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Spirituel

Journey to Tibet

12th of April to the 4th of May 2020

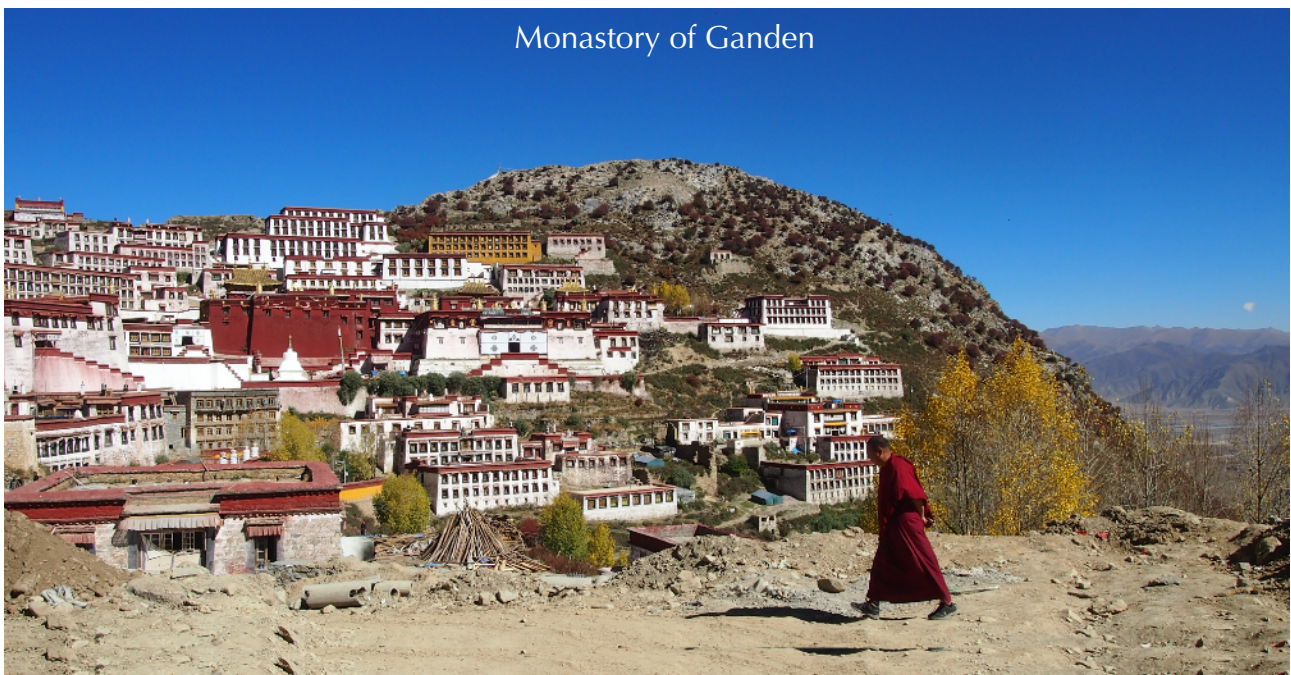
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Journeying Tibet

12th of April to the 4th of May 2020



This is an invitation to a rare and fantastic journey, into one of the most important and deep spiritual cultures, in the world – the ancient Tibetan culture.



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The Invitation

The culture on the top of the world – is a culture that for many years have lived an isolated life – it is going deep into the very core of human and beyond human experiences.

It is also an invitation into spirituality - exploring the only spirituality there is – your own.

This journey will day by day lead you deeper and deeper into the unknown

By accepting this invitation you will be a part of a group that will be traveling together, on this 21 days journey

Everything experienced in a human life, is experienced through one self and witnessed from the consciousness through awareness – that's the individual journey.

Together, we travel on our own individual journey. The togetherness gives everyone support and courage to accept all the gifts, that Tibetan culture and the journey has to offer.

By doing this things starts to build up and our common journey becomes the vehicle for deeper and higher experiences, and possible transformations.

**- a journey that might be,
the journey of your life**



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The journey - The Adventure

This is fantastic !

