



**THE HEART OF TIBET IN EXILE:
BUDDHIST AND CULTURAL STUDIES IN DHARAMSALA, INDIA**
MAY 18TH- JUNE 6TH, 2009
"A rare and unforgettable experience!"



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

\$2,885.00 (Price without airfare)

ITINERARY

- Days 1-2** Fly from Newark to New Delhi. Rest and refresh in the Tibetan resettlement community of Maju Ka Tilla.
- Day 3** Explore Old Delhi (including the Gandhi Memorial, the Jama Masjid Mosque, and Jain, Sikh and Hindu temples). In the evening, board an overnight train or bus to Dharamsala.
- Day 4** After a morning arrival enjoy breakfast and a beautiful drive through the hills to Dharamsala. Rest and begin exploring the village of Dharamsala. We'll have a welcome dinner of delicious Tibetan food at Hotel Tibet!
- Day 5** The morning begins with meditation instruction, tea and a sacred walk (circumambulation) around the residence of His Holiness the Dalai Lama. Venerable Tenzin Thutop leads a basic Tibetan language class, followed by a delicious lunch at Namgyal monastery. In the afternoon, enjoy a guided tour of His Holiness' Monastery by the Namgyal monks and receive a possible audience with His Holiness the Dalai Lama or a teaching from the Abbot of Namgyal Monastery. Dinner at the Snow Lion Restaurant!
- Day 6** Optional morning meditation and circumambulation of His Holiness the Dalai Lama's residence. Ven. Tenzin Thutop talks about his life as a Namgyal monk. Lunch. Visit the Buddhist School of Dialectics and receive a teaching from Ven. Lobsang Dawa. For dinner we will have a Tibetan Cooking class.
- Day 7** Optional morning meditation circumambulation of His Holiness the Dalai Lama's residence. Lindsay will talk about Tibetan Political History. Later we will visit the ex-political prisoners association Gu Chu Sum and hear their stories of struggle and survival. In the afternoon you will have the option to help members of Gu Chu Sum with English conversation. Delicious dinner at Lung Ta.

- Day 8** Optional morning meditation. Venerable Tenzin Thutop leads a basic Tibetan language class. Visit the Tibetan Institute of Medicine and Astrology. Learn about Tibetan medicinal thagkas, ancient herbology and astrology. A Tibetan doctor can read your pulse or have your can have your astrological chart read. Lunch in Lower Dharamsala. Later we will visit the Tibetan Printing Place. Optional movie night, Cry of the Snow lion or Lung Ta!
- Day 9** Day Hike to Triund to visit mountain hermitages or free day.
- Day 10** Optional morning meditation. Visit the residence of the His Holiness the 17th Karmapa. If he is in Dharamsala we will have an audience with him. Have lunch at the Norbulingka café. Visit the Norbulingka Center for the preservation of Tibetan Arts and Crafts. Watch the making of religious Thangka paintings, wood carving and weaving.
- Day 11** Optional morning meditation. Visit The Tibetan Institute of Performing Arts and the Women's Alliance. In the afternoon you will have free time to pursue independent interests. We will arrange private classes for students in Thangka painting, music, chanting, language or medicine. Or you may volunteer to help newly arrived refugees with English. There may also be an opportunity to assist in building a nunnery or plant trees.
- Day 12** We will rise early to chant with the Namgyal monks at dawn. Breakfast and tea with the monks. Then Visit the Tibetan Children's Village and the Namgyal House in Upper Dharamsala. Enjoy the view and lunch. Afternoon independent study, volunteer work or rest.
- Day 13** Visit the Nechung Oracle , the seat of the Tibetan Government in Exile and The Tibetan Library of Works and Archives. Afternoon independent study, volunteer work or rest. Optional movie night or Tibetan cooking class!
- Day 14** Leave for a day trip to the sacred lake of Tso Pema or Tulukpur hermitage.
- Day 15** Visit Jayang Choe Ling Nunnery and Tse Chok Ling Monastery. Partake in evening prayers and chanting.
- Day 16** Group sharing of independent study or volunteer work. Closing ceremony and incense burning at La Gari. Farwell dinner!
- Day 17** Leave for Delhi via over night train or bus.
- Day 18** Arrive Delhi and rest in Maju Ka Tilla. Enjoy finding gifts for loved ones at home.
- Day 19** Spend the morning reflecting on our journey . Then gather our hearts and minds for the journey home!
- Day 20** Home in the morning to share stories!

We are looking very forward to sharing this unique experience with you!

Thanks!

Tenzin Thutop and Lindsay

Please feel free to contact us with any questions at theheartoftibet@yahoo.com