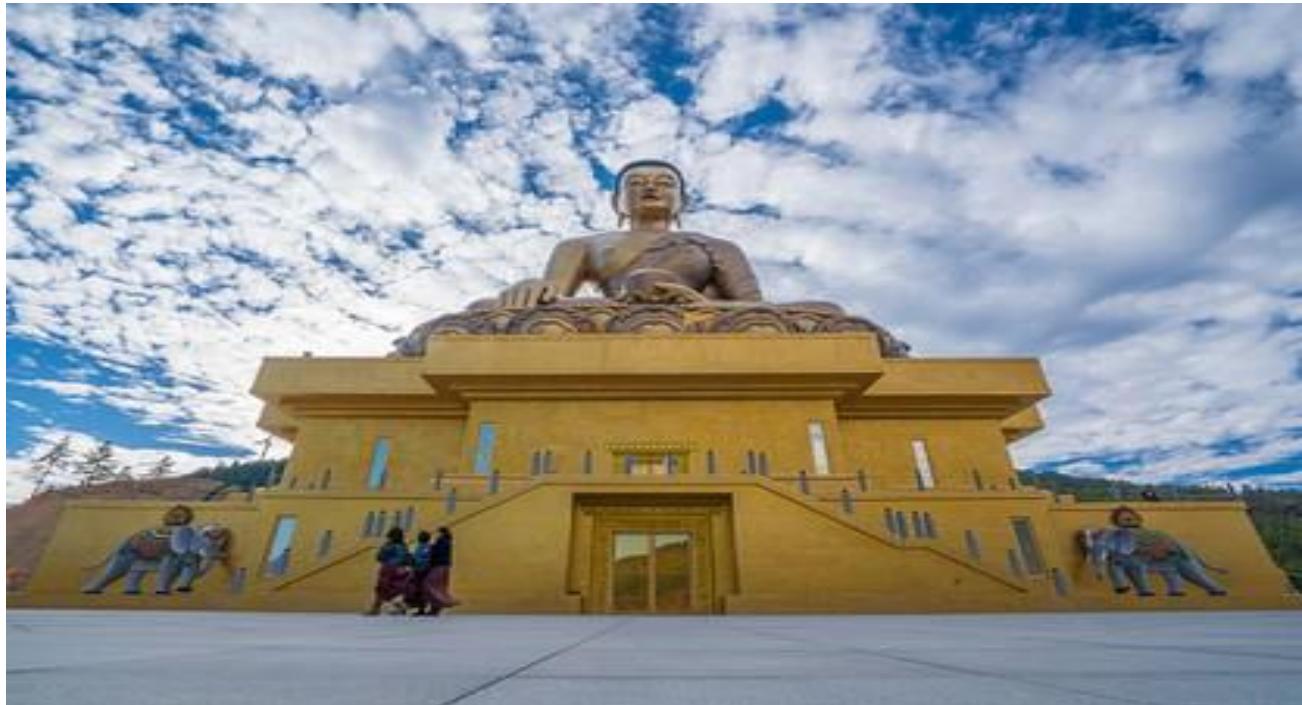


## Thimphu Cultural visit for IASE conference participants

### Buddha Dordenma Statue - A Majestic Symbol of Peace



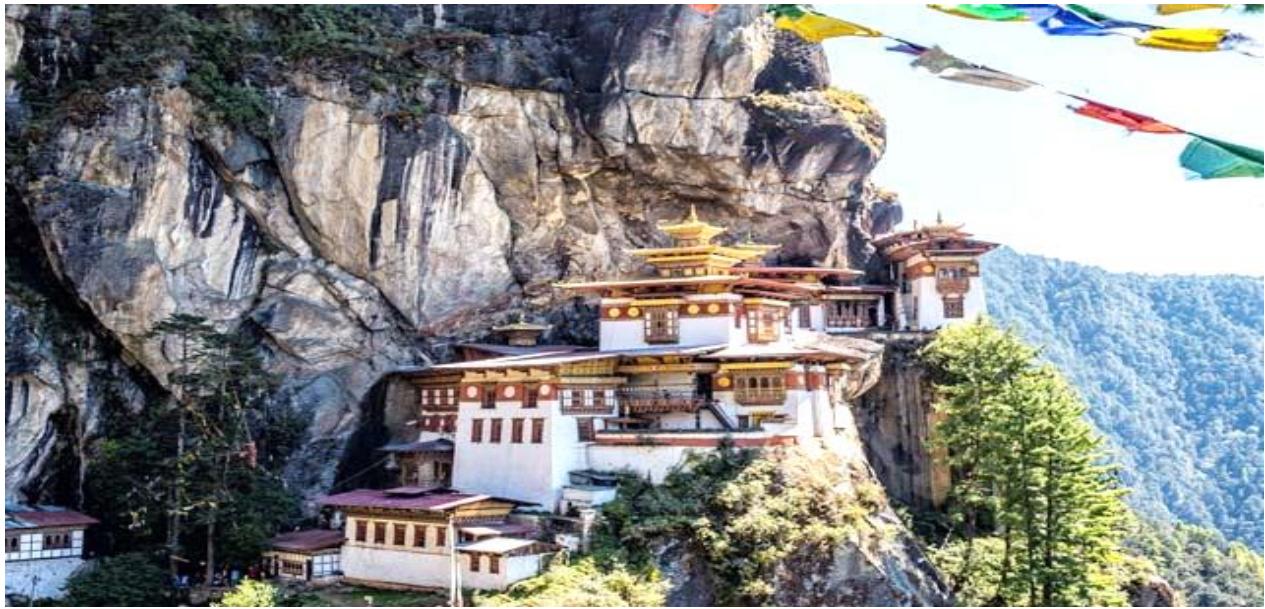
Sitting atop Kuensel Phodrang hill in Thimphu, the Buddha Dordenma Statue is a monumental symbol of peace and spiritual calm. Completed in 2015, this 51.5-meter-tall bronze and gold-plated Buddha houses over 125,000 smaller gilded Buddha statues inside, each crafted with meticulous care. The site overlooks the Thimphu Valley, offering panoramic views and a tranquil atmosphere, perfect for reflection. Visitors can also enjoy walking trails in the surrounding Kuensel Phodrang Nature Park, making the experience both uplifting and rejuvenating. [click here for more details](#)

