

## The Dharamsala Mindfulness Retreat Experience, India.

20 to 30 October 2018

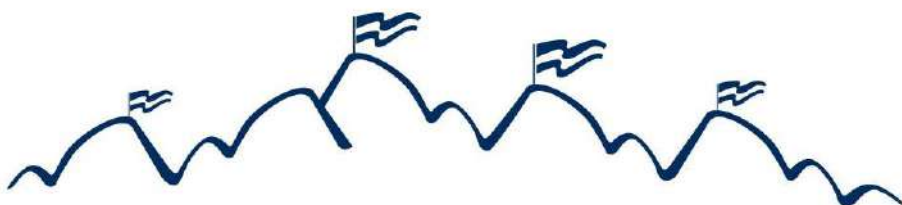


Taking time out to experience an amazing, active spiritual retreat could well be the most valuable gift you can give yourself. Immerse yourself in conversations with Tibetan monks, meditate at a mountain retreat, learn about Tibetan Yoga, consult with a Tibetan doctor or astrologer, and spend quality time refreshing your spirit in the friendly hilltop village of Dharamsala, home of HH the Dalai Lama. And also enjoy some private time with opportunities to explore and shop in the quaint village markets.

**The trip includes a visit to the Taj Mahal in Agra and the Golden Temple in Amritsar.**

Life today is frenetic and we need to recharge ourselves from time to time. It is important for our wellbeing to confirm what is really important to us and ensure that we stay on track for a life of meaning. Streetschool specializes in taking people on such journeys where we facilitate discoveries of inner power and energy.

In the past 6 years we have taken 26 groups to both Dharamsala in North India and Everest Base Camp in Nepal to achieve exactly this – a spiritual audit in a most inspiring environment.



## **Dharamsala Mindfulness Retreat**

<b>20 Oct</b>	<ul style="list-style-type: none"> <li>• Meet at airport for departure to Delhi</li> </ul>
<b>21 Oct</b>	<ul style="list-style-type: none"> <li>• Arrive Delhi and transfer to Agra</li> <li>• Book into hotel and rest</li> </ul>
<b>22 Oct</b>	<ul style="list-style-type: none"> <li>• Early morning visit to Taj Mahal</li> <li>• Mid morning check out of hotel and transfer to Airport for flight to Amritsar</li> <li>• Depart from Delhi T3 for Amritsar <b>(15kg baggage allowance on this flight)</b></li> <li>• Check into Golden Tulip hotel, dinner and visit to Golden Temple</li> </ul>
<b>23 Oct</b>	<ul style="list-style-type: none"> <li>• Breakfast at hotel</li> <li>• Drive to Dharamsala by private taxi</li> <li>• Lunch en route as we enter the Himachal Pradesh province</li> <li>• Check into Pemathang Hotel and orientation of town</li> <li>• Dinner in town</li> </ul>
<b>24 Oct</b>	<ul style="list-style-type: none"> <li>• Breakfast at hotel</li> <li>• Lingor Kora meditation walk with monks and other Tibetans</li> <li>• Visit main temple of HH Dalai lama and Tibetan museum</li> <li>• Lunch in town</li> <li>• Session with monk on selected themes (happiness, calm mind, purpose)</li> <li>• Dinner in town</li> </ul>
<b>25 Oct</b>	<ul style="list-style-type: none"> <li>• Breakfast at hotel</li> <li>• Tushita meditation retreat for guided session</li> <li>• Lunch in town</li> <li>• Session with monk Ven Bagdro on his escape from Tibet and life after torture</li> <li>• Tibetan Yoga session with Dr Chok</li> <li>• Reflection time and dinner in town</li> </ul>
<b>26 Oct</b>	<ul style="list-style-type: none"> <li>• Breakfast in town</li> <li>• Visit Dolmaling nunnery and conversations with adult nuns on meaning of life</li> <li>• Lunch at Norbulinga</li> <li>• Visit Norbulingka Institute of art, culture and spirituality</li> <li>• Transfer back to Dharamsala</li> <li>• Tibetan Yoga session with Dr Chok</li> <li>• Reflection time and dinner in town</li> </ul>
<b>27 Oct</b>	<ul style="list-style-type: none"> <li>• Breakfast at hotel</li> <li>• Tushita meditation retreat for guided session</li> <li>• Visit Men-Tsee-Khang Tibetan Medical Centre and Astro readings</li> <li>• Lunch at Norling Cafe</li> <li>• Meet DIIR Secretary and tour of Central Tibetan Administration offices</li> <li>• Visit Tibetan Library of Works and Archives to view ancient texts</li> <li>• Reflection time and dinner in town</li> </ul>
<b>28 Oct</b>	<ul style="list-style-type: none"> <li>• Breakfast at hotel</li> <li>• Tushita meditation retreat for guided session</li> <li>• Tibetan Yoga session with Dr Chok in Dharamkot and meet with hermit monks</li> <li>• Lunch in town or Dharamkot</li> <li>• Free time and dinner in town</li> </ul>
<b>29 Oct</b>	<ul style="list-style-type: none"> <li>• Depart Dharamsala for Amritsar by private taxi</li> <li>• Depart for Delhi</li> <li>• Arrive Delhi and check into "day-hotel"</li> </ul>
<b>30 Oct</b>	<ul style="list-style-type: none"> <li>• Depart for home</li> <li>• Afternoon arrival back in SA</li> </ul>



**Streetschool Affiliates:**

**Central Tibetan Administration**



The Central Tibetan Administration (Government in exile) has been greatly assisting us at Streetschool since 2012, with coordinating the program, meeting some of the government officials and facilitating some of the activities we involve the group with while in Dharamsala. You can visit their website at [www.tibet.net](http://www.tibet.net).

**Men-Tsee-Khang**



Men-Tsee-Khang is the Tibetan Institute of Medicine and Astrology in Leh, Ladakh, which was established by HH the Dalai Lama in 1961. Here is where the Tibetans preserve, promote and practice Sowa Rigpa, the ancient Tibetan system of medicine, astrology and astronomy. [www.men-tsee-khung.org](http://www.men-tsee-khung.org).



**Gu Chu Sum**

The Gu Chu Sum Movement of Tibet was established in 1991, in Dharamsala, by former political prisoners of the Tibetan freedom movement. Initially it was organised by monks, nuns and lay people who grew the organisation out of their earnest, heartfelt wish to help the suffering Tibetans remaining in prisons in Tibet and to provide needed support to former political prisoners and their families who have journeyed into exile. Visit their website at [www.guchusum.org](http://www.guchusum.org).

**Norbulingka**



Norbulingka is dedicated to handing down tradition and restoring standards by providing training, education and employment for Tibetans. It supports an environment in which the Tibetan community and family values can flourish. It creatively and respectfully the traditional with the modern, and seeks to create an international awareness of Tibetan values and their expression in art and literature. Visit their website at [www.norbulingka.org](http://www.norbulingka.org)

**Tushita Meditation Centre**



Tushita is a meditation centre for the study and practice of Buddhism from the Tibetan Mahayana tradition. It is located on a beautiful, forested mountain slope, above the town of McLeod Ganj, in Dharamsala.

