

Gangtey Lodge Announces a New Residency by Ananda in the Himalayas

Bhutan's luxury lodge provides a new week-long residency November 26-December 2, 2026 providing a deeper immersion into yoga, meditation and mindful living

PHOBJIKHA VALLEY, PHOBJIKHA VALLEY, BHUTAN, August 20, 2026 /EINPresswire.com/ -- [Gangtey Lodge](#), the 12-suite luxury lodge overlooking Bhutan's breathtaking Phobjikha Valley, is expanding its longstanding approach to holistic wellbeing with the announcement of [Inner Reset with](#)

[Yoga](#), a seven-day residency in a rare collaboration with [Ananda in the Himalayas](#), one of the world's most renowned wellness destinations. From November 26 through December 2, 2026, the immersive week invites guests to deepen their understanding of balance, mindfulness and



Gangtey Lodge, Bhutan

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connection through yoga, meditation and Himalayan wellness traditions, with a focus on deep restoration, inner clarity and conscious living.

Gangtey Lodge's wellbeing offering has always been rooted in Bhutan's enduring belief that living well is about far more than only physical health. Here, wellbeing is cultivated through a harmonious relationship with nature, community, spirituality and purpose, a philosophy that has shaped every stay at the lodge since it first opened

overlooking one of the Himalayas' most pristine valleys.

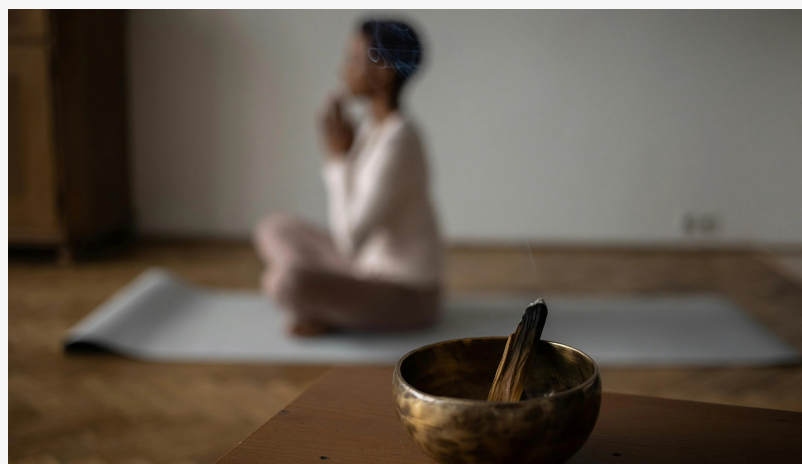
Long before sleep scores, glucose monitors and longevity clinics became part of the wellness conversation, Bhutan understood wellbeing as something that couldn't be measured by data alone. Gangtey Lodge's year-round experiences reflect its own “5 Keys to Wellbeing,” inviting guests to cultivate wellbeing and embrace a slower way of living through generosity, moving in nature, being present, lifelong learning, and fostering connections with oneself and others.

"At Gangtey Lodge, we have always believed that true luxury lies in creating meaningful experiences that nurture both body and soul," says Khin Omar Win, Owner and Co-founder of Gangtey Lodge. "Partnering with Ananda in the Himalayas was a natural choice because they are recognized globally for their expertise in authentic, holistic wellness. Our hope is that guests leave not only refreshed, but with a deeper sense of balance, clarity and presence, and a stronger connection to themselves, to nature and to the timeless wisdom of the Himalayas."

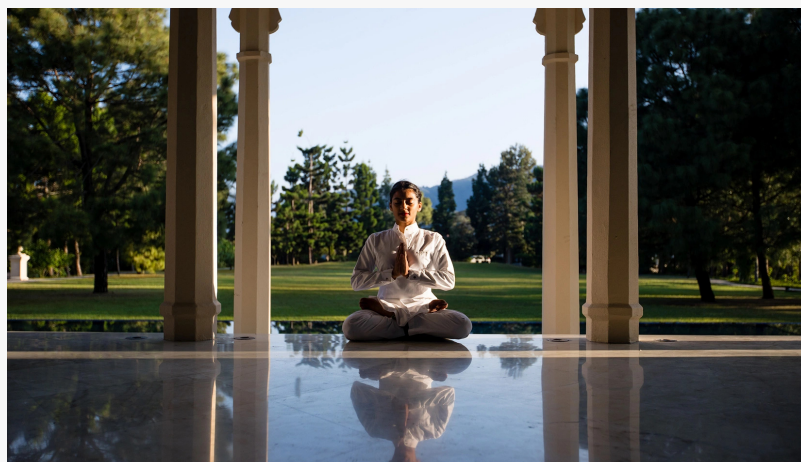
A Deeper Immersion with Ananda in the Himalayas

Inner Reset with Yoga will take place November 26 through December 2, 2026. Led by Malati Mehrish, Advisor of Yoga and Meditation at Ananda in the Himalayas, the residency guides guests through a progressive seven-day exploration of body, breath and mind. Each day focuses on a different dimension of yogic practice, from tuning into the body's intelligence and understanding breathwork to cultivating deep rest, awakening dormant energy and integrating mindful practices into everyday life. Guests are invited to participate at their own pace, with complimentary morning group yoga and evening meditation sessions, as well as private

sessions available to reserve. All sessions are held at the Gangtey Shedra, a Buddhist monastic college where hundreds of monks study philosophy and meditation, offering guests the rare opportunity to practice within a living center of Buddhist learning and contemplation. Set against the stillness of Bhutan's highlands, the program offers a deeper, guided immersion into Bhutan's



Gangtey Lodge Ananda Meditation Preparation



Gangtey Lodge Ananda Meditation Woman



Gangtey Lodge Bedroom

timeless philosophy of living well.

"Ananda has built a global program of residencies and wellness outreach over the years, partnering selectively with brands that share our approach to wellbeing. This year, we extend our footprint into Bhutan through a collaboration with the celebrated Gangtey Lodge. The two brands share a common ethos, rooted in mindful living and a deep respect for nature," says Mahesh Natarajan, Chief Operating Officer of Ananda in the Himalayas.



Gangtey Lodge Bathtub and Fireplace

Gangtey Lodge offers the perfect blend of luxury, nature, culture and spiritual enlightenment through its regenerative and sustainable practices. The residency's morning group yoga and evening meditation sessions are offered complimentary to hotel guests. Private 60-minute sessions with Malati Mehrish plus a 15-minute consultation are available at \$100 per session. Lodge rates begin at \$600 per person per night with half board. For reservations, please contact res@gangteylodge.com or visit www.gangteylodge.com/reservations.

About Gangtey Lodge:

The multi-award-winning Gangtey Lodge is set high above the Phobjikha (Gangtey) Valley in the Kingdom of Bhutan with sweeping views over the 17th-century monastery and valley floor. A member of Small Luxury Hotels of the World, the two Michelin Keys awarded, Bhutanese farmhouse-inspired lodge boasts 12 beautifully designed suites while offering every comfort and luxury in one of the most remote places in the world. Through unique adventures, guests will discover a spiritual presence and peace of mind, while experiencing the country's rich and fascinating history and culture. Gangtey Lodge embraces Bhutan's concept of Gross National Happiness by pursuing a harmonious balance between respecting nature and promoting cultural preservation and sustainable development.

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