



**THE HEART OF TIBET IN EXILE:  
BUDDHIST AND CULTURAL STUDIES IN DHARAMSALA, INDIA**  
MAY 18<sup>TH</sup>- JUNE 6<sup>TH</sup>, 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)**

**This program is open to adults of all ages interested in experiencing  
and understanding Tibetan culture.**

#### **PROGRAM SUMMARY**

Set in the foothills of the snowcapped Himalayas, Dharamsala is the home of the His Holiness the Dalai Lama and numerous monasteries and nunneries. 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 look at the heart and soul of Tibet in exile. The program offers a unique opportunity to receive teachings from high Tibetan Lamas and experience the sacred religious arts of Tibet. Participants will learn about Tibet's history and politics through conversations with newly arrived refugees and government officials, and visit with students from the Tibetan Children's Village. We aim to inspire a peaceful and reflective experience, opening the heart and mind through personal interaction between participants, teachers and the Tibetan community. Please join us on this spiritual adventure into the heart of Tibet in exile.

#### **A FEW PROGRAM HIGHLIGHTS:**

**Relax** with morning meditation, sacred walks and day hikes beyond the village. **Enjoy** Buddhist teaching from high Tibetan Lamas. **Explore** Namgyal Monastery and the Norbulingka Institute of Art. **Visit** the Nechung Oracle and remote meditation hermitages. **Learn** from the Tibetan Institute of Medicine and the Tibetan Institute of Performing Arts. Take Tibetan cooking class and Tibetan language classes. **Travel** to monasteries and nunneries deep in the forests. **Contribute** through volunteer work with the Tibetan Children's Village or newly arrived refugees from Tibet. **Go** beneath the surface and truly experience Tibetan Buddhism and culture.

**For a detailed itinerary and registration packet please contact us at  
[theheartoftibet@yahoo.com](mailto:theheartoftibet@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 Kushnggar and Bodhagaya, 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.

## INSTRUCTOR



Lindsay Gilmour has an M.A. in International Affairs from Columbia University with a focus in Tibetan Studies and Conflict Resolution. She first fell in love with Tibetan culture in 1999 when she worked on a farm in Ladakh on the Tibetan Plateau. She returned to India in 2005 to work at the Tibetan Center for Conflict Resolution and Gu Chu Sum, an ex-political prisoners' association, in Dharamsala. Since 2006, she has worked with Where There Be Dragons, leading educational programs in Tibet (*Tibet Cultural Odyssey*) and India (*Identity in Exile*). Lindsay has lived in Guatemala, Peru, Ecuador, Thailand, and Nepal. She is an Assistant Professor at Ithaca College and a certified Medical Wilderness First Responder.

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

**Du Khor Choe Ling is under construction!**

