



HEARTH SUMMIT BHUTAN

March 13-17, 2026
Norbuling Rigter College, Paro



HEARTH SUMMIT BHUTAN

Background

About The Wellbeing Project

Wellbeing inspires Welldoing

The Wellbeing Project is the global leader in **catalyzing a culture of wellbeing** for all changemakers and changemaking. Their mission is to place inner wellbeing at the heart of social change, focusing on:

Deepening the knowledge base

Advancing research and insight to ground wellbeing at the center of social change.

Learning and acting together

Collaborating with changemakers and organizations to foster cultures of wellbeing.

Convening global and regional summits

Bringing together diverse voices to galvanize a wellbeing culture worldwide.

Shifting the narrative

Mainstreaming the connection between personal wellbeing and societal transformation.

HEARTH



The Wellbeing Project



Wellbeing *Inspires* Welldoing

Humanity is facing a critical moment globally with increasingly interconnected, complex social and environmental challenges, ongoing wars, pandemic, growing polarisation and divided societies, unaddressed intergenerational traumas, and climate change.

These challenges require **innovation, collaboration and bold solutions.**

The success and impact of any social change movement to address these complex challenges **depends on the wellbeing of the individuals and organizations** within those movements.

At The Wellbeing Project, we believe that ***Wellbeing Inspires Welldoing.***



Brussels, Belgium



Nairobi, Kenya



Bangalore, India

Sparking a *Movement*

The regional Hearth Summits are groundbreaking events inviting changemakers around the world to explore and embrace the wellbeing for social change movement.

Building on the success of The Wellbeing Project's first-ever global summit, the regional Hearth Summits allow local communities to celebrate what wellbeing inspires welldoing looks like around the world.

Locally led, globally connected, and universally human, these gatherings reflect a momentous ambition to centre wellbeing at the heart of social change worldwide.

By December 2027, 45 regional Hearth Summits will have been hosted in 27 countries around the world, welcoming 12,100 changemakers from more than 100 countries.*

*Subject to change

What is a **HEARTH SUMMIT** ?



An inspiring in-person event...
where social changemakers* have ample
opportunity to learn, meet, connect and
share their experiences



that **stimulates**
the **mind** and
touches the **soul**



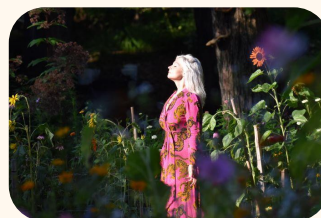
with **time to**
connect and
space to **reflect**



