

# A Meditation Retreat in the Himalayas With Shubhrajī



Join Shubhrajī for this unique Meditation Retreat  
***FROM MARCH 14 TO MARCH 26, 2017 (12 NIGHTS, 13 DAYS)***

#### **TRAVEL DETAILS:**

**MARCH 14** - Arrival into Delhi, overnight hotel stay

**MARCH 15** - Depart Delhi and fly to Kangra airport followed by drive in Innova cars to Chinmaya Tapovam Ashram in Sidhbari (four nights)

**MARCH 19** - Drive to Glenmoor Cottages, Upper Dharamsala (seven nights)

**MARCH 26** - Drive back to Kangra airport and fly back to Delhi (only return flight to Delhi included. No hotel. Accommodation/hotel can be arranged at traveler's cost - some participants may fly out same night)

Program at the Ashram includes daily morning and evening aarti (puja) at Pujya Swami Chinmayananda's Samadhi Mandir, daily evening aarti at the Ram Mandir and Sunday morning Gayatri Homa (fire ceremony). Satsangs. Nature walks including walk to the Kapila cave. Possible meeting with the Tibetan Buddhist leader, Karmapa, at the Gyuto Monastery.

Program at Glenmoor Cottages includes daily morning guided meditations and Vedanta teachings, group discussions and satsangs, walks in nature, two days of sight seeing.

*At the end of the trip it is customary for all students to make an offering to Shubhrajī as Guru Dakshina for the teachings received during the retreat.*

