

Spiritual experience travels in Asia





"An inner journey at an exclusive destination"

Something that once started as a passion has become an integral part of my life. Ever since my childhood I was very much attracted to Asia, Buddhism and Tibetan Buddhism in particular.

In 2010 I was fortunate enough to meet my teacher, Tulku Lobsang, and after that meeting things started to move very quickly. I dedicated the first couple of years to studying, practicing and to transforming my own emotions and patterns, something I will keep working on for the rest of my life.

After a while, I started to share my knowledge with others, training yoga teachers on behalf of Tulku Lobsang, and so on.

My greatest passion, however, is managing real change processes.

My last professional experience was all about coaching people, which I have now been doing for many years. Nowadays, I am combining my coaching skills with various physical and mental exercises that have their origins in a very ancient wisdom.

The idea to start organising travels came to me when I was visiting France with a group of people. I helped them to travel to another world, a world in which they were able to focus on themselves and have the time and the space to fully relax. This is all part of Tarayogini's philosophy: "From the outside in... connecting with yourself, and using this connection with yourself to connect with others."

Meanwhile, many people living in my favourite part of the world, Tibet, Ladakh, Nepal and Bhutan have crossed my path.

That's how the other travels started to take form.

Do you have a passion for Tibet?

Are you curious about Tibetan Buddhism?

Or do you just long for a relaxing week of meditating and practicing yoga?

Then I'm sure you will find something you like in this brochure.

I am very much looking forward to meeting you on one of our travels.

Maaïke

With our own travel company in Nepal, we made our mutual dream come true:



Tara Himalayan vision

Spiritual experience travels in Asia



Who are we?

Pramod Kumar Tamang

Pramod has more than 9 years of experience in the tourist sector, more specifically in trekking.

He has guided treks all over Nepal, from the eastern to the western part of the country and up to 6,500 meters.

The Nepalese culture and lifestyle have no secrets for him. There are about 90 different castes or tribes in Nepal and he can tell you about all of them. Do you want to learn more about Nepalese politics, local living conditions, or the fauna and flora? Just ask him and he will tell you everything you want to know. There isn't a spot in Nepal he doesn't know about.

Example of treks:

Annapurna mountain trekking:

Mustang

Lang Tang

Everest

Kanchanjunga Himal north and south base camp

City tours:

Sightseeing tours in cities like Kathmandu, Bhaktapur, Patan, Pokhara, Lumbini

Training:

Guide training license

sustainable tourism course,

ecotourism and kathmandu environmental education project

Trekking Leadership course

Maaïke Decock

Seven years ago Maaïke came into contact with Tulku Lobsang Rinpoche, an internationally very highly respected Buddhist Teacher. Today they work closely together. She has learnt about Eastern philosophy, studied Buddhism and integrated yoga, mindfulness, meditation, breathing techniques and Tibetan medicine into her Stress Release Program. She manages to combine old Eastern techniques with Western influences, which makes her a unique teacher.

Since 2012, she organises trips to France, India, Tibet and Nepal to bring people closer to themselves.

Educations:

Certified Lu jong Educator & Teacher

Certified Mindfulness Educator & teacher

Certified Tog Chöd Educator & Teacher

Buddhist Psychology Educator & teacher

TTM Traditional Tibetan Medicine at Dr. Pasang (still in training until 2019)



You can choose between three travel programmes:

- **Yoga & wildlife/ethnic culture, Chitwan**
- **Nepal from a Buddhist point of view**
- **Mustang, the last Buddhist forbidden Kingdom, hiking also experience, yoga and meditation in this wonderful location**

We are also offering:

- **Tailor-made programmes**
- **Trekking, sightseeing... everything is possible.**

Please send an email to maaïke@tarayogini.be for further information.



Nepal



I have lost my heart to Nepal many years ago. In 2009 I was on a sabbatical and travelled to Asia, where I was doing volunteer work. It quickly became clear to me that Nepal was a country where I would be able to live permanently. Its people, its nature, its culture, ... The volunteer work I was doing - I was working with children - and my time in Nepal had a large impact on my life.

After the earthquake in Nepal in 2015, I started a project called "a warm heart for Nepal", helping to rebuild schools in remote area's. You can learn all about it on www.tarayogini.be.

Ever since that first visit in 2009, I have been visiting the country every year. In the past two years, I have also been organising yoga and meditation journeys to Nepal.

