



INDIA TOUR PILGRIMAGE 2019

13th February 2019 till 5th March 2019

BODHGAYA

- ▶ Visit Maha Bodhi Temple to pay homage to Buddha
- ▶ Visit Rajgir (Vulture's Peak)
- ▶ Visit Nalanda
- ▶ Do daily practice (prostration, Offering, chanting, meditation, requesting, rejoicing, dedication)

AMRITSAR

- ▶ visit Golden Temple at dawn

DHARAMSALA

- ▶ visit His Holiness Dalai Lama temple to pay homage to Buddha and His Holiness residence
- ▶ Visit Tibetan government in exile
- ▶ Visit Tibetan Medical/ Astrology Institute (Mentsee Khang)
- ▶ Do daily practice (meditation and chanting)

GYUTO MONASTERY

- ▶ experience monastic life
- ▶ Attend sacred teachings with High Buddhist Master in monastic environment
- ▶ Do daily practice (meditation, chanting, study, contemplation)

ITINERARY

- ▶ 13/2/19 to 18/2/19 Bodhgaya
- ▶ 19/2/19 Bodhgaya-Delhi-Amritsar flight
- ▶ 19/2/19 to 20/2/19 Amritsar
- ▶ 21/2/19 Amritsar *Dharamsala by car
- ▶ 21/2/19 to 25/2/19 Dharamsala
- ▶ 26/2/19 Teachings commence at Gyuto (tbc)
- ▶ 26/2/19 to 4/3/19 Teachings at Gyuto Monastery
- ▶ 5/3/19 Dharamsala- Delhi flight

INTERNAL FLIGHTS

- ▶ Gaya-Delhi
- ▶ Delhi-Amritsar
- ▶ Dharamsala-Delhi

ACCOMMODATION

- ▶ Comfortable hotels (own room) in Bodhgaya, Amritsar, Dharamsala. Rooms are clean, spacious, own bathroom, hot water, wifi.

TRANSPORTATION

- ▶ Airport pick up and transfers
- ▶ Airport pick up and drop off in Bodhgaya, Amritsar, Dharamsala
- ▶ Private car/bus/taxi
- ▶ Travel to Bodhgaya surroundings by private car (Nalanda, Vulture's Peak)
- ▶ Travel around Dharamsala by private car/Taxi
- ▶ Daily pick up and drop off from Hotel in Dharamsala to Gyuto Monastery by private driver for one week.

TEACHINGS/ MEDITATION

- ▶ daily meditation and teachings with Lama Tendar

All of the above is included in the tour.

Please note, the tour finishes in Dharamsala. The tour includes flight from Dharamsala to Delhi . Pilgrims need to organise their own accommodation and flights out of Delhi. Tour does not include flight from Australia to India.

It is such a privilege to be able to attend Buddhist teachings with a High Lama under the guidance of Lama Tendar. This is a once in a life time experience to do something for yourself.