

## **Connecting to the Roots of Lojong: A Spiritual Journey**

### **A Special Opportunity to Deepen Your Compassion Practice in India**

**January 17 - January 29, 2019**

Start your new year with a very special opportunity to deepen your practice of compassion by journeying to Drepung Loseling Monastery where the Tibetan *lojong* tradition of mind training has survived and thrived for centuries. Led by Emory University professor Geshe Lobsang Tenzin Negi, this unique immersion experience will combine concentrated meditation practice, guests talks by Drepung Loseling's renowned meditation masters, discussions and cultural experiences—all in a retreat setting honoring the Nalanda tradition.

Nalanda University was one of the world's oldest centers of academic inquiry, similar in stature to the West's Cambridge and Oxford. For more than 1000 years, Nalanda produced many of the greatest masters of both Indian Buddhism and secular knowledge, laying the foundation of a historic intellectual tradition spanning philosophy, logic, ethics and contemplative practice. The cross-cultural, interreligious, and interdisciplinary approach of Nalanda University was diligently preserved in Tibet after Nalanda's destruction by invaders around 1200 CE.

The lojong tradition can be traced to this monumental tradition, and particularly to Nalanda's celebrated 7<sup>th</sup> century adept, Shantideva—the author of the beloved text, "Guide to the Bodhisattva's Path," an essential handbook on the cultivation and practice of wisdom and compassion— and to Atisha, the illustrious 11<sup>th</sup> century Indian master who propagated these practices in Tibet.

Since its establishment in the early 15<sup>th</sup> century, Drepung Loseling Monastery has been renowned throughout the Tibetan world as "the second Nalanda," a place where Nalanda's rich legacy of inquiry, debate, and contemplative practice continues to flourish. Drepung Loseling is also home to some of the greatest surviving meditation masters trained in Tibet before Tibet's invasion by Communist China in 1959—and the subsequent exile of His Holiness the Dalai Lama and thousands of Tibetans to India.

The retreat will focus on the cultivation of compassion through teachings, meditative practice, and discussion, suitable for both Buddhist and non-Buddhist practitioners. During the retreat, Geshe Lobsang will be joined at various times by a number of the monastery's master teachers and practitioners who will offer in depth teachings and essential guidance for practice. This is a rare opportunity to learn firsthand from these venerable teachers.

While at Drepung Loseling, the group will be hosted at the new Meditation and Science Center, a modern facility with a magnificent view of the monastery's main prayer hall. All guest rooms are equipped with attached, western-style bathrooms, air conditioning, hot water heaters, electricity, and wifi. The center also has laundry facilities, a small store for sundries, and a lovely dining hall, where participants are served three meals and tea breaks each day.

The center is a short walk from Drepung Loseling's main prayer hall, a modern medical clinic, a café serving ice cream and cold drinks, and shopping for Tibetan-made handicrafts and ritual items.

The fee for this extensive program includes:

- retreat led by Geshe Lobsang Tenzin Negi and cultural programs at Drepung Loseling
- round trip domestic airfare Mumbai to Hubli (the nearest airport to Drepung Loseling)
- round trip domestic airfare Mumbai to Aurangabad (the nearest airport to Ajanta and Ellora)
- one night 4-star hotel room in Mumbai with breakfast (choice of single or double room)
- two nights 4-star hotel room in Aurangabad with breakfast (choice of single or double room)
- eight nights of accommodation at Drepung Loseling (choice of single or double room)
- all meals at Drepung Loseling monastery
- shared hotel rooms to refresh in before departing Mumbai on the final evening
- ground transportation and airport transfers
- admissions to Ajanta and Ellora
- Protected Area Permits necessary to visit Drepung Loseling
- Program coordination and logistical assistance

**Participants are responsible for:** procuring their own Indian visa, international airfare to Mumbai, meals in Mumbai and Aurangabad other than breakfast, pocket money and immunizations.

