

Brochure for Hospitality

Yoga Yangchen



High-end **tourists** are looking for a **well-being** experience!!!

Already for years wellness and well-being travel has been the number one travel trend. The COVID-19 pandemic has made people aware of the importance of their health and their immune system. Post COVID-19 travelers are even more likely than ever to seek out destinations, tour operators and hotels that offer them a wide range of well-being services. The Tourism Council of Bhutan also has very actively started promoting Bhutan as a well-being destination. Do you want to attract (more) guests post COVID-19? Then offering yoga and meditation services to your guests is the way to go.



Benefits of **yoga**

- 🌸 Increases flexibility
- 🌸 Reduces weight
- 🌸 Improves balance
- 🌸 Increases muscle strength and tone
- 🌸 Reduces stress
- 🌸 Improves immune system



Benefits of **meditation**

- 🌸 Increases self-awareness
- 🌸 Reduces stress
- 🌸 Improves sleep quality
- 🌸 Increases patience and tolerance
- 🌸 Reduces negative emotions
- 🌸 Improves concentration



Packages and Pricing

Retainer package

Do you want to make sure you have a dedicated yoga and meditation teacher available to you at set times? Then the Retainer package is the right choice for you! For a fixed amount per month, I will be present at your preferred location to teach any of your guests.

On-Demand package

Do you prefer not to invest a lot of money in a wide range of well-being services for your guests, but still would like to be able to offer yoga and meditation classes? Then the On-Demand package is the right choice for you! Whenever a guest shows an interest just contact me and, if my schedule allows, I will come to your preferred location to teach them a class.

Pricing

The pricing of your package depends on your requirements. I will gladly visit you at your office location to discuss all the options, and to give you a quote for your preferred package.

Duration, Location and Times

Each class is 60 minutes.

Classes can be given indoors or outdoors at the guest's hotel, at Yoga Yangchen's studio in Thimphu or at any other location of your choice in Thimphu or Paro. Only for the retainer package there will be fixed times for classes. In all other cases, the timing will be decided in good communication between you, the guests and myself.

About Yoga Yangchen

Yoga Yangchen offers yoga and meditation practice for body, mind and spirit. As an internationally certified teacher I help improve people's well-being. With a wide range of yoga styles and meditation techniques to choose from there is something suitable for everyone. Old or young, beginner or intermediate, male or female, physically fit or not. Anyone can join the practice and improve their well-being.

Connect



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