



Verblijf in een Tibetaan klooster in Nepal Leer alles over de (natuur)elementen yoga oefeningen, ademhalingsoefeningen en meditatie

24 tem 30 sept 2024

Praktische (reis)info & prijzen



Stay in a monastery & learn Tibetan Healing Yoga 2024

Experience an education of the Tibetan Five Elements Practices and Lu Jong, Tibetan Healing yoga in an authentic Tibetan Monastery.

During these seven days we are guest in the hotel of a Tibetan Kagyu Monastery.

The hotel is situated in the compound of the Monastery, so we are part of the monastic life.

The location is around the famous and beautiful stupa of Boudhanath in Kathmandu.

Every morning at 5 AM until 6:30 AM we start our day to be part of the morning prayers and rituals in the Kagyu monastery nearby.

This monastery has 90 monks between 6 and 85 years old.

Afterwards we can enjoy our breakfast together.

From the morning until lunch we focus on the Lu Jong and the Tibetan five-element practice. All classes take place in the gampa.

We learn practical yoga exercises, breathing exercises and meditations.

But we will also have education about the five elements, Tibetan Medicine, and Tibetan Buddhism in general.

After lunch we go around Kathmandu to visit sacred places connected with Tibetan Buddhism.

On these places we do our practices and some guided meditation.

When we return to Boudhanath we will end our day with a kora* around the stupa.

Where we will be part of the many Tibetans who perform that every evening.

Our day ends with a dinner.

* A *Kora* is making a circumambulation around a sacred site

Your teacher is Maaïke, who is an experienced educator in Lu Jong, Tibetan Healing Yoga, Buddhist Psychology,

Traditional Tibetan Shamatha Meditation, Sword Yoga and General Mindfulness.

She is already educated more than 10 years and trained more than 70 teachers.



Destination

Kathmandu- Nepal



Dates

24 sept – 30 sept 2024

total 7 days



Altitude

max 1.400 m



Trekking/hiking

–



Yoga level

Tibetan Healing Yoga,
Lu Jong



Discover Tibetan
Buddhist knowledge
and visit scared
places



Group Size

min 4 – max 12



Price for the travel:

Double 1.290 dollar

Single 1.490 dollar

[currency converter](#)



Begin and end

Kathmandu

Kathmandu

Highlights of this travel

o Stay and sleep in the hotel of a Tibetan Monastery.

We are not only going to experience monastic life but with our stay we also support a good cause.

Hundred percent of the profit of the hotel goes to support to the monastery. To provide the monks from little things — school supplies, healthy snacks, sports activities, a bed to sleep in, to the big things — shelter, clothes, healthy vegetarian food, clean water, medical facility and primarily basic education and Buddhist philosophy to spread Buddha dharma and to benefit society. At present, there are about 150 monks from age 9 to 65 in the Monastery.

o Study the ancient knowledge of Tibetan Healing Yoga and the Tibetan Five Element Practices

We learn yoga and breathing exercises. We dive in the knowledge of meditation. Tibetan Medicine, knowledge about the element, basic Buddhist principals and much more you will discover during this week.

o Visit the two most important stupas in Kathmandu:

Boudhanath and Swayambhunaath Mahachaitya (Monkey Temple)

o Visit the four sacred Vajrayogini places:

– a tantric deity – where we will do guided meditations.

o Enjoy the morning ritual in the nunnery.

Maybe you know the famous songs of Ani Choying Drolma. Around Boudhanath there is a nunnery connected with the Kopan monastery where the nuns also sing during their morning ritual. We will get up very early to be part of this ritual.

o We visit Pharphing,

a town outside of Kathmandu, where we find special caves where we can meditate.

o We visit the Sowa Rigpa International College

Tibetan Healing Yoga is very much connected with Tibetan medicine.

When we study the benefit of Tibetan Healing Yoga we also learn the basics of Tibetan Medicine.

