Tibetan Monastery Immersion Retreat
February Losar 2020
Organized by the Panchen Lama Tashi Lhunpo Project
DISCOVER WITH US this journey of a lifetime.

Join the Panchen Lama Tashi Lhunpo Project for a unique immersion experience at the Tashi Lhunpo Monastery India, one of the largest Learning Centers of Tibetan Buddhism in India, and participate in Losar 2020, an incredible celebration of the Tibetan New Year!

We are very excited to present a unique opportunity to live within a Tibetan monastery and make a meaningful contribution to the lives of over 400 scholarly monks. Our contributions will be our very presence among the monks, a meal offering to the monks (included in the retreat price) and a book offering.

By no means an ordinary monastery, Tashi Lhunpo Monastery India is steeped in historical significance. The original Tashi Lhunpo Monastery in Tibet was founded by His Holiness the 1st Dalai Lama, Gyalwa Gedun Drup in 1447, and became the largest, most vibrant teaching monastery in Shigatse, Tibet at that time.

“Namla Nyi-ma Dawa, Sa la Gyawa-Panchen.” Thus goes the age-old Tibetan saying that is well known and recited often in all 3 provinces of Tibet. It means, “Just as the Sun and the Moon in the Sky, thus Gyawa-Panchen on Earth,” alluding to the great and consequential relationship between the two Lamas, His Holiness the Dalai Lama and His Holiness the Panchen Lama, who have shared a special bond, strengthened by their shared desire to ensure the wellbeing of the Tibetan people and the continued preservation of the Buddha Dharma.

From this historical perspective, you could imagine the richness of the history, culture and art of ancient Tibetan Buddhist practices which you will learn first-hand from the Lamas and resident monks. This sojourn could be a life-changing spiritual awakening for you.

During this 7-day retreat, you will experience life in a Tibetan monastery and learn about Tibetan Buddhist history, culture and art taught by high Tibetan Lamas in a serene monastic setting.

- Get to know day-to-day monastic life
- Wake up to the glorious chanting sounds of the monks
- Learn how to meditate guided by Lamas
- Enjoy delicious meals with monks of all ages and learn how to make Tibetan momos!
- Do walking meditation on the beautiful grounds of the Monastery
- Learn Buddhist philosophy from high Tibetan scholar Lamas
- Visit other Tibetan monasteries and the Golden Temple, and understand their significance
- In culmination of this special retreat, witness a true Tibetan New Year celebration called Losar
Itinerary

**Note:** We will do our best to adhere to the itinerary but we request your understanding and flexibility if we deem it necessary to make required changes. Thank you!

Day 1: Tuesday, February 18
Upon arrival at Bangalore Airport, we drive by car for approximately 2.5 hours to Mysore
Check into Hotel/Settle in
* Dinner *

Day 2: Wednesday, February 19
* Breakfast *
Visit King’s Palace in Mysore
* Lunch *
Drive 2.5 hours to Tashi Lhunpo Monastery in Bylakuppe
Welcome Tea: Meet Abbot Khen Rinpoche and Retired Abbot Khenzur Rinpoche and
Administrative Staff
Check into Monastery accommodations
Tour of the Monastery grounds
* Dinner *
Review the Schedule for the following 6 days

Day 3: Thursday, February 20
Join the Break-of-Day Chanting in the Old Prayer Hall (6am), optional
* Breakfast *
Tour of the Prayer Hall
Teaching: History of the Monastery
* Lunch *
Tour of the new Library and book offering
Teaching: Continuation of the History of the Monastery
* Dinner *
Word of The Dharma/ Meditation/Tea /Reflections

