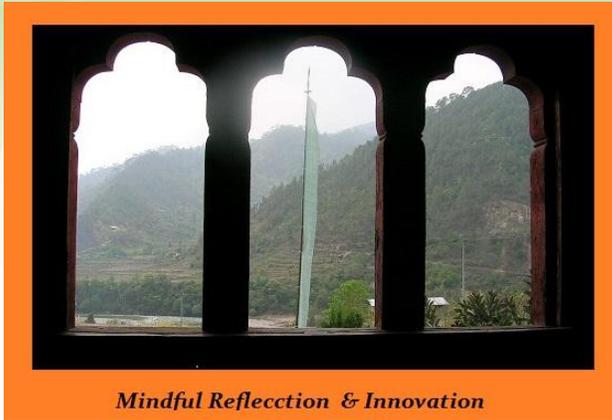


B H U T A N

Insightful Learning Journeys

Mindful Self Leadership Journey for Women Entrepreneurs



Mindful Reflection & Innovation

The Mindful Self Leadership learning journeys are designed for women who want to develop their Mindfulness understanding and practices to strengthen their leadership in three key areas:

- Individual – increase self leadership for personal development
- Team – increase mindfulness in a professional environment
- Community – create a ripple effect in the community through giving back

Learning takes place in Bhutan, the ancient Himalayan Kingdom with a unique development philosophy – Gross National Happiness, which seeks to foster economic development, guided by a structured approach to collective human development.

Your Learning Journey options

Join us for a 4 Day/5Night or a 6 Night/7Day Journey which incorporates learning about yourself, learning from the experts and an opportunity to contribute your skills to create the Ripple Effect of Mindful Happiness in your learning environment as well as in your own community for the long term.

Social Responsibility Outreach

Insightful Learning Journeys commits a portion of the net proceeds towards outreach programs which may be sustained long term with the ongoing support of the Woolf Works journey members.

Khatiza Van Savage - Facilitator

I have designed and delivered innovative action learning programs for a diverse set of clients in varied industries. And in this learning journey I began to develop a deep understanding of the need for leaders to develop their own Mindful Self Leadership skills as a priority. As the Chief Happiness Architect, my role is to support the learner discover the Mindful Values and Practices which would best suit the individual's Mindful Happiness framework.

Testimonials - Participants

Mindful Self Leadership Journeys

*For each of us, it was something different - a challenge to affirm one's strength - the pursuit of deep understanding, or an opportunity to find our voice again. It was just five days, but like no other five days we had experienced before or since. The lessons and the learnings come back again and again. **Anne D.***

*This was a journey of learning, a real lesson of mindfulness for me. I learned to become more aware of the Present, to seize the day and live each moment fully in thankfulness and humility...**Marie Laure F.***

*I feel for the first time in my life I am driven from within, my spirit is in the present, and what is going on around me or whatever is in the past or the future is irrelevant. I am centered for the first time in my life...**Jane C.***

Testimonials - Participants

Mindful Volunteering Journeys

- *We came with the thought that we were the giver but turned out that what we learned is much more than we have given.*
- *What I have learned and received are far beyond anything measurable.*
- *This week has given me a renewed perspective on so many aspects of my life and has provided amazing clarity. We went to help the people of Bhutan yet upon leaving I feel like they have taught me so much more.*
- *The entire experience was extremely enriching and it is something many more Googlers should participate in.*

Overview of your Mindful Journey

Inner Learning Journey

Your inner journey engages you in activities which stimulate deep personal inquiry, while reflective journal writing begins the process of creating your personal intents and crafting your own Mindful Happiness framework.

A blend of learning activities will include:

- Daily Mindful Meditation and Reflection Journal practice
- Group and individual reflection and innovation on your personal and professional life map – where you are now and where you choose to be
- Daily reviews on mindful insights gained from your outer learning
- Exploring and collaborating with peers to develop an insightful approach to mindful happiness
- Creating a plan for a Ripple Effect in your community

Outer Learning Journey

Your outer journey immersion in the sights and sounds of Bhutan to understand how the Gross National Happiness is interpreted and applied in Bhutan.

A blend of immersion activities will include:

- Absorbing the sights and sounds of Bhutan as you engage with the people in their everyday lives
- Learning from select speakers on how they are supporting the unique philosophy of Mindful Happiness
- Engaging with women entrepreneurs of Bhutan to understand their role and activities which support their development



For registration & sign up contact:
Khatiza Van Savage: + 65 - 97581016
Skype: khatiza1
khatiza@insightfullearningjourneys.com
www.insightfullearningjourneys.com

A Mindful Learning Journey

Learning Journey cost for twin sharing

4 Nights / 5 Days

- 17 to 20 persons: USD 3433
- 12 to 16 persons: USD 3813
- 9 to 12 persons: USD 4278
- 6 to 8 persons: USD 4698

6 Nights/ 7 Days

- 17 to 20 persons: USD 4278
- 12 to 16 persons: USD 4568
- 9 to 12 persons: USD 4976
- 6 to 8 persons: USD 5273

Single Supplement: USD 40 per day

Cost includes:

- Return airfare Singapore to Bhutan (economy)
- All Hotels/Meals/Bottled water
- All Transport / Guides / Drivers
- Bhutan Visa / Govt Levy / Taxes
- All gratuities
- Entry fees to Museums / others
- Speaker Fees
- Cultural Event - Farewell Dinner
- Facilitation Fees

Cost does not include:

- Travel Insurance (mandatory)
- Vaccinations (optional)
- Alcohol & other beverages
- Flight delay / cancellation costs
- Flight delay / hotel costs
- Other costs not named above

Registration Process

- Complete Registration Form
- Submit documents
- Make payments
- Receive Mindfulness reading material
- Begin mindful meditation practice on your own

Terms & Conditions:

Full Payment with registration Refunds

15 days after registration - 100 %
60 days before departure - 50 %
30days before departure - 0 %