Fantastic because of the beauty of the culture – fantastic because of the energy ruling on the different places.

In some of the places that we will visit and explore, meditation has been going on for over 1300 years. Here there are monasteries of significant presence.

You will have the opportunity to meditate in some of the oldest meditation caves.

You will find places in nature that is so rare and innocent that it will soften everything – also the deepest core of your heart.

As we move along we will nurture this process with different approaches that is opening and which enriches the journey - like meditating, chanting, sharing, walking koras (prayerpaths) and work with Tibetan pulsing.

By connecting with this environment and such a deep tradition for energy work, as the tibetan, you can benefit tremendously, by being in this group of spiritual travelers.



And meeting the original people of Tibet is like walking into temples of the heart – you will feel it immediately.



The 5 steps of this Journey

These steps are like anker stones for the pilgrimage we are taking together, and to prepare you for the journey ahead.

The First - Opening to Heartland

We will stay, visit and explore Katmandu – opening up by exploring the area, the height, meditate and going deep in tibetan pulsing.

We will stay at the Osho Tapovan Meditation center that embraces everyone with beauty and silence.

April 13th

Arriving in Katmandu- Exploring Osho Taboban

Night at: Osho Taboban Meditationcenter, Katmandu

April 14th

Morning meditation – Tibetan Pulsing – Lunch – Exploring Osho Taboban

Night at: Osho Taboban Meditationcenter, Katmandu

April 15th

Morning meditation – Tibetan Pulsing – Lunch – Exploring Osho Taboban

Night at: Osho Taboban Meditationcenter, Katmandu

April 16th

Morning meditation – Tibetan Pulsing – Lunch – Exploring Katmandu

Night at: Osho Center Katmandu

April 17th

Morning meditation – Driving to Gyirong/Border between Nepal and Tibet

Night at: River View Resort



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The Second - Merging with the energies

will be a beautiful and adventures drive from Katmandu, heart opening to the energy og the mountain Chomolungma (Mt. Everest)., visiting different important monasteries on our way to Lhasa.

April 18th

From Gyiong border to old Tingri
Night at: Snow Land Inn

April 19th

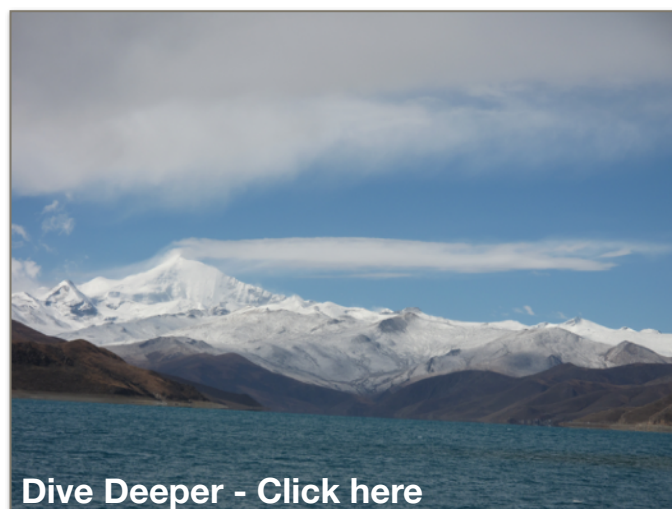
From old Tingri to Rongbuk Monastery and Mt. Everest basecamp and further to Shegar
Night at: Shegar Everest Hotel

April 20th

From Shegar to Sakya Monastery further to Shigatse visiting Tashilunpo Monastery
Night at: Monasarovar hotel

April 21th

To Gyantse visiting Pelkhor Chode temple complex further to Lhasa, via Sanwari Glasier and Yamdrok Lake
Night at: Kyichu Garden hotel



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The 5 steps of this Journey

The Third - Feeling the hidden layers

is exploring the holy places and monasteries in and around Lhasa - places filled with the mystic from the Tibetan Buddhism.

