



## *Himalayan Healing*

### **Tibet – Mount Kailash Kora** 4-25 Jul 2009

For centuries Hindus, Buddhists, Jains and Bonpos have revered Mount Kailash as the most sacred pilgrimage destination in Asia. To circumambulate a sacred place or object is called kora in Tibetan or parikrama in Sanskrit and in doing kora around Mount Kailash, we will be following a tradition that goes back thousands of years. We will start from Kathmandu in Nepal, going via Lhasa to Kailash for our kora, returning to Kathmandu for the final day of the trip. We will visit the most important sacred sites along the way and have time for meditation in the caves of the yogis. Anyone who wishes can do a Reiki course en-route and have their attunement on the mountain. This is a physically challenging trip and can be a life-changing event. It is also an exciting adventure!



### **Reiki Trip to Nepal** 21 Nov – 5 Dec 2009

Join us for two weeks of healing and nurturing in the foothills of the Himalayas and qualify in Usui or Karuna Reiki. We start in Boudhanath near Kathmandu, where we can do evening kora around the Great Stupa with the local Nepalis and Tibetans. Reiki teaching will take place during our stay in Nagarkot, a village up in the hills to the east of Kathmandu, from which you can see the whole Himalayan Langtang range. It is famed for its spectacular sunrise and sunset views. Whilst there, we will also work with the Tamang shamans who live in the hills around Nagarkot. We then travel to Pokhara where we visit the Peace Stupa high above Lake Phewa and can attend yoga classes in the town. We'll enjoy a two-day introduction to Tibetan meditation at a Tibetan Buddhist retreat centre before returning to Boudha for the end of the trip.



## Indicative Itineraries

### **Tibet – Mount Kailash Kora, 4-25 Jul 2009**

- Day 1: Arrive Kathmandu. O/n Hotel Padma, Boudha.
- Day 2-3: In Kathmandu/Boudha. Obtain Chinese visa. O/n Hotel Padma.
- Day 4: Fly to Lhasa. O/n Hotel Kyichu.
- Day 5: Visit Potala Palace, Jokhang Temple, Barkhor Market. O/n Hotel Kyichu.
- Day 6: Visit Drepung and Sera Monasteries, Norbulingkha. O/n Hotel Kyichu.
- Day 7: Day excursion to Gandan Monastery or relax at hotel. O/n Hotel Kyichu.
- Day 8: Drive to Gyantse. Visit Kumbum, Palkhor. Drive to Shigatse. O/n at hotel.
- Day 9: Visit Tashilunpo monastery and drive to Ngamring. O/n at lodge.
- Day 10: Drive to Saga. O/n at hotel.
- Day 11: Drive to Paryang. O/n at lodge.
- Day 12: Drive to Horpa. O/n at lodge.
- Day 13: Rest day at Manasarovar Lake. O/n at lodge.
- Day 14: Drive to Darchen. O/n at lodge.
- Day 15: Kora to Diraphuk. O/n at camp.
- Day 16: Kora to Lham Chhu Khyr valley. O/n at camp.
- Day 17: Kora thru Zutrulphuk & drive to Manasarovar (Chui Gompa). O/n at lodge.
- Day 18: Drive to Paryang. O/n at lodge.
- Day 19: Drive to Saga. O/n at lodge.
- Day 20: Drive to Nyalam via Paigu Lake. O/n at lodge.
- Day 21: Drive to Zhangmu and on to Kathmandu. O/n Hotel Padma, Boudha.
- Day 22: Depart to UK.

### **Reiki Trip to Nepal, 21 Nov – 5 Dec 2009**

- Day 1: Arrive Kathmandu. O/n Hotel Padma, Boudha.
- Day 2: Boudha. O/n Hotel Padma.
- Day 3: Drive to Nagarkot. O/n Hotel at the End of the Universe.
- Day 4-7: Nagarkot – Reiki courses. O/n Hotel at the End of the Universe.
- Day 8: Drive to Pokhara. O/n Hotel Trek O Tel.
- Day 9: Pokhara, free day to explore. O/n Hotel Trek O Tel.
- Day 10: Pokhara, visit to Peace Pagoda. O/n Hotel Trek O Tel.
- Day 11: Transfer to Ganden Yiga Chozin meditation retreat. O/n at the retreat.
- Day 12: Ganden Yiga Chozin, one-day meditation course. O/n at the retreat.
- Day 13: Drive to Kathmandu. O/n Tibet Guest House, Thamel.
- Day 14: Free day in Thamel, dinner at Rum Doodle. O/n Tibet Guest House.
- Day 15: Depart to UK.

For further details and prices please see our website or contact us directly. Enquiries from individuals, Dharma groups, Reiki or other therapist groups are welcome.