

# **Cultivating Compassion and Wisdom for Personal Growth**

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

### **January 29 - February 10, 2023**

Join Geshe Lobsang Tenzin Negi, PhD, Executive Director of the Center for Contemplative Science and Compassion-Based Ethics at Emory University and Spiritual Director of Drepung Loseling Monastery, Inc. in Atlanta, for a special opportunity to deepen your understanding of compassion and to renew heart and mind given the stressors of the pandemic and other world events. This unique immersion experience at Drepung Loseling Monastery in India combines concentrated meditation practice, guest teachings by Drepung Loseling's renowned masters, and guided discussions—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 in ancient India, Nalanda produced many of the greatest masters of both Indian Buddhism and secular knowledge, laying the foundation of a historic intellectual tradition spanning logic, ethics, philosophy, and contemplative practice. The cross-cultural, interreligious, and interdisciplinary approach of Nalanda University was diligently preserved in Tibet after Nalanda's destruction by invaders in the 13<sup>th</sup> century and 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."

When Tibet was invaded by Communist China in 1959, His Holiness the Dalai Lama and thousands of Tibetans went into exile in India. Drepung Loseling was reestablished, once again preserving Nalanda's magnificent legacy of inquiry, debate, and contemplative practice. 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 about the cultivation of compassion and wisdom from the venerable teachers of Drepung Loseling—both the elder masters representing the last generation trained in Tibet, and a younger generation of distinguished teachers upholding this legacy.

Today, modern scientific research is increasingly demonstrating the benefits of practicing meditation, compassion and discernment as advocated by the Tibetan tradition for centuries. Greater wellbeing is promoted through improved awareness and emotional regulation, greater physical and psychological resilience, stronger social connection, and the ability to respond compassionately to others without succumbing to burnout.

While at Drepung Loseling, the group will be hosted at the 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 Men-Tsee-Khang Tibetan Medical Center also has a facility nearby.

Upon completion of the retreat, participants will make the journey to Ajanta and Ellora Caves to meditate and practice at this fascinating and beautiful UNESCO World Heritage site. A collection of temples carved out of rock faces beginning in the second century BCE, they are sacred sites where Buddhist meditation masters practiced for centuries. A wonderful way to culminate your spiritual journey, [Ajanta](#) and [Ellora](#) Caves are located in the Aurangabad district of Maharashtra state and feature beautiful paintings and huge carved Buddhas.

Please [click on this link](#) to see a video about a past winter retreat at Drepung Loseling and hear what the participants had to say about their experience.

*This retreat is designed to be accessible and appropriate for those of any or no faith tradition.*

## Itinerary

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### **Friday, January 27- Saturday, January 28**

Depart North America/Europe to arrive in Mumbai

### **Sunday, January 29**

Depart Mumbai for monastery in afternoon, you will be received at Hubli airport with bus transfer to monastery to arrive early evening.

### **Monday, January 30**

Rest and orientation

### **Tuesday January 31- Monday, February 6**

Retreat with optional cultural activities (e.g. visit to nunnery, monastic winter debates, attending puja, etc.)

### **Tuesday, February 7**

Travel to Aurangabad

### **Wednesday, February 8**

Visit Ajanta Caves, overnight Aurangabad

### **Thursday, February 9**

Visit Ellora Caves (flight schedules permitting), travel to Mumbai.  
Refresh at hotel for early am departures

### **Friday, February 10**

Depart Mumbai approximately 1am-3am; arrive US on the afternoon of the 10<sup>th</sup>  
OR extend your hotel an additional night to have a full night's rest and a day in Mumbai to arrive home on Saturday, February 10.

## Fees and Program

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### The fee of \$2995 per person for this extensive program includes:

- retreat led by Geshe Lobsang Tenzin Negi
- all airfare inside India (Mumbai to Hubli, Hubli to Aurangabad, Aurangabad to Mumbai)
- nine nights of accommodation and all meals at Drepung Loseling (choice of single or double room)
- two nights, 4-star hotel in Aurangabad with breakfast
- one night of hotel on February 9 in Mumbai to refresh in before departure
- ground transportation in India including any taxes, fees and gratuities
- admissions to Ajanta and Ellora Caves and boxed lunches
- Protected Area Permits necessary to visit Drepung Loseling
- honoraria to guest teachers and other retreat assistants from Drepung Loseling
- program coordination and logistical assistance
- donation to Drepung Loseling Monastery (any funds left after all expenses are covered will be donated to the monastery on behalf of the group)

### Participants are responsible for:

- **procuring their own Indian visa**
- **international airfare (arriving and departing Mumbai)**
- **hotel in Mumbai upon arrival (we will provide suggested accommodations offering breakfast and airport transfers)**
- **meals in route/not mentioned above**
- **pocket money**
- **health insurance and immunizations**
- **trip insurance.**

**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 wee hours of 1/28 in case of flight delays. Flights departing the US on 1/27 will arrive between 10pm on 1/27 and 3am on 1/28** due to the 9½ hour clock shift forward. **You will need to book two nights of hotel in Mumbai.** You will be able to arrive back in the US on Friday, February 10. **If you prefer to give yourself a full night rest on Feb. 9 and fly back on late Feb. 10 or early Feb. 11, you will need to book another night of lodging at your own expense for Feb. 10<sup>th</sup>.**

**The fee for the retreat is \$2995 USD**

**There is a 3% discount if paying by cash or check (\$2905 USD/person)**

Fees are payable to: *Drepung Loseling Monastery, Inc.* in Atlanta.

Mailing Address: 1781 Dresden Dr. NE, Atlanta, GA 30319

Credit Card Payment: Invoice for \$2,995 USD will be emailed to you once we reach the minimum number of participants and must be paid by **Nov. 18, 2022**.

**PLEASE NOTE: *No credit cards will be processed or checks deposited until the minimum number of participants is reached.***

***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 before Noon, November 18 with payment in full due on that date. As a minimum of 12 participants are needed, please wait to book your airfare until the retreat has been confirmed on November 21. Cancellation after payment has been made and before January 1 will result in a 50% refund. Cancellation after January 1 will result in a 25% refund. You may wish to purchase trip insurance from a reliable source.***

***All participants will be required to apply for a Protected Area Permit (PAP). Online instructions and additional information needed for your online application will be provided after the retreat has been confirmed. PAP online applications should be submitted by November 30, 2022 to allow sufficient time to get your application processed.***

**REGISTRATION (Due by Noon, November 18, 2022)**

**MANDATORY LIABILITY WAIVER**

For specific questions after reading this information, email: [drepungloseling@gmail.com](mailto:drepungloseling@gmail.com)