Last year, I visited Mustang, a part of Nepal that is actually a little forbidden kingdom and that stole my heart with its wonderful nature and its authentic atmosphere.

It was there that I met my business partner and my life partner, Pramod Tamang.

Together we want to organise even more trips to Nepal, offering a "spiritual experience" and visiting the most wonderful places.

Pramod has been a trekking guide in Nepal for many years and knows the country inside out. Whereas I have many years of experience teaching yoga, meditation, breathing exercises and Buddhist Psychology, and have been combining these classes with guided trips abroad for the past few years. Together, we make a unique team that can offer you an experience you will never forget in one of the most beautiful places in the world, Nepal.

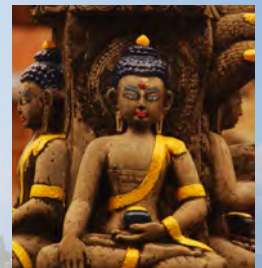


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Nepal from a Buddhist point of view

(With yoga and meditation on special locations)

- Day 1** Flight to Kathmandu and pick-up at the airport. Transfer to the hotel and free time.
- Day 2** Sightseeing in Kathmandu Valley. We visit the places dedicated to Vajrayogini, an important deity in Tantrayana Buddhism (Sangku, Boudhanath and Patan Vajrayogini), for a guided meditation.
- Day 3** Sightseeing around Kathmandu Valley. We visit the places dedicated to Vajrayogini, an important deity in Tantrayana Buddhism (Pharping, Swayambhunath and Vijashwari). At the beautiful stupa of Swayambunath, the monkey temple, we take the time to visit Manjushri's - the god of wisdom - teaching place. There is a very nice courtyard where we will practice yoga and meditation, which will be an unforgettable experience.
- Day 4** We will visit one of Nepal's most sacred places for Buddhist pilgrims, Namo Buddha. On the way back we make a stop in Bhaktapur, a beautiful medieval city.
- Day 5** We travel from Kathmandu to Pokhara by tourist bus. The 7-hour journey will give you a nice view of Nepal.
- Day 6** From Pokhara we travel to the mountains, to the Australian Camp where we will practice yoga and meditation. We will also spend the night at this wonderfully peaceful place.





Day 7

In the early morning we travel back to Pokhara where we will do some sight-seeing in the afternoon. We will visit the Shanti Peace Pagode, Devi's Falls and the Tibetan refugee camp.

Day 8

We travel from Pokhara to Lumbini, Lord Buddha's place of birth, by tourist bus, which will take about 8 hours.

Day 9

In the morning we visit Lord Buddha place of birth where we will practice yoga and have guided meditations. It is a very special place, around which almost every Asian country has built its own monastery. In the afternoon, a bike tour takes us along all of these monasteries, where we discover the many different types of Buddhism.

Day 10

In the early morning, the tourist bus will take us from Lumbini to Chitwan, a 5-hour trip. At our lodge in Chitwan you will be able to enjoy some free time to enjoy the beautiful scenery.

Day 11

We get up early to go on an elephant-back safari through the jungle. We return to the lodge to have breakfast and practice yoga and meditation with an amazing view on the river and the fields. In the afternoon we hop on our bicycles to visit a typical Tharu village and the Elephant breeding centre.

Day 12

In the early morning we take the tourist bus from Chitwan to Kathmandu, which will be a 6-hour drive. In Kathmandu you will have some free time to shop, relax and do some sightseeing.

Day 13

We will visit some places in Kathmandu, all within walking distance from our hotel. We will walk through the colourful streets towards Durbar Square and make a stop at the Chapel stupa and the beautiful Tara temple, which is carefully hidden in one of Kathmandu's narrow streets. Then we continue our walk to Pashupanitha, a Hindu cremation site, where we observe the rituals at the riverside and visit the Naropa cave. We also take the time to meditate here, before we head back to the hotel and prepare ourselves for our farewell dinner.

Day 14

Our special journey ends today and we will drive you to the airport.



