path "In the Footsteps of Guru Rinpoche" with the loving and inspiring guidance of Tiffani and the whole team!

Still amazed by the discoveries and reflections, and the ways of sharing knowledge and the **precious Dharma!**

**Gratitude to all!**



**Sandra Andrade**

**Guys, waking up now after a much-needed 15-hour sleep...**

My heart is calm, happy, and full of longing.

So much lived, felt, shared, learned, experienced...

**So much gratitude!**

9:54 /



# SHALL THE JOURNEY START!

## CONTACT

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*“Travel carries the soul to its own doors.  
Step beyond the known, and the world  
will reveal its hidden face.  
Each journey is a mirror,  
reflecting the heart of the traveler.”*

*—Rumi, Masnavi*