That is why we expand our knowledge by visiting the International college wher people study 5 years to become an AMchi, Tibetan doctor.

1

Day 1: Arrival in KTM

We will arrange a pick-up for you at Tribhuvan International Airport, Kathmandu.

Afterwards we will bring you to your hotel.

We are guest in the hotel of a Tibetan Kagyu Monastery.

The hotel is situated in the compound of the Monastery, so we are part of the monastic life.

The location of our hotel is around the famous and beautiful stupa of Boudhanath.

This is the largest stupa in Asia, and a very important Buddhist pilgrimage place.

The best time to visit the stupa is in the late afternoon, when the elderly Tibetan and Nepali Buddhist people stroll down to the stupa to do the Kora around the stupa. To light butter lamps, spin prayer wheels, chant mantras and socialize.

Around the stupa are also many shops where you can find more Buddhist orientated gifts.

In the evening we will have a welcome dinner on a nice roof terrace from where we are going to have a stunning stupa view.

The briefing of our education and our daily schedule will also be given after dinner.



Our hotel Dolma Ling- part of a Tibetan Kagyu Monastery

We are not only going to experience monastic life but with our stay we also support a good cause.

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2

Day 2 - Kathmandu:

This morning we start the day with attending the morning rituals, praying, and chanting together with the monks.

The morning prayers start at 5 AM until 6:30 AM.



After our breakfast we start with our education we dive in the ancient knowledge of The Lu Jong, Tibetan Healing Yoga.

All our teachings take place in the gompas itself.

Today we learn the five element yoga movements space, earth, wind, fire, and water.

We learn also all the knowledge behind these exercises as the knowledge of the five elements in connection with the inner and secret body, and a basic knowledge of the Tibetan Medicine in connection with our yoga exercises.

After this inspiring morning we have time to refresh, and we will have lunch together.

After our lunch we will explore the area around Boudhannath Stupa.

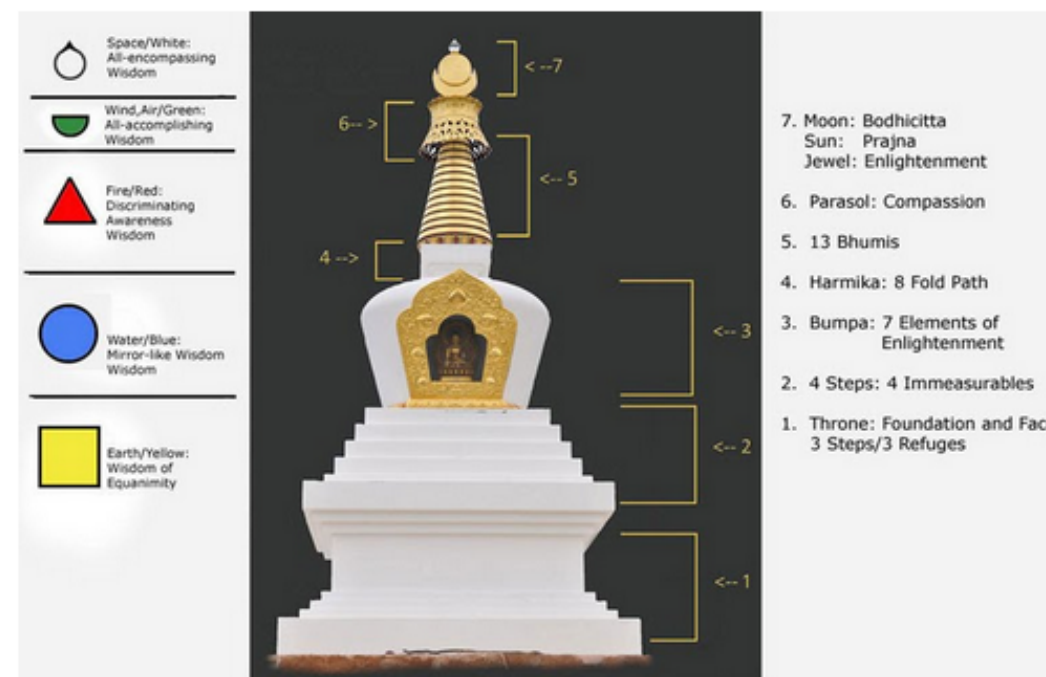
And we also will visit a Men-Tsee-Khang.