where **art**
is at the
core



and
sustainability
is key



bringing **local definitions** of
wellbeing to key regional
social change topics



focusing on
wellbeing in the
social change sector,
at every level

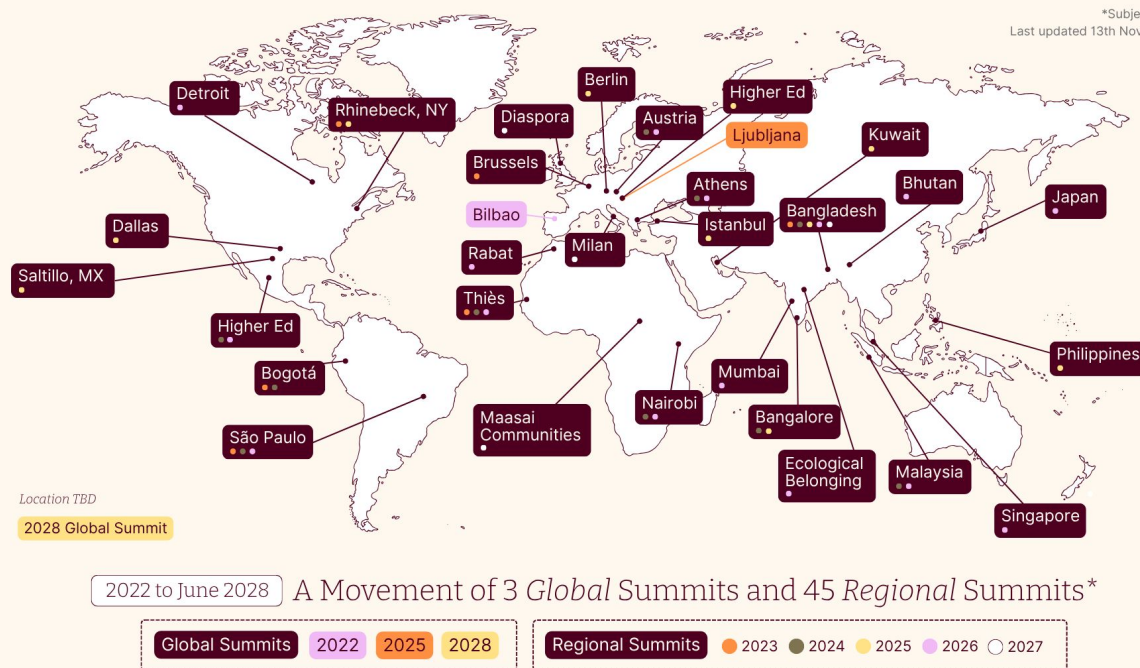


organized by leaders in the
region committed to a
co-creating a **locally led**,
universally human movement

HEARTH

Regional and Global Summits 2022-2028

Updated Nov. 2025



A Powerful *Brand*

The Hearth Summit brand supports and empowers this locally rooted, universally human movement. Invoking the spirit of a hearth – the space around a fire, where since the dawn of humanity, we have met to gather, bond, and connect – the Hearth Summits are where a new culture of social change is emerging. **Around the Hearth, changemakers embrace:**

- **HEARTH:** an open space to gather and share
- **HEART:** an invitation for self-exploration and connecting with others
- **EARTH:** a summit dedicated to our planet's wellbeing
- **ART:** an exploration through the arts, the universal language of wellbeing
- **HEAR:** a celebration of voices in our global community of changemakers

HEARTH

HEARTH

HEART

EARTH

ART

HEAR

HEARTH SUMMIT BHUTAN

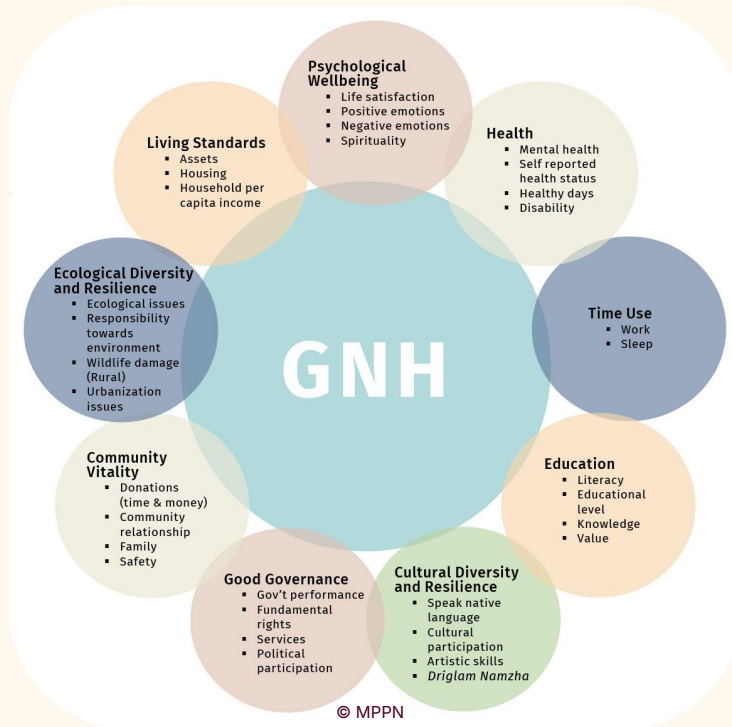
Overview

About Hearth Summit Bhutan

In a rapidly changing world, the pursuit of economic progress often overshadows the fundamental need for holistic human wellbeing.

This event aims to address this imbalance by creating a **collaborative space where diverse stakeholders can get involved with the principles of wellbeing**, rooted in both **indigenous wisdom and contemporary science**, in alignment within the **ideal framework: Bhutan's Gross National Happiness (GNH)**.

The summit offers a unique **opportunity to engage deeply with the Bhutanese way of life**, providing meaningful insights into wellbeing through cultural connection and natural beauty.