The highlights of this trip:

Buddhist highlights

- Vajrayogini (in Sanskrit) is also known as Dorje Neljorma (in Tibetan). She is one of Buddhism's highest tantric female yidams or special meditational deities. Vajrayogini is often referred to as the deity who is the essence of all the Buddhas. Her meditational practice belongs to the highest yoga tantric path.
In Nepal, Vajrayogini is a very respected deity: four sacred sites are dedicated to her, of which some are very well known and others are more discrete. During this trip we will visit all of these places and have guided meditations there.
- We visit important centres of pilgrimage such as Namo Buddha, Boudhnath, Swayamvunath.
- Lord Buddha himself spoke about the advantages of going on pilgrimages to the four sacred places: Lumbini, where he was born, Bodhgaya, where he was enlightened, Sarnath, where he turned the wheel of Dharma for the first time, and Kusinagar, where he passed away to nirvana. During our trip we will visit the only sacred place that is situated in Nepal, Lumbini. The other sacred places are situated in India.

Tourist hotspots

Apart from to the Buddhist places, we will also visit tourist hotspots such as Pokhara, Bhaktapur and Chitwan.



Check our website for
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Mustang, the last Buddhist forbidden Kingdom, Trekking, yoga and meditation in this wonderful location

Mustang has always been a magical place where nature and culture work together to keep a very old tradition alive. Culturally, geographically, and historically it is Tibetan, but as it is situated within the Nepalese borders, it has become a time capsule of Tibetan heritage and a place where the rich tradition of Tibetan Buddhism is still alive.

Day 1 Flight to **Kathmandu** and pick-up at the airport. Transfer to the hotel and free time.

Day 2 We travel from **Kathmandu to Pokhara** by tourist bus. During the 7-hour trip you will have a nice view of Nepal. In the late afternoon we learn the five basic Lu Jong exercises, which will take about 2 hours.

Day 3 From Pokhara we fly to lower **Mustang**, Jomsom, a 30-minute flight. There, we start the first part of our trekking tour, walking 2 hours to Kagbeni village, where we visit the Sakaya monasteries and Kag Choede Monastery. At Kag Choede you will learn all about the wheel of life and the four noble truths, which are the foundation of Buddhism. Afterwards, we take a walk into the town, where you will discover residues of the old Bön culture, such as the meme and pepe protector. We spend the night at a local guesthouse.





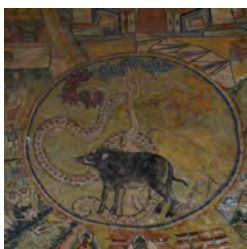
Day 4 After breakfast we practice 20 minutes of yoga and meditation before we start our trekking from **Kagbeni to Chele** (6 hours).

Day 5 After breakfast we start the day with 20 minutes of yoga and meditation. We then travel from **Chele to Tsarang** by jeep, which will take 4 to 5 hours. On the way to Tsarang we will take the time to visit the monastery of Ghemi. We will spend the night in Tsarang.

Day 6 After breakfast we practice 20 minutes of yoga and meditation before we walk from **Tsarang to Lo Gekar Gompa**, which is a 2-hour walk. Lo Gekar Gompa is one of the oldest Tibetan monasteries – it is even older than Samye in Tibet, and was built for Padmasambhava, Guru Rinpoche. After our visit to this beautiful old monastery, we will learn the wisdom of sword practice or sword yoga. It is a fight with your own ego in order to overcome fear and expectations, and to become more aware of the moment you are experiencing. Afterwards, we will walk back to Tsarang, where we spend another night.

Day 7 After breakfast, we start the day with 20 minutes of yoga and meditation. Then, we start our trekking tour of 4 to 5 hours from **Tsarang to Lo Manthang**, Mustang's capital.

Day 8 After breakfast, we start the day with 20 minutes of yoga and meditation. We travel from **Lo Manthang to Garphu**, which is very close to the Tibetan border. Here, we visit the spectacular Jhong cave, which was inhabited by people during the Tibetan-Nepalese war. Inside, it has more than three floors. We also visit the Nyiphu Gompa of the Sakyapa lineage. This beautiful monastery is in fact a meditation cave, which became the heart of the building that was built around it. In the afternoon, there is time to practice sword yoga in this breathtaking environment. We practice yoga and meditation and spend the night in a local guesthouse.





Day 9 After breakfast, we start the day with 20 minutes of yoga and meditation. Then we start our 2- to 3-hour walk from **Garphu back to Lo Mantang**. You will have some free time there to do some sightseeing and some shopping.