**Participants should be in general good health.** (Please discuss any mobility limitations with us before registering.) Vegetarian food options are always available, and gluten-free items are typically available. (As southern Indian cuisine uses clarified butter and cream in many vegetarian dishes, we unfortunately cannot guarantee vegan options). You should carry all routine medication, contact lens supplies, eyeglass prescription, etc. with you.

**Participants will receive extensive instructions** regarding logistics, visas, packing, suggested immunizations, etc.

**Please plan to arrive in Mumbai no later than the early wee hours of 1/18/19 as we will depart for the monastery on the afternoon of 1/18.** (Most international flights arrive between 11pm (Jan.17) and 1 am (Jan. 18); due to the 9½ hour clock shift forward, **this requires departure from the US on 1/16/19.** You will be able to arrive back in the US on Tuesday, January 29.

The total for this immersive experience is \$2,215 per person. There is a 3% discount if paying by cash or check (\$2,150 per person)

Fees are payable to: Drepung Loseling Monastery, Inc. in Atlanta.  
Mailing Address: P.O. Box 191931 Atlanta, GA 31119

*Due to the time required to apply for and receive the PAP (protected area permit), and to secure domestic air tickets and accommodations for a group, **please register by August 1 with payment in full due on or before September 1, 2018.** As a minimum of 15 participants are needed, please wait to book your airfare until the retreat has been confirmed on September 1. Cancellation after payment has been made and before November 15 will result in a 50% refund. No refunds can be given after November 15. You may wish to purchase trip insurance from a reliable source.*

- [Link to Registration Form](#)
- [Link to Mandatory Liability Waiver](#)
- [Link to Protect-Area-Permit-Form-and-Instructions-2019](#)

13 DAY ITINERARY	DATE	DESCRIPTION	TRAVEL/HOUSING	TIME
Wednesday	1/16/19	DEPART US		APPROX 5:30 PM
Thursday	1/17/19	ARRIVE MUMBAI	Overnight Mumbai	APPROX MIDNIGHT
Friday	1/18/19	TRAVEL TO DREPUNG LOSELING MONASTERY	FLIGHT TO HUBLI/DRIVE TO MUNDGOD Overnight Science & Meditation Ctr	depart 2:50pm/arrive Hubli 4:05pm Arrive DLM 6pm
Saturday	1/19/19	DREPUNG LOSELING MONASTERY	Overnight Science & Meditation Ctr	retreat starts in afternoon
Sunday	1/20/19	DREPUNG LOSELING MONASTERY	Overnight Science & Meditation Ctr	retreat
Monday	1/21/19	DREPUNG LOSELING MONASTERY	Overnight Science & Meditation Ctr	retreat
Tuesday	1/22/19	DREPUNG LOSELING MONASTERY	Overnight Science & Meditation Ctr	retreat
Wednesday	1/23/19	DREPUNG LOSELING MONASTERY	Overnight Science & Meditation Ctr	retreat
Thursday	1/24/19	DREPUNG LOSELING MONASTERY	Overnight Science & Meditation Ctr	retreat
Friday	1/25/19	DREPUNG LOSELING MONASTERY	Overnight Science & Meditation Ctr	Free day
Saturday	1/26/19	TRAVEL TO AURANGABAD (Hubli-Mumbai-Aurangabad)	Overnight Aurangabad	Depart Hubli 1:20 PM Arrive Mumbai 1:35pm Depart Mumbai 3:45pm Arrive Aurangabad 4:50pm
Sunday	1/27/19	AJANTA AND ELLORA	Overnight Aurangabad	
Monday	1/28/19	AJANTA AND ELLORA / TRAVEL TO MUMBAI	Depart Aurangabad 5:20pm	Depart Aurangabad 5:20pm Arrive Mumbai 6:30pm
Tuesday	1/29/19	DEPART MUMBAI approx 2am /ARRIVE US early afternoon		Arrive US early afternoon