



**IN THE STEPS OF THE BUDDHA:
EXPLORING THE WISDOM AND COMPASSION
OF INDIA THROUGH A TIBETAN PERSPECTIVE**

NOVEMBER 13TH -27TH
"A rare and unforgettable experience!"



The Bodhi Tree

Bodhgaya

Sarnath

\$3,885.00 (Includes room, board, and round trip airfare from JFK, New York to Delhi)

\$2,885.00 (Without airfare)

This program is open to adults of all ages.

PROGRAM SUMMARY

On this journey we walk in the footsteps of the Buddha. We will walk slowly and softly, gaining wisdom with each step. This program, led by Venerable Tenzin Thutop of His Holiness the Dalai Lama's Namgyal Monastery and Lindsay Gilmour, an experienced traveler to Tibet and India, gives participants a unique and in-depth experience of Buddhist Cultural Studies in India through a Tibetan perspective. We will follow the path of the Buddha with glimpses of the diverse cultures of India along the way. In **New Delhi** we will visit Hindu and Sikh temples, Muslim mosques, Mahatma Gandhi's memorial, the Red Fort, colorful Indian markets, and Tibetan resettlement communities. In **Bodhgaya** we sit under the Bodhi tree with monks, nuns and lay people from all over the world, paying homage to the where Buddha Shakyamuni attained enlightenment. In **Sarnath** we will stand where Buddha Shakyamuni gave his first teaching. In **Varanasi** we will join hundreds of Indian pilgrims sitting along India's holiest river, the Ganga. In **Kushinagar** we will witness where Buddha Shakyamuni passed into Mahaparinirvana and, finally, experience the beauty of the **Taj Mahal** in Agra. We aim to inspire a peaceful and reflective experience, opening the heart and mind through personal interaction between participants, teachers, and the Indian and Tibetan community. Please join us on this spiritual adventure following in the steps of the Buddha.

**For a registration packet please visit
Namgyal Monastery
412 North Aurora St. Ithaca, NY 14850
Or visit Namgyal Monastery website at www.namgyal.org
If you have any questions please contact us lindsaygilmour@yahoo.com**

INSTRUCTOR



Venerable Tenzin Thutop was born in India in 1968, and entered the Dalai Lama's personal monastery when he was 12 years old. He earned the title of a novice monk at 18, and at 27 became fully ordained as a monk and obtained the degree of "master Of Buddhist Sutra and Tantra." Ven. Thutop has lived at several of the Namgyal Monastery branches, including Kushinagar and Bodhgaya, India. He served in the entourage of His Holiness the Dalai Lama during the Kalachakra teachings in Barcelona, Spain, in Mongolia, and on other occasions throughout His Holiness's travels in India. Ven. Thutop has participated in exhibitions of the Kalachakra mandala in Italy, Finland, and other countries, and his interest in contemplative religion led to time spent at a Catholic Monastery in Missouri. In 2009, he and Lindsay Gilmour designed and co-directed a program in Dharamsala, India called *The Heart of Tibet in Exile*.

INSTRUCTOR



Lindsay Gilmour has an M.A. in International Affairs from Columbia University with a focus in Tibetan Studies and Conflict Resolution. She first traveled to India in 1999 where she worked on a traditional farm in Ladakh and at the Mother Teresa Mission in Calcutta. She has worked with Where There Be Dragons, leading educational programs in Tibet (*Tibet Cultural Odyssey*) and India (*Identity in Exile*). In 2009, she and Venerable Tenzin Thutop designed and co-directed a program in Dharamsala, India called *The Heart of Tibet in Exile*. Lindsay has lived in Guatemala, Peru, Ecuador, Thailand, and Nepal. She is an Assistant Professor at Ithaca College.

**All net proceeds will be donated
His Holiness the Dalai Lama's Monastery, Du Khor Choe Ling in Ithaca, NY**

Du Khor Choe Ling is under construction!



Enjoy!