Day 10 After breakfast, we start the day with 20 minutes of yoga and meditation. Afterwards, we pay a visit to the three unique monasteries of **Lo Mantang: Thubchen Lhakhang, Byamps-pa Lhakhang and Shakya Chyodi Gompa** with their beautiful mandalas and remarkable, large statues. In the afternoon, we do sword practice, yoga and meditation in a very unique location.

Day 11 After breakfast, we start the day with 20 minutes of yoga and meditation. We then continue our trekking from **Lo Manthang to Ghemi**, which will take 6 to 7 hours.

Day 12 After breakfast, we start the day with 20 minutes of yoga and meditation, before we visit **Syangboche**: a trekking tour of 6 hours. We will stop at Ghilling and will take the time to visit the Tashi Chöling Gompa along the way. We will spend the night in Syangboche.

Day 13 After breakfast, we start the day with 20 minutes of yoga and meditation. Afterwards, we visit the beautiful cave of **Padmashambahava**, Guru Rinpoche and practice meditation there. We walk 4 hours from **Syangboche to Samar** where we take the jeep to Jomsom, which will be another 4-hour drive.



Day 14 After breakfast, we start the day with 20 minutes of yoga and meditation. From Jomsom, we fly back to **Pokhara** in about 30 minutes. In the afternoon we do some sightseeing in Pokhara, where we visit the Shanti Peace Pagode, Devi's Falls and the Tibetan refugee camp.

Day 15 In the early morning, we will take the tourist bus from **Pokhara to Kathmandu** for a 6-hour drive. In Kathmandu you will have some free time in the afternoon and a farewell dinner in the evening.

Day 16 Our special journey ends today and we drive you to the airport.

Additional information:

This is a medium trek (it can get quite sandy and rocky)

During the trekking you will see:

The Kaligandaki river valley

Buddhist chorten, stupa and monasteries

Impressive gorges and cliffs

Mud structures

Mountains such as the Dhaulagiri, Nilgiri, Mustang Himal, Throngla Peak and the Annapurna



Yoga and wildlife/ethnic culture

Chitwan (Nepal)

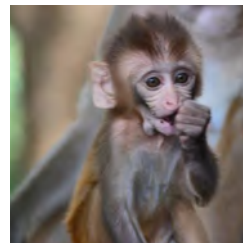
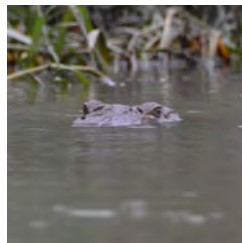
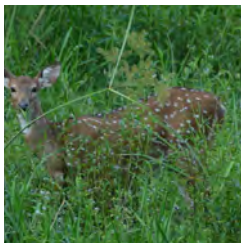
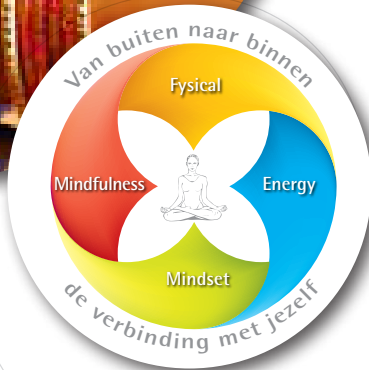
Nepal is a fantastic and fascinating country that appeals to visitors of all ages.

The country has a lot to offer: great natural beauty – the jungle, the Himalayas, several beautiful cities – a large number of ethnical tribes, adventure – from rafting to paragliding –, and culture – Hinduism and Buddhism.

The best time to visit Nepal is in October, when you will have the clearest, most beautiful view on the Himalayas. Nothing can surpass the experience of practicing yoga while overlooking the plains, the jungle and the Himalayas' beautiful snow-covered mountaintops.

We have selected a unique destination for this yoga trip: Sapana lodge, right near the Chitwan nature reserve.

This trip will offer you yoga, meditation and breathing exercises in one of the most beautiful places in the world. Its unique natural beauty is also the home of an ethnic minority, the Tharu people.





Some information about the area and the lodge

Chitwan means "the heart of the jungle" and is one of Nepal's fourteen national parks. It is known as one of the best places in Asia for wildlife spotting. Rhinos, deer, monkeys, hundreds of bird species and crocodiles are fairly easy to spot here, and with a bit of luck you might also see sloth bears, wild elephants, a leopard or a Bengal tiger.

Sapana Village Lodge is located at the very edge of the park.



