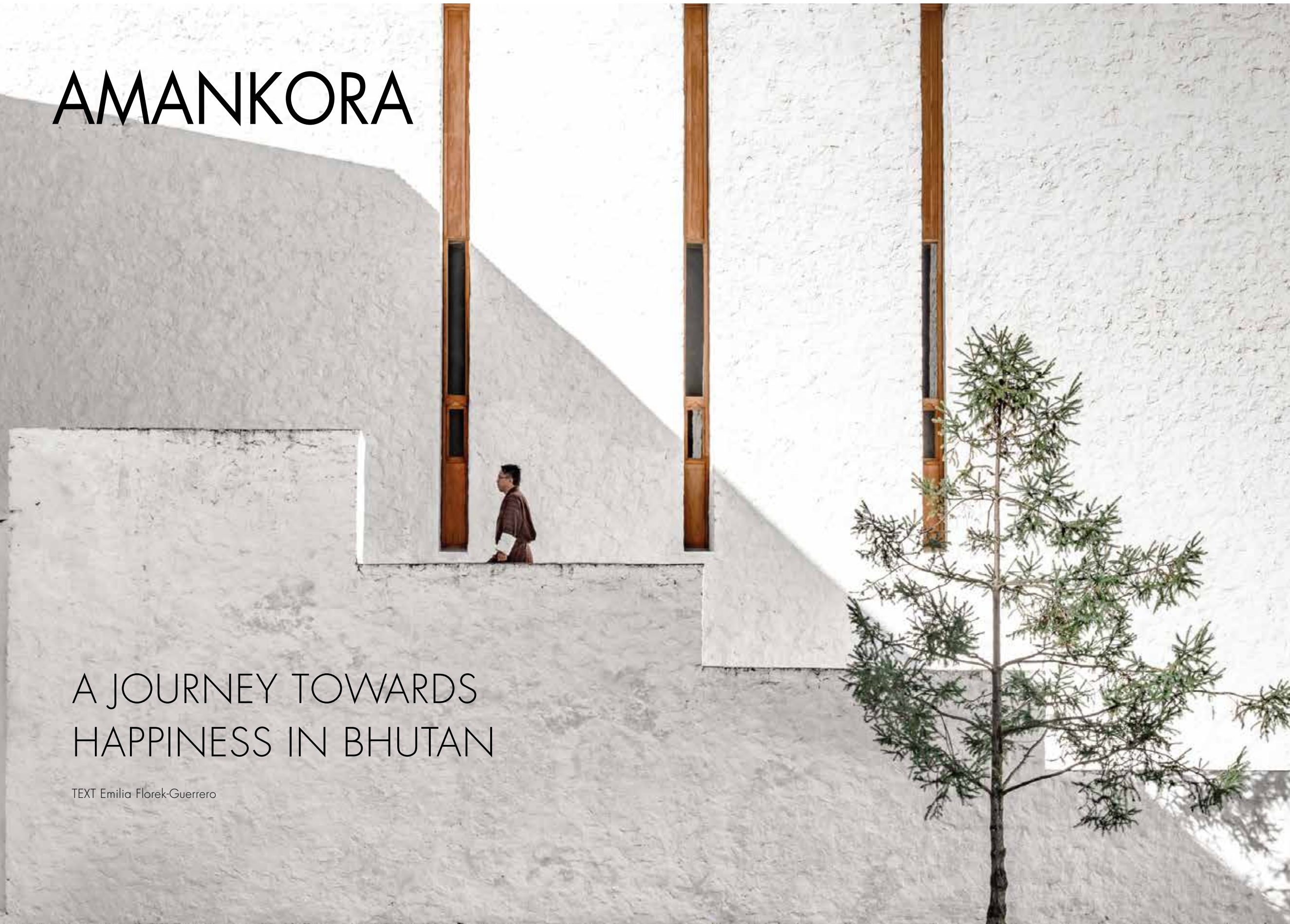


AMANKORA

A JOURNEY TOWARDS HAPPINESS IN BHUTAN

TEXT Emilia Florek-Guerrero



Bhutan, a country of less than a million people, is a global pioneer in placing the focus on happiness – an ultimate goal of each individual. It is the first nation to measure its success not by its economic strength but by the wellbeing of its people.

Gross National Happiness (GNH) is a concept that guides the government of Bhutan. Its aim is to harmonize the balance among physical, mental, spiritual, and cultural needs of individuals and a society within a safe and stable environment. Bhutan places happiness in the center of its population's everyday life. Such a unique approach makes a visit to this country unlike any other.

Bhutan is a year-round revelation. Spring, the season of renewal, sees Bhutan at its most beautiful, when the Himalayan landscape comes alive with colour. Winter reveals the snow-capped peaks of the Himalayas, which can be gazed upon with utmost clarity. Nevertheless, Bhutan does not only offer a voyage with breathtaking mountain vistas, but also a journey of self-discovery.

