

Mindfulness Retreat Program

DAY 1	Check in for flight to Delhi via UAE.
DAY 2	<p>Arrive Delhi and depart for Amritsar.</p> <ul style="list-style-type: none"> • Visit the Golden Temple, spiritual home of the Sikhs • Dinner at Punjabi restaurant and overnight in Amritsar Hotel Golden Tulip
DAY 3	<ul style="list-style-type: none"> • Breakfast at hotel and depart for Dharamsala with private taxi • Lunch en route to Dharamsala as we enter Himachal Pradesh • Arrive in Dharamsala, check into hotel, quick orienteering and rest • Late afternoon welcome briefing by Central Tibetan Administration
DAY 4	<ul style="list-style-type: none"> • Breakfast at hotel • Lingor Kora meditation walk with monks and other Tibetan • Visit temple of HH the Dalai Lama and watch a movie of Tibetan culture • Talk by monk Ven Bagdro former political prisoner on survival and finding a new lease on life • Lunch • Conversation session with adult monks to explore meaning of life • Yoga or Massage session • Private time to reflect and dinner in town
DAY 5	<ul style="list-style-type: none"> • Breakfast at hotel • Meeting with Central Tibetan Administration (Government in Exile) officials • Visit archive room of ancient Tibetan texts and mantras • Visit Men-Tsee-Khang Tibetan Medical Centre on wholistic healing • Astrology reading or visit to Tibetan Doctors for those who are interested • Lunch in town • Meeting with Dr. Chok on philosophy of life and Tibetan breathing Yoga • Private time to reflect and dinner in town
DAY 6	<ul style="list-style-type: none"> • Audience with HH the Karmapa Lama of themes auspicious spiritual teachers • Visit Norbulingka Institute of art, culture and spirituality • Visit Dolmaling nunnery for tea and conversations • Lunch in the gardens of Norbulingka • Transfer back to McLeod for Yoga or Massage session • Private time to reflect and dinner in town

DAY 7	<ul style="list-style-type: none"> • Meditation session at Tushita Buddhist retreat • Session with monk Damchoe • Lunch in town • Conversation session with adult monks • Yoga or Massage session • Private time to reflect and dinner in town
DAY 8	<ul style="list-style-type: none"> • Breakfast at hotel • Meditation session at Tushita and visit hermit monks in the woods above McLeod ganj • Lunch in Dharamkot • Conversation session with adult monks • Private time to reflect and dinner in town
DAY 9	<ul style="list-style-type: none"> • Final breakfast in Dharamsala • Depart for Amitsar by private taxi • Fly from Amritsar to Delhi, • Arrive Delhi and drive by private taxi to Agra, check into hotel and dinner
DAY 10	<ul style="list-style-type: none"> • Early morning Tour of the magical romantic Taj Mahal • Late morning breakfast at hotel • Drive back to Delhi and check in for flight home
DAY 11	Arrive home rejuvenated and inspired

Mindfulness conversations

Insightful conversations are part of this journey and will be scheduled before, during and after the trip. We treat this as a collective dialogue on meaning and purpose in life and you are welcome to participate in any way you are comfortable with. The exact structure will be discussed with the group before departure. Our central theme of conversation focuses on how to have a happier, more meaningful life.