The main objective of Men-Tsee-Khang is to preserve, promote and practise (Sowa Rigpa), the ancient Tibetan system of medicine, astronomy and astrology.

Boudhannath Stupa

We start with a walk from our hotel towards the stupa.

We start with an explanation about the history about the largest stupa of Asia as an explanation of the elements and the building of a stupa.



Afterwards we make a kora, three times walking clockwise around the Stupa, while we recite the mantra 'om mani padme hum'.



Afterwards we take the stairs up to visit the first floor of the pavement path around the stupa.

From here we can have a nice overview of the how the Buddhist people performing their rituals and prostrations.

We will take time to learn ourselves how to do a prostration and learn all the symbolic explanation about this holly practice.

One prostration is equal as doing the five exercise of the Lu Jong.

We will perform twenty-one prostrations in front of Asia largest stupa. A very sacred moment.

Afterwards we will take the time to visit the most important monasteries around the stupa.

We will visit the Tamang monastery, Shechen Gompa, ...

3

Day 3 - Kathmandu:

Every morning we start the day with attending the morning rituals, praying, and chanting together with the monks.

These rituals start at 5 AM and end at 6:30 AM.

After our breakfast we start with our second day of the education.

All our educations take place in the gompas.

We start with performing our exercise we learn the day before and today the essence of our education is the power of the breath.

We learn some breathing exercises and practice together.

In connection with the breathing exercise we learn how tantrayana view the body in gross, subtle, and very subtle body and mind.

After this inspiring morning we have time to refresh, and we will have lunch together.

In the afternoon we will take the bus to the second important Buddhist stupa in Kathmandu also called Swayambhunaath Mahachaitya (Monkey Temple).



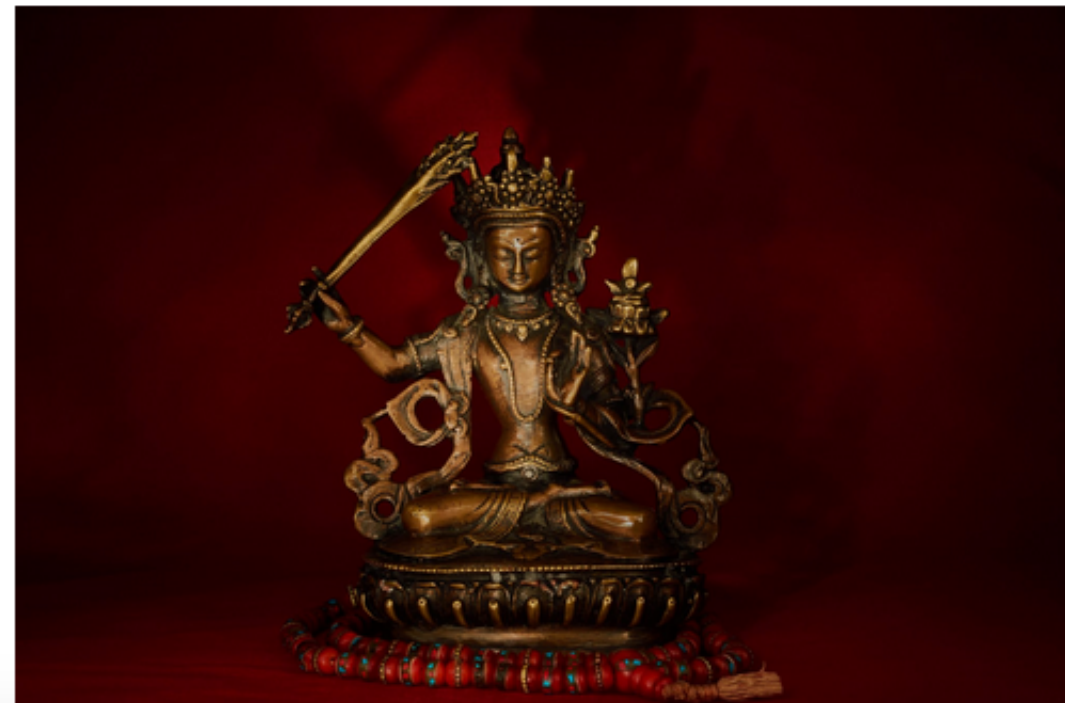
We start at the backside of the stupa.* The three golden Buddha statues at Swayambhu Amideva Buddha Park*.