In Nepalese, Sapana means dream: a name that doesn't only refer to the lodge's dream-like location but also to the dreams it fulfils for the local inhabitants, since a part of its profits are used for realising local projects. The lodge is also the proud owner of a cute baby elephant and is simply the perfect place to fully relax.



From the restaurants' terrace, where you will have your breakfast or lunch, you have a wonderful view on the surroundings, that looks like a photo from some exclusive travel magazine. It is so beautiful it will make you go quiet. The yoga space is in a very quiet location overlooking the Himalayas. The contrast with the jungle, the vast plains and the river, the local inhabitants and the Himalayas makes this a real dream location.

A place to find peace and quiet...

An overview of our excursions:

- Great experience with an elephant (e.g. an elephant jungle walk, elephant bath, etc.)
- Tharu culture excursions (e.g. a visit to a Tharu village, an overnight stay in a typical Tharu village, etc.)
- Trekking and a trip to the Chepang hills (e.g. Chepang hills trek and waterfall)
- Sapana village activities (e.g. Spa & massage, Nepalese cooking course, etc.)



Check our website for
prices and dates
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Tibet



Tibet ...

If my heart is in Nepal, a large part of my soul is in Tibet. Ever since I was a little child, I have been interested in Buddhism. I have always had Buddha, the Dalai Lama and many Buddhist books on the shelves of my room. I made my first trip to Tibet in 1996, but the connection I have with Tibet became stronger when I met lama Tulku Lobsang Rinpoche during my sabbatical in 2009. He taught me so many Buddhist practices, such as yoga, meditation, sword yoga, Buddhist Psychology, etc.

Tulku Lobsang Rinpoche was also the one who helped me to start organising travels to Tibet. He introduced me to Thingkhar, a Tibetan woman with a local travel agency with whom I became good friends. Sometimes it even feels as if we are sisters.

Since 2014, we have been offering 'spiritual' tours to Tibet together, doing our very best to give people an authentic experience in a fast-changing country. We keep our travel groups small in order to guarantee you a Tibetan guide, and we keep looking for new, authentic locations.

For the moment we have 2 programmes:

- **Studying Tibetan herbs and experiencing nomadic life in Amdo**
- **Pilgrimage tour in Tibet**

Thinkhar and I are looking forward to meeting you in mystic Tibet!

Studying Tibetan herbs and experiencing nomadic life in Amdo

Amchi Lobsang Rabjee, Tulku Lobsang's brother, will be our teacher during this tour. His courses will be in Tibetan but will be translated in English.

Who is Amchi Lobsang Rabjee?

Amchi Lobsang Rabjee studied Traditional Tibetan Medicine at the Institute for Tibetan Medicine in Sichuan, where he was one of the best students in medical theory. In 2010 he continued his studies at the Qinghai Tibetan Medical Centre and at the Jigmey Tibetan Medical School.

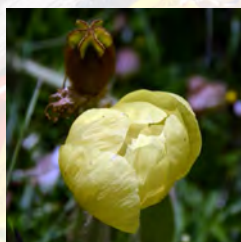
In the past, Amchi Lobsang Rabjee visited Europe a few times and organised consultations for Western people here. He also gave courses about the basic principles of Traditional Tibetan Medicine in Belgium.

This time, he will teach you about the use of herbs in Tibetan Medicine and tell you where you can find them in nature, both in Tibet and in your own country.



About traditional Tibetan medicine

Traditional Tibetan Medicine (TTM) is based on the assumption that the three humours - wind, bile and phlegm - flow through the channels. They provide the body with blood, vitamins, hormones, minerals, etc. The body itself is made of the elements fire, earth, water, wind and space. If one of these elements is out of balance, this affects the body both physically as well as on a mental level. It uses a combination of herbal pills, dietary and behavioural changes to treat diseases and makes use of acupuncture, moxibustion and healing. Urine and pulse diagnosis are often used as diagnostic tools.



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for dates and prices.

Studying Tibetan herbs & experiencing nomadic life in Amdo (Tibet)

Day 1 Arrival at Chengdu.

Day 2 We drive to **Amdo, Hongyuan** and spend the night in Hongyuan, before we continue our trip to the nomads' place. This way, you can get used to the new environment and you won't have to deal with any altitude sickness.

Day 3 We drive to the herbal medicine base camp, where we will experience the authentic nomadic life: milking, making yogurt, taking the yaks and dees to the mountains and back.