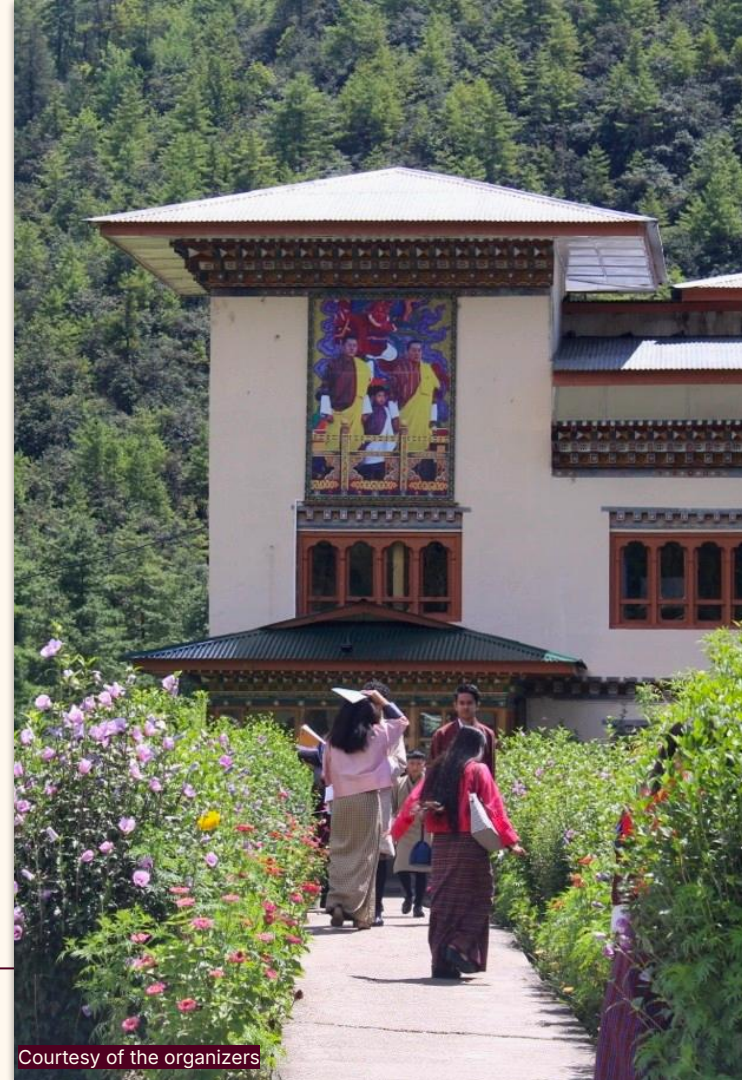


The Venue

Norbuling Rigter College, Paro

Norbuling Rigter College is an undergraduate college affiliated with the Royal University of Bhutan, that blends international-standard pedagogy with Bhutanese values to foster responsible, innovative graduates. Beyond academic excellence, it offers a safe and nurturing environment that supports personal growth in harmony with its natural and cultural surroundings.

Nestled amidst the green fresh pinewoods, at the confluence of two rivers carrying continuous flow of clean water from two holy sites in Paro —Chumphu and Ra-Goed monasteries, sights of farmers of the local communities nearby tilling their farmland and sounds of the monastery bell on the ridge above makes Norbuling Rigter College a perfect campus.



Main theme and sub-themes

Indigenous Wisdom and Human Wellbeing

Scientific and Biological Perspectives

Bio Well
Mindful Meditation

Traditional and Indigenous Practices

Traditional Healing and Modern Healthcare
Integration
Restorative Justice
Pranic Healing

Urban & Policy Applications

A Mindful City
Research & Policy Integration

Cultural and Spiritual Wellbeing

Cultural Heritage & Mental Wellbeing
The Four Immeasurables
Integrating Technology & Spiritualism
Gen Z & Mental Health



Organizing Team



Kunzang Drukpa
Director

*President
Norbuling Rigter College*



Kinzang Lhendup
Technical Director

*Sr. Professor
Paro College of Education
Royal University of Bhutan*



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Advisory Committee



Raquel Vicedo
Regional Summits Director
The Wellbeing Project



Jonathan Rose
Director of Masterplanning
Prior + Partners



Madelaine VanDerHeyden
Comms & Marketing Sr. Manager
The Wellbeing Project



Kezang Sherab
Dean
Royal Thimphu College

HEARTH SUMMIT BHUTAN

Approach and
Purpose

Our Approach

Why Wellbeing Matters

Improves performance

Higher wellbeing leads to better academic and professional outcomes.

Enhances life quality

It's linked to greater life satisfaction and lower stress levels.

Strengthens society

Fosters community engagement, empathy and social harmony.



Courtesy of the organizers

The Role of Research

Identifies core issues

Reveals factors affecting wellbeing across contexts.