Here we have panels who show the different stages in the life of the Buddha.

This helps us to explain the live of the buddha in connection with his first teaching the four noble truths.

Then we take the bus until the halve and from their start walking up to the Manjushri (bodhisattva associated with wisdom) teaching place.



We take the time here to do our yoga and breathing exercises.

Then we walk further up until we reach the top of the stupa.

From the side we will explain the heart sutra mantra "Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!"

After our explanation we do the kora around the stupa singing the heart sutra.



Then you will have some free time to walk around the stupa - explore the area.

Before we go back to the hotel we take a stop at one of the Vajrayogini places.

Once we get back to the hotel we can enjoy our dinner together.

4

Day 4 - Kathmandu:

Every morning we start the day with attending the morning rituals, praying, and chanting together with the monks. These rituals start at 5 AM and end at 6:30 AM.

After our breakfast we start with our third day of the education.

All our educations take place in the gompa.

We start with performing our exercises and then continue our education. Today central in our education is the power of the mind. We start with a general explanation how our mind functions connected with the wheel of life.

The source of this knowledge is the Buddhist Psychology. Once we understand how our mind functions, we understand the necessity of meditation. We will explain the path of mindfulness in the nine stages of training the mind.

We explain and practice what we call the four yoga's (important attitudes in our meditation), and we will experience the five mental stages in meditation.

After our education we have time to refresh, and then have lunch together.

In the afternoon we will take the bus to Patan, one of the three king cities.
Here we will visit the Mahabodhi temple.



This temple is dedicated to Siddhartha Gautama, the historical Buddha. The temple is often called "the temple of a thousand Buddhas" because a Buddha image is engraved on every brick. It is modeled on the Mahabodhi Temple at Bodhgaya, the place where Buddha get enlightened. We will also do the Kora around this temple.



Afterwards we will visit one of the most sacred temples of Vajrayogini.

We will take time to do in this special energetic temple our meditation practice we learned in the morning.

In Buddhism they believe that powerful energy places can make our meditation experience stronger.





With our hearts filled with the energy of compassion and love we will return to Kathmandu.

We end this wonderful day with a dinner together.

Every morning we start the day with attending the morning rituals, praying, and chanting together with the monks.

These rituals start at 5 AM and end at 6:30 AM.

After our breakfast we start with our fourth day of the education.

All our educations take place in teh gompa.

We start with performing our exercises and meditation and then we continue our education. Today central in our education is the power of Kum Nye massage and relaxation positions. To release tensions of body means to release tensions of the mind.

We will explore the five element Tibetan massage and the five element body posture positions.

After our education we have time to refresh, and then have lunch together.

In the afternoon we will take the bus to Sankhu.

Sankhu is the very old Newari town which is situated 16 km. far from Kathmandu.





It takes one hour to be there. It was the old trade route from Tibet (Lhasa).

On our drive up, we will pass through a local village and observe the beautiful nature.

Once we reach the top, we can take time to explore the beautiful temples. and also the **The Vajrayogini** temple

On this place are also meditation caves where big practitioners as Nagarjuna meditated.