Day 4 Cultural tour

Day 5 Cultural tour

Day 6 First day of medicine teaching

You will start the day with meditation, have breakfast and then you will learn the theory of traditional Tibetan medicine. After the coffee break, you will learn how to pick herbs and dry them. Over the next few days, you will be able to find plenty of herbs near the camping area.

Personal experiences Tibetan herbs journey
Camping between yaks, horses and flowers in the beautiful environment of Amdo. Experiencing nomadic life. What a peaceful and loving attitude the nomads have towards their animals and each other!
Seeing calves running around like young dogs. Stunning sunrises and sunsets, starry skies like you've never seen before. One early morning, several horses were licking the dew off my tent. Strolling through the fields and mountains looking for medicinal herbs with the highly skilled Tibetan physician Rabchila and the wise nomad elder. Space everywhere. Wisdom everywhere. Wow.
R.T.



Day 7 **Second day of medicine teaching**

We will start the day with meditation, then we have breakfast and afterwards you will learn the theory of traditional Tibetan medicine. After the coffee break you will learn how to pick herbs and dry them.

Day 8 **Third day of medicine teaching**

We will start the day with meditation, then we have breakfast and afterwards you will learn the theory of traditional Tibetan medicine. After the coffee break you will learn how to pick herbs and dry them. By now we should be used to the altitude. So from this day onwards, we will go further up the mountains to find herbs.

Day 9 **Fourth day of medicine teaching**

Day 10 **Fifth day of medicine teaching**

Day 11 **Sixth day of medicine teaching**

We will head back to our base camp, where we will pack our things to travel to Hongyuan, where we will spend the night in a hotel.

Day 12 We drive back to **Chengdu** and spend the night there.

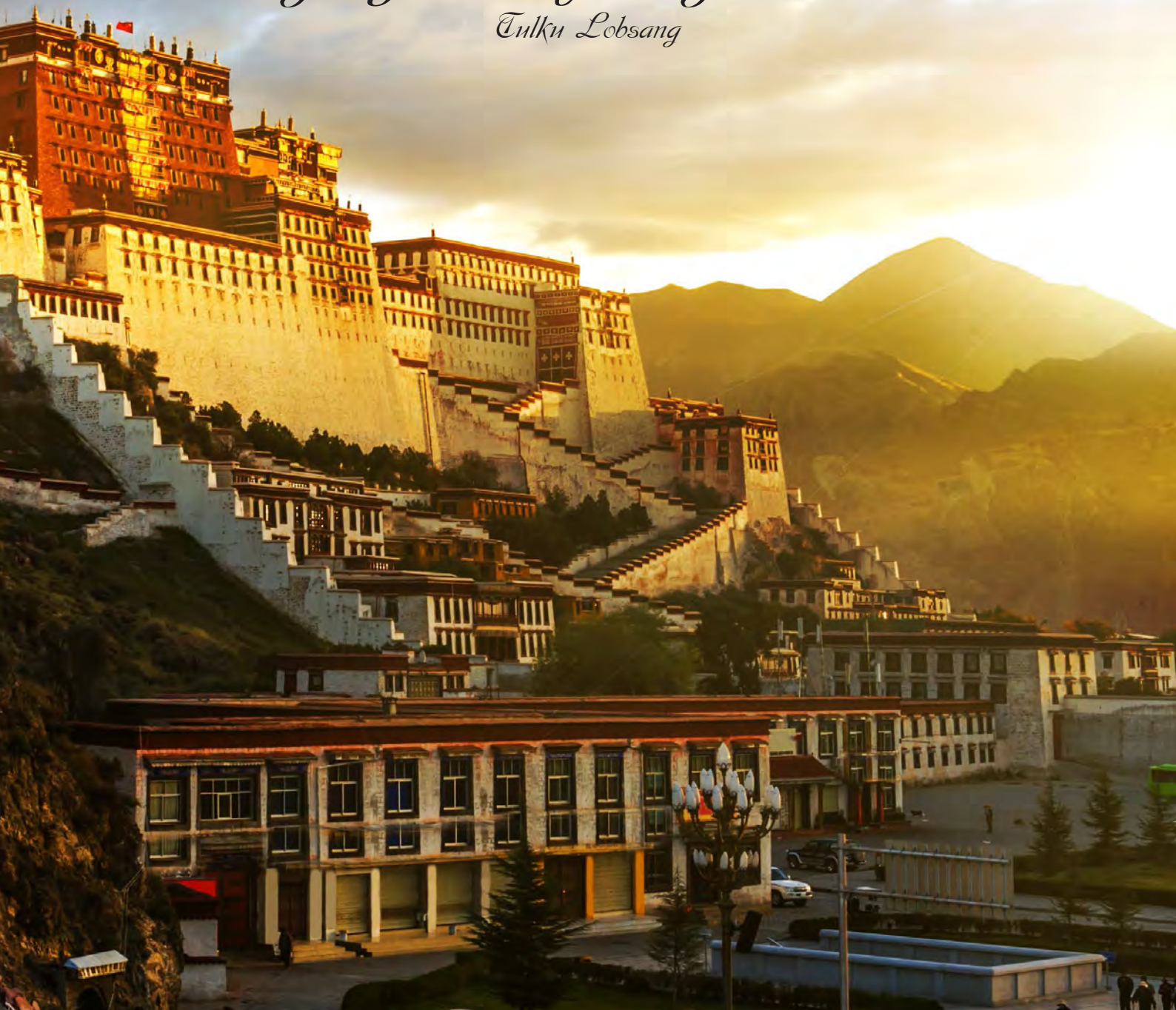
Day 13 **Airport** drop-off and goodbye.