Evaluates interventions

Measures the effectiveness of wellbeing programs and practices.

Informs policy

Guides the creation of evidence-based policies.

Who is the *Hearth Summit* for?

With the aim of *bringing local people together to share and reflect collectively*, engaging the wider community in *exploring and nurturing their own journey toward wellbeing*, while also *encouraging intercultural exchange*, *Hearth Summit Bhutan* will gather...

NGOs and international organizations

Community leaders, parents, and youth

Educators, researchers, and students

Health and wellbeing practitioners

Policy-makers and government officials

HEARTH



Key Objectives

**Support
professional
development** of
youth and
educators

**Promote holistic
wellbeing** as
essential for
human
flourishing

**Encourage
evidence-based
policymaking**
through research

**Strengthen
regional
collaboration**
on wellbeing

**Facilitate
cross-cultural
and
interdisciplinary
knowledge
exchange**

Expected Outcomes

Greater **awareness and advocacy** for wellbeing

Stronger networks and regional collaboration

Student and faculty development through global engagement

Data-driven **policies improving wellbeing** at community and national levels



HEARTH SUMMIT BHUTAN

Highlights of
the Agenda

Contents

*Keynote
speeches
and expert
panels*

Core Topics

Wellbeing in education

Wellbeing and life satisfaction

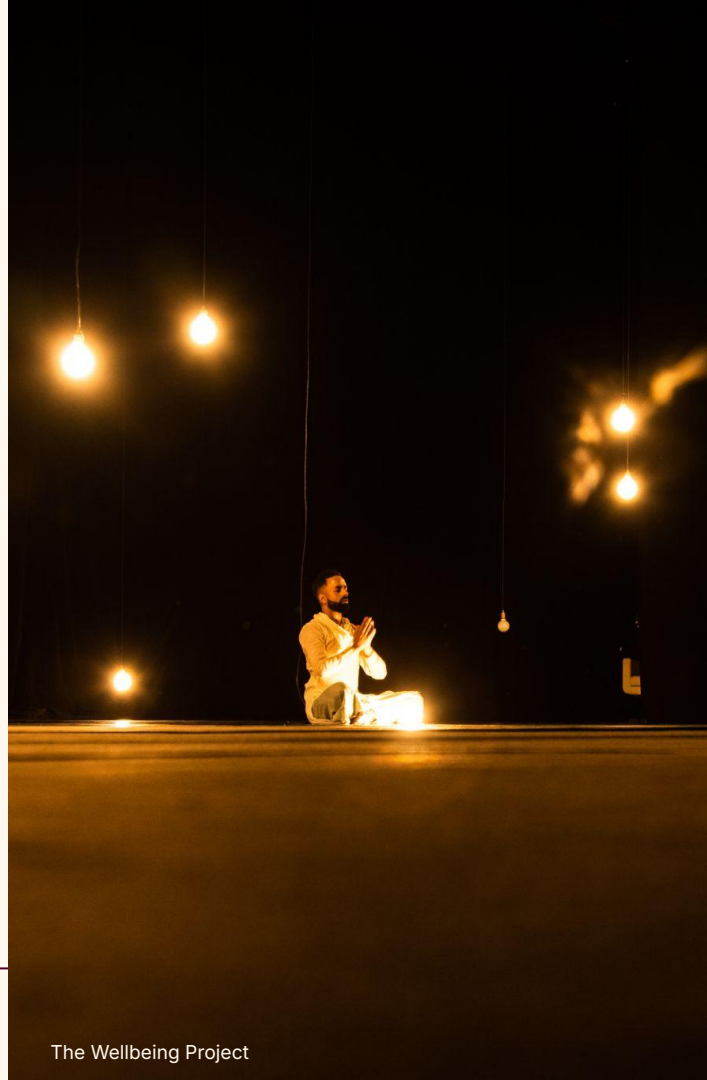
International best practices

Bridging research and policy

*Immersion
in the
Bhutanese
culture*

*Networking
and
discussions*

*Interactive
workshops*



Tentative Program Overview

**Thursday,
March 12**

**Arrival &
Registration**

**Gala Dinner &
Cultural
Program**

**Friday,
March 13**

**Keynote
address**

Biowell

Lunch

Presentation

Dinner

**Saturday,
March 14**

**Panel
Discussion**

Lunch

Cultural Tour

Dinner

**Sunday,
March 15**

Arts Exhibition

Lunch

**Keynote
Address**

**Projection of
the movie: *The
Monk and The
Gun***

Dinner

**Monday,
March 16**

**Keynote
Address**

**Meditation
Workshop**

**Hike to Tiger's
Nest**

Dinner

**Tuesday,
March 17**

**Panel
Discussion**

Presentation

**Gala Dinner &
Summit Closure**

Confirmed *Speakers*



*Monla Khedrup
Rinpoche*

Founder and
President of
Khedrup
Foundation, a
religious non-profit



*Chencho
Dem*

Special Education
Teacher, Wangsel
Institute for the
Deaf Paro



*Doji
Dhratyul*

Creativity Catalyst.
Former Head of the
Bhutanese National
Tourism
Organization



*Tashi
Wangmo*

Associate Lecturer
at Paro College of
Education &
Coordinator of the
Artist Residencies
program



*Jonathan
Rose*

Director of
Masterplanning
Prior + Partners
Team Lead of the
Structure Plan for
the capital city of
Thimphu

Confirmed *Speakers*



*Dashi (Dr.)
Sonam Kinga*

Actor, writer, and
researcher. Faculty
Member at Royal
Institute of
Governance and
Strategic Studies



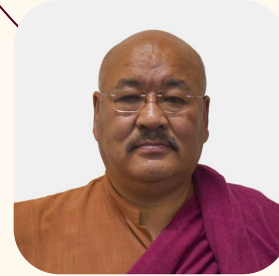
*Dorji
Wangmo*

Young Speaker.
Student at