We will take our time to do yoga, breathing exercises and meditation here.

Afterwards we will go back to Kathmandu where we make a stop at the Sowa Rigpa International College.

We will get in touch with the nerich wisdom of Tibetan Medicine.

We will see the therapy room, where they prepare the herbs, ...

After this visit we will stop at the local Men-Tsee-Khang, Tibetan Hospital.

Where we can have a check up and learn more about our own type concerning Tibetan Medicine.

After this very inspiring day we will take time to enjoy our dinner.

Day 6 - 29 September 2024 - Kathmandu:

Every morning we start the day with attending the morning rituals, praying, and chanting together with the monks. These rituals start at 5 AM and end at 6:30 AM.

After our breakfast we start with our fifth day of the education.

All our educations take place in the gompa.

We start with performing our exercises and meditation and our relaxation postures and massage techniques.

In our education day today we will talk about Tibetan Buddhist principles.

After our education we have time to refresh, and then have lunch together.

In the afternoon we will take the bus to Parphing. We can have a guided meditation in the Phamting Vajrayogini temple. After this we climb up the stairs and visit the Azura Cave or the 'Upper cave of Yangleshö' where we also can have in the courtyard a guided in meditation. When we come down we can also have a view at the Self-Arisen Tara. On the way back from Pharphing we can make a stop the lower cave of Yangleshö'

Afterwards we will go back to Kathmandu to enjoy our farewell dinner.





Day 7 - 30 september 2024 : flight to Belgium

Drop-off at the airport for your flight home.

(or the possibility to extend your trip with the inner balance retreat)

PRICE A PERSON:

Double room: 1.290 dollar

Single room: 1.490 dollar

Currency converter

ADDITIONAL INFO

Included:

- All meals are included (water is included with the meal other drinks are on your expenses)
- Flemish speaking guide.
- All entrance fees of sightseeing
- Pick-up and drop-off airport
- All transport as mentioned
- Our stay in the hotel of the monastery

Not included:

- Flight ticket in and out Nepal (Europe – Nepal and back)
- Nepali Visa
- Personal Travel Insurance (cover your adventure activity as well as medical, emergency evacuation and personal belongings). It is imperative to be insured with suitable cover
- Personal medical supplies and vaccinations
- Personal expenses such as phone bills, room service charges, porter age, bar bills (meals exclude bottle and alcohol drinks), tips to guides, porters and drivers, laundry
- Expenses incurred during emergency evacuation due to any reason
- Optional tours, excursions and activities
- Any item not detailed in the "What Is Included"
- For the education:

* Teachers who are registered for the Lu Jong Teacher or Tibetan Five element Practices teacher program 2024 don't need to pay the teaching fee. [Read here all information about the teacher education Lu Jong and Tibetan Five Element Practice.](#)

***For people who are not registered for the teacher education they need to pay an additional 500 euro.** This amount is for the teachings and need to pay to the company Tarayogini in Belgium (an invoice is possible) - you can [register here](#).

- [More Info](#)

You can find more information on our [Terms & Conditions](#) in the sidebar or in our footer.

In the section [Frequently Asked Questions](#) you will also find there more information.

TRANSPORT:

Wij kunnen je helpen om een gepaste vlucht te vinden.

We kunnen jullie ook in contact brengen met medereizigers indien gewenst.

ANNULATIEVOORWAARDEN:

- We vragen je om je inschrijving goed te overwegen.
Bij de betaling van het voorschot is je inschrijving definitief.
- Annuleren tot min 2 maand voor de reis: verlies van voorschot
- Annuleren tussen 2 maand en 1 maand voor de reis: verlies van 50% van de totale reis
- Annuleren minder dan 1 maand voor de reis: verlies van het volledige bedrag.

VISUM:

Wij helpen je graag met je visum

Contacteer ons voor vragen!



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