&BEYOND PUNAKHA RIVER LODGE, BHUTAN

Wellness Masters in Residence

More than rest. A return to self.

Tucked within the lush stillness of Bhutan's Punakha Valley, &Beyond Punakha River Lodge has long been a sanctuary for those seeking calm. Now, it becomes something more: the setting for a rare opportunity to learn from leading holistic practitioners who guide guests on a deeply personal journey of transformation.

Introducing *Wellness Masters in Residence*, an immersive journey of self, curated to elevate the lodge's year-round wellness offering. While staying at Punakha River Lodge, choose to participate in the scheduled 30-minute wellness group sessions (included in your stay) or book an array of optional, highly personalised one-on-one treatments (at an additional cost).

YOUR WELLNESS MASTER



VIJAYA

15 May – 10 June and 01–31 December 2026

Once a lawyer, now a renowned healer, Vijaya has brought her intuitive approach to Aman, Four Seasons, Soneva and Six Senses. Her work blends Reiki, cranio-sacral therapy, energy work and inner child integration to gently unlock physical, emotional and spiritual healing.

READ MORE

LISTEN TO PODCAST

Limited spaces available. Enquiries now open.
Please contact: rishi.sarma@andBeyond.com

&BEYOND

WHAT TO LOOK FORWARD TO:

- ✓ Scheduled 30-minute wellness group sessions (3–4 classes a week)
- ✓ **Optional private treatments (at an additional cost), which may include Access Bars, breathwork, sound healing and personal insight sessions**
- ✓ Additional wellness offerings at &Beyond Punakha River Lodge, home to yoga, meditation, riverside spa treatments and traditional Bhutanese hot stone baths

For travellers drawn to both inner and outer journeys.