April 22th

Jokhang temple, Barkhor market, Sera Monastery
Night at: Kyichu Garden hotel

April 23th

Potala Palace, Drepung Monastery, Lhasa
Night at: Kyichu Garden hotel

April 24th

Daytrip to Drak Yerpa meditation temples and caves – meditation day here
Night at: Kyichu Garden hotel



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The 5 steps of this Journey

The Fourth - In between heaven and earth

is coming close to holy mountains, beautiful lakes, walking holy Koras (prayerpaths) and the energies of the landscapes

April 25th

Lhasa to Ganden Monastery, Drigung Valley
Night at: Camping

April 26th

Drigung Valley to Reten Monastery – meditation
Night at: Camping

April 27th

Kora to Nunnery at Reten Monastery,
Night at: Camping

April 28th

Chomkangar/Namtso Lake - walking the kora, drive to Tsurpu Monastery
Night at: Camping



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The 5 steps of this Journey

The Fifth - The non-dual melting pot

is settling down visiting Samye Monastery and being in deep meditation contemplating the whole journey.

April 29th

Tsurpu Monastery walking the sacred walk to meditation caves, drive to Lhasa
Night at: Kyichu Garden hotel

April 30th

Lhasa to Rito Monastery- meditation and resting and then driving to Tsedang
Night at: Tsedang hotel

May 1st

Samye Monastery, – contemplating process
Night at: Tsedang hotel

May 2nd

Yungbulhakang palace– contemplating process
Night at: Tsedang hotel

May 3rd

Airport transfer to Lhasa airport



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The Costs for the whole journey Katmandu - Tibet - Lhasa - Kathmandu

Including

Food (except 23rd. of April in Lhasa),
Accommodation in double rooms
Tibet travel permits
Transportations including road tax
Entrance tickets on the sites mentioned
Personal knowledgeable
English-speaking Tibetan local tour guide
Personal comfortable, clean and safe vehicle with reliable
Tibetan local driver; vehicle ranging from 4WD land cruiser
to minibus.
Tibet travel permits
Drinking water provided
-ændringer af planerne vil forekomme

Excluding

The flights
Insurance
Visa



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The Costs for the whole journey Katmandu - Tibet - Lhasa

Cost 4000 euros

Signing up and payed before 5. april

For single rooms 460 euros extra

If you need special arrangement for paying, please contact.

Early bird

3900 euros - Signing up and payed before 1st. March

Koordinator

Johnny Vasant

Johnny Vasant has been guiding spiritual journeys for many years, and have worked with mind, no-mind and energy on many levels.

Working with spiritual transformations, bodywork and meditations since 1990.

Tibetan Pulsing Healer

Body-therapist

Cognitive Mind Coach

Meditation-trainer

Registration:

Email: johnny@humantouch.dk

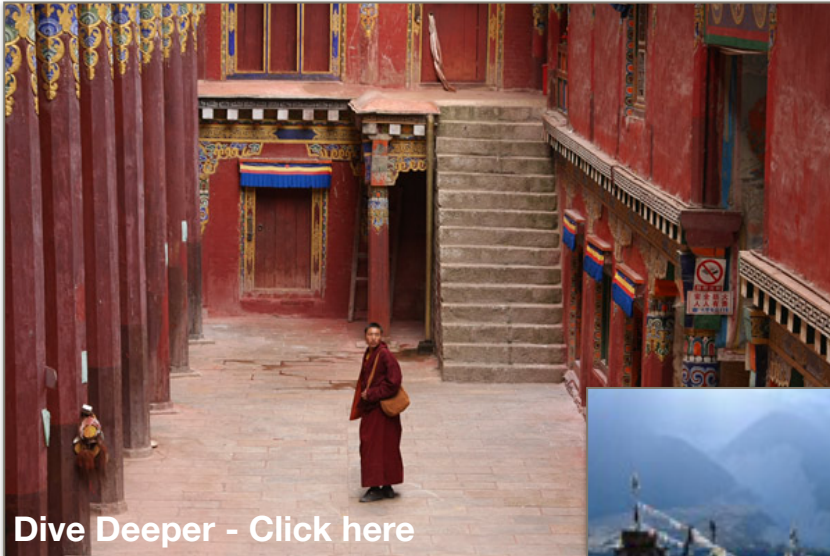
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