Buddhist philosophy is felt throughout the entire Kingdom of Bhutan. Amankora (a part of Aman Resorts collection) gives guests opportunities to tap into Bhutan's soulful character by offering an

immersion into cultural experiences and personal encounters.

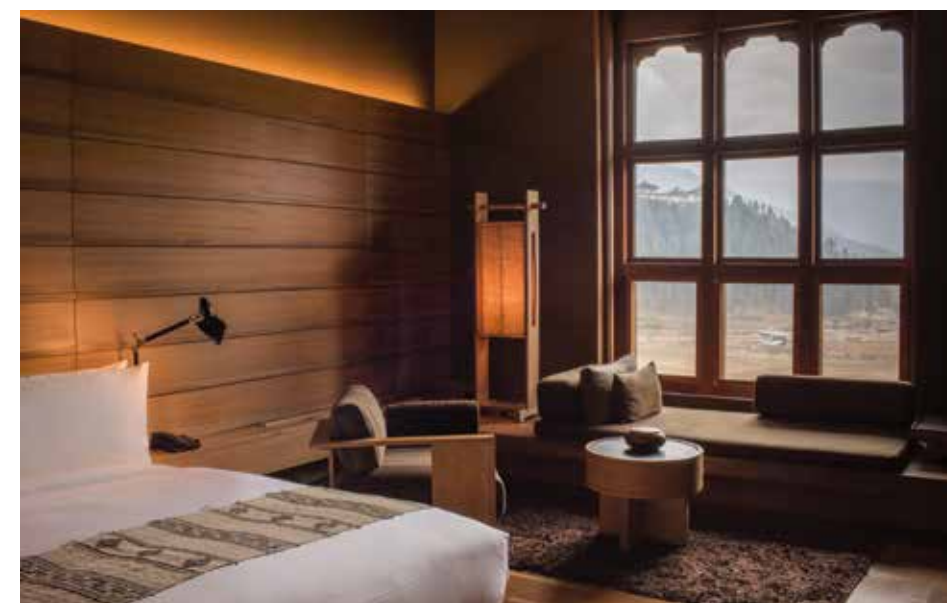
Amankora consists of five types of accommodation spread across Bhutan's central and western valleys: Paro, Thimphu, Punakha, Gangtey, and Bumthang. They all together construct a circuit of sanctuaries settled in a beautiful setting of the Himalayas.

Paro Lodge consists of 24 suites and features a two-story spa as well as a glass-walled yoga studio - all at an elevation of 2,250 meters.

The Thimphu Lodge is a 16-suite lodge built in the style of a traditional dzong fortress.

The Gangtey Lodge includes 8 suites set on a forested knoll with scenic views of the valley floor and a 16th-century monastery.

A 16-suite Bumthang Lodge is located within the town of Jakar where



guests can embark on a multitude of cultural and spiritual experiences, including the 108-butter lamp offering at Jambay Lhakhang.

The Punakha Lodge, which can be reached by crossing a suspension bridge over the Mo Chhu River, incorporates a traditional Bhutanese farmhouse. It comprises of 8 suites, which feature views across an orange orchard and rice terraces.

An array of Bhutanese, Western, and Indian dishes are served across all five Amankora Lodges. Waking up to a cup of hot ngaja, a sweet Bhutanese milk tea, or suja butter tea - a rich, nourishing cup sipped in bed, is a traditional Bhutanese morning ritual. The day can be finished with a Potato Shed Dinner offering an evening surrounded by hundreds of flickering candles or a barbecue under the stars accompanied by live Bhutanese music.

During a stay at Amankora one can also take part in a cooking class and learn about traditional Bhutanese cuisine.

The serenity of the mountain landscape makes Bhutan the ideal destination to take care of mind and body. The best way to start the day is with a morning yoga session in the dedicated mountain-view studio and by taking part in a meditation session led by monks.

Amankora's five cedar-scented spas offer traditional wellbeing rituals based on Himalayan plants and herbs, such as the Himalayan bathing ritual, which can be completed with a hot apple cider as the sun sets.

One can also experience forest therapy and take a tranquil walk through pristine wilderness while absorbing the forest's healing ambience. Prayer flags, which encourage happiness and prosperity, have been an iconic part of Bhutanese



culture for centuries. As they flutter they create a sound, which yields for a quiet moment of reflection and a transformative meditation.

Amankora offers different journeys, one of which being "a quest for happiness". It is a purposeful and fulfilling experience consisting of a 7 to 12-night stay at four or all five of Amankora's lodges where one gets engaged in uplifting the local communities. The concept is inspired by Bhutan's dedication to the happiness of its people. Thus, Amankora offers an insight into Buthanese daily life and invites its guests to give back to local communities, as to give is to receive.

These transformative activities can include visiting a shelter and orphanage to help women and children regain trust and confidence and paying a visit to the first ever retirement home for Buddhist monks to contribute to the wellbeing of the elderly.





Amankora offers a journey of purposeful and enlighten moments while enabling conditions for happiness of all involved.

AMANKORA LODGES
Bumthang, Thimphu, Punakha,
Gangtey, Paro
Bhutan
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