### **Takin Zoo, Motithang.**



The Motithang Takin Preserve, often called the Takin Zoo, is a peaceful forest retreat on the edge of Thimphu. It shelters Bhutan's national animal, the takin, a rare species linked to the legend of the Divine Madman, who is said to have created it from a goat's head and a cow's body. Unlike a conventional zoo, the preserve offers a woodland setting where visitors can spot takins, sambar deer and barking deer while enjoying the fresh mountain air. Adding to the charm, the DSP Café inside the grounds serves excellent coffee, making it a perfect spot to pause before or after a leisurely walk around the preserve. The experience blends folklore, wildlife and simple pleasures, leaving you with a deeper sense of Bhutan's quiet magic.[click here for more details](#)

### **Taktsang Monastery (Tiger's Nest)**



Perched dramatically on a cliff 3,120 meters above the Paro Valley, Paro Taktsang is Bhutan's most iconic monastery. Legend has it that Guru Padmasambhava, the revered 8th-century Buddhist master, flew to this cave on the back of a tigress to meditate, making the site a sacred pilgrimage destination. Built around this cave in 1692, the monastery has survived centuries of devotion and restoration, including a major fire in 1998, preserving its spiritual and cultural heritage.

Visitors reach the monastery via a scenic hike through pine forests and rugged paths, rewarded with breathtaking valley views and a serene atmosphere atop the cliffs. Along the trail, the cafeteria at the base offers refreshments and a chance to pause, enjoy a cup of coffee, and take in the stunning surroundings before continuing the climb. The journey blends adventure, reflection, and Bhutanese culture, making it an unforgettable experience.[click here for the details](#)

## **Contact Details for Well-being Session.**

### **Yoga Yangchen – Wellness in Thimphu**

Yoga Yangchen, led by Yangchen Lhamo, offers personalised yoga and meditation classes in Thimphu, Bhutan. Her approach integrates Hatha and Ashtanga Vinyasa yoga with meditation techniques like Trataka and Yoga Nidra, aiming to enhance physical, mental, and spiritual well-being. Classes are available at her studio in Babesa, Thimphu, or at your preferred location. She also provides wellness retreats and corporate wellness programs. As a certified yoga instructor and sound healer, Yangchen is dedicated to promoting holistic health and mindfulness

**Phone:** +975 17992020

**Website:** [yogayangchen.com](http://yogayangchen.com)

**Instagram:** [@yogayangchenbhutan](https://www.instagram.com/yogayangchenbhutan)

**Facebook:** [Yoga Yangchen](https://www.facebook.com/Yoga.Yangchen)

\*\*\* Participants need to call and do an individual booking and check timings.

### **DSP Spa & Salon – Wellness in Thimphu/ Norbu healing**

DSP Spa & Salon, located in Choego, Chubachu, Thimphu, is a community-focused wellness centre run by trained De-suups under the De-suung Skilling Programme. The spa offers a range of services, including massages, facials, manicures, pedicures, and eyelash extensions, all designed to relax and rejuvenate. Visitors can enjoy professional treatments while supporting a vocational training initiative that empowers the local community.

#### **Contact Details:**

**Phone:** +975 17441874

**Instagram:** [@dspspasalon](https://www.instagram.com/dspspasalon)

**Hours:** 9:00 AM – 8:00 PM, Closed on Monday

## **Norbu Healing**

At Norbu Healing, we are dedicated to guiding you on a journey of renewal, balance, and inner harmony. Located in the serene area of Changjalu, Olakha, Thimphu, our center combines ancient healing traditions with modern wellness practices to promote physical, emotional, and spiritual well-being for locals and visitors alike.

**Website:** <https://www.norbuhealing.com/>

## **Academic Visit for IASE Conference 2026**

### **1. Changangkha School ( Inclusive)**

**Contact:** Changangkha school principal +97517607319

**Location:** Please [click here](#) for more details in the Education- SEN Model

**Facebook:** <https://www.facebook.com/changangkhamss/>

### **2. Lamtoen**

The concept of 'Nazhoen Lamtoen' germinated at the beginning of 2013 due to distressing encounters with many vulnerable children and youths. These stark experiences revealed young lives exposed to distressing and abusive situations of daily living, who find no solace and support as they fall in the gaps of many existing youth agencies – public, private and institutional. For more details and information, [click here](#)

-The organisation will accept 20 to 30 participants for one-time visit to their children's centre

#### **-Location and Contact details**

Below Druk school and next to Save the Children Changzamtok, Thimphu

**Office Contact #:** [+975 02 338589](tel:+97502338589)

**Focal person contact and whatapps#:** [+97517964569](tel:+97517964569)

**Email:** [nazhoenlamtoen@gmail.com](mailto:nazhoenlamtoen@gmail.com)

**Facebook page:** [click here](#)

### **3. Draktshog Vocational Training Centre**

#### **Contact details:**

Draktsho Vocational Training Centre for Special Children and Youth,  
Thimphu Bhutan website: [click here](#) for more details  
P.O. Box : 747

**Phone:** +975-2-/327650/328-750

**Fax:** 975-2-327-650

**Email:** [dekzang@hotmail.com](mailto:dekzang@hotmail.com)

Mob: 77273144/17615031