Norbuling Rigter
College



*Ugyen
Namdel*

Associate Lecturer
at Paro College of
Education &
Illustrator



*Lungtaen
Gyatsho*

President, Institute
of Language and
Culture Studies,
Royal University of
Bhutan



*H.E. Chung
Tulku Rinpoche*

Buddhist master &
Founder of the
NGO Dhyana,
which promotes
meditation to
address modern
challenges

Arts & Live Demonstrations

Textile Arts: Reviving Traditional Weaving*. A look into women's role in restoring traditional arts. Artisan weavers will offer live demonstrations and short talks on Bhutan's rich textile heritage—an essential cultural craft known for its intricate patterns and vibrant handwoven textiles— together with insights into how these traditions are preserved within their communities.

The Phallus Painting: A Spiritual Journey*. Live painting demonstrations of Phallus artworks—traditional Bhutanese symbols believed to ward off evil and bring protection— will be accompanied by artist talks exploring their spiritual and cultural significance.

Sitpa-Khorlo: The Six Cyclical Realms*. A visual introduction to the Six Cyclical Realms, a symbolic representation of the Buddhist cycle of existence, presented alongside the painting demonstrations to offer deeper insight into their spiritual meaning.

Singing and Dancing: Live performances by college students and invited artists, celebrating local musical and dance traditions.

**These experiences will be accompanied by participatory workshops, exhibitions, and opportunities to purchase the resulting crafted products.*



Courtesy of the organizers



A Unique Immersion in the *Bhutanese* Culture

Visit to Craft Bazar in Thimphu

A showcase of
Bhutan's rich
craftsmanship and
heritage

© WanderOn



© EarthTrekks

Hike to Tiger's Nest

A 17th century
monastery 3,000
metres above the
Paro Valley

Offering Tea and Gyep at The Nunnery

Tenchen Choeling
Nunnery offers
serene Paro Valley
views and the
chance to share a
traditional
Bhutanese tea with
the nuns

© Wikipedia



Pricing

Ticket Category	Early Bird (until 31 January)	Standard (until 15 February)
Developed Nations (Global North) as per UN list	1600 USD	1700 USD
Developing Nations (Global South) as per UN list	1200 USD	1300 USD
Locals & Students (incl. International)	600 USD	700 USD

This pricing **includes**:

- Conference Package, including Coffee Breaks & Gala Dinners
- 6 nights Hotel Accommodation
- Meals (breakfast, lunch and dinner)
- Visa
- Local Transportation (including Airport Pick-up and Drop)
- Cultural Tour
- Outdoor Activities

This pricing **does NOT include: flights to/from Bhutan**

** Scholarships might be available for some participants. Please reach out if you'd like to be considered for a scholarship*

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Interested in coming?

Please contact **hearthbhutan@gmail.com** to secure your slot!

The Organizing Committee remains available if you'd like to explore the country before or after the summit.