Day 4: Friday, February 21
Join the Break-of-Day Chanting in the Old Prayer Hall (6am), optional
* Breakfast *
Teaching: Calm Abiding Meditation by Abbott Khen Rinpoche
* Lunch *
Walking Meditation
Teaching: Meditation on Love and Compassion by Abbot Khen Rinpoche
* Dinner *
Word of the Dharma / Meditation / Tea / Reflections
Day 5: Saturday, February 22
Join the Break-of-Day Chanting in the Old Prayer Hall (6am), optional
*Breakfast*
Teaching: White Tara Long Life Initiation by Abbot Khen Rinpoche
Cooking Class: Learn how to make Tibetan momos
*Lunch*
Walking Meditation
Teaching: 8 Point Mind Training by Abbot Khen Rinpoche
*Dinner*
Word of the Dharma / Meditation / Tea / Reflections

Day 6: Sunday, February 23 (CHAM DAY) Dance and Burning of the Torma
Join the Break-of-Day Chanting in the Old Prayer Hall (6am), optional
*Breakfast*
Teaching: Significance and meaning of Losar Celebrations
*Lunch*
Visit the Golden Temple and nearby monasteries: Sera Jey Monastery, Sera Mey Monastery, Kargu Monastery and Sakya Monastery
*Dinner*
Word of the Dharma / Meditation / Tea / Reflections

Day 7: Monday, February 24 (LOSAR)
Morning Welcome to Losar/ Lighting of the Candle on the Rooftop
*Breakfast*
Losar Festivities
*Lunch* during Losar with Tibetan community
Losar Festivities
*Dinner* during Losar with Tibetan community
Word of the Dharma/ Meditation and Tea/Reflections

Day 8: Tuesday, February 25
*Farewell Breakfast*/Departure to Bangalore Airport
Losar

Losar, the Tibetan New Year, is the most important festival in the Tibetan culture. It lasts for 15 days and is filled with traditions that date back hundreds of years. Festivities at the Monastery include traditional dances and ceremonies, offerings to deities, and chanting. These activities are attended by villagers and the entire community. Special meals are prepared. The abbot officiates the Gu-Thor ceremony, praying for peace for all sentient beings as the year comes to an end. Cham dance is a meditative dance performed by senior monks and ends with the burning of the effigy to clean and purify all negativities with Buddhas and deities’ boundless blessings of love and compassion.

Accommodations and Meals

All accommodations and meals are included in the price.

With the exception of a one-night stay in Mysore, all accommodations will be in the Monastery. The guest rooms in the Monastery have appointments that are modest and comfortable; most are double occupancy with a private bath. Please indicate in your registration form if you are traveling with someone whom you would like to room with.

Meals will be specially prepared by the monks and will be vegetarian. In some instances, local chefs may be invited to prepare meals for the participants. Meals during the Losar Festivities will be enjoyed with
the local village communities as well as with the resident monks. You will witness the wonderful organizational talents of this monastic community and enjoy Losar, an amazing highlight of the year, with this wonderful Tibetan community.

**Deadlines to Remember**

- **August 15, 2019** Complete Registration Form and send the non-refundable deposit of $1,000.
- **September 15, 2019** Submit Protected Area Permit (PAP) (more info will be provided).
- **October 1, 2019** Submit 2nd and final payment of $3200.

More detailed information about trip preparation will be provided after registration is finalized.

**Price**

$4200/participant join by August 15, 2019; $4900 if private room requested/available.
$4500/participant if joining after August 15, 2019 deadline; $5200 if private room requested/available.
Price above does not include international airfare. Price is inclusive of one-night hotel stay in Mysore, entrance ticket to the Kings Palace, and 6 nights stay in the Monastery, all meals and domestic transportation, and special meal offering to all monks.

PLEASE NOTE: The global purpose of this retreat is to help preserve the great Tibetan Buddhist culture by supporting the spiritual and scholastic center of Tashi Lhunpo Monastery India. It is in this effort that we are able to spread the blessings and merits of this cause to all communities of the world. The funds we raise for this retreat are solely in support of this cause, and you are allowed to deduct $3500 of your donation or to the fullest extent of the law. This is a beautiful way to circulate great spiritual energy all around.

_Congratulations on your decision to become part of this noble effort worldwide!_ Please take the first step to complete the Registration Form and submit your deposit before August 15, 2019.

**For more information, please contact:**

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