"change yourself, right decision"

Tulku Lobsang





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 for dates and prices.

10 days pilgrimage tour to the first civilization areas of Tibet and Lhasa

Day 1

Arrive Lhasa

We will be waiting at the airport to welcome you, it take about an hour from airport to Lhasa. Today you can relax in the hotel or you can go for short walk as its good to slow down for acclimatizing. We will have welcome dinner together and then also go through the program and introduce our guide and driver to you so you know them well.

Day 2

Lhasa Sightseeing Jokhang and exhibition house

Morning we will visit the Jokhang Temple, the spiritual center of Tibetan Buddhism, attracts thousands and thousands of pilgrims from all over Tibet and around the world, it was built by the great King Songten Gampo.

In the afternoon we will visit the exhibition house where you will see different statues and history of the Tibet civilizations, many thangkas and exhibition about Tibetan medicine, histories of the kings, 7th century histories, antic things, culture and custom exhibition.

Day 3

Lhasa Sightseeing; Potala palace and Lukhang

In the morning we will visit Potala palace, served both as administrative centre and religious centre in Tibet. It was built in the 7th century by Tibetan king "Songtsen Gampo" and later renovated by 5th Dalai Lama in the 17th century. You can explore the grandest of this myriad chapels, its audience halls,



the jeweled and Golden burial chortens(sputa Tombs) of past Dalai Lamas, and tremendous number of Buddhist frescoes, Thangkhas, combinations of Mandala, figures of the Buddha.

In the afternoon on a willow-covered island in a sacred pond behind Potala Palace is a pagoda-roofed temple that was built in the eighteenth century. The chapel was reserved exclusively for the Dalai Lamas as a place of meditation and spiritual retreat, and for centuries the murals guided them in mystical contemplation. On the wall we find drawings of Lu Jong, Tummo and many other exercises.

Day 4 **Lhasa to Tsethang**

After breakfast we will head to Lhoka Tsetang where the Tibetan civilization started, we will drive along the Yallong river and will visit Yumbu Lhakhan and Trandruk Dolma Lhakhang. Yumbu Lhakhang is the first palace of Tibet; it was built for the First King Nyatri Tsenpo, it has nine floors and two main doors, in the first floor has the main statue of this palace which is Chowo Norbu Samphel and surrounded by the kings statues.

Trandruk monastery is found around the same time as Jokhang on the bank of Yallong valley by Songtsen Gampo, there was a lake and in that lived an evil Naga doing harms to that area people so the Bons and sages worked to gather to subdue the Naga. While the Bon and Sage were subduing the suddenly the sky opened and came out a bird like dragon and subdued the evil Naga, since then the temple is called Trandruk monastery. Trandruk means bird dragon. This monastery has the one and only most famous pearl thangka of white Tara.

Day 5 **Tsetang to Samye Cheybur to Samye**

Chim-puk Hermitage is 15km north-east of Samye Monastery. It is a warren of caves that was once a retreat for Guru Rinpoche. It is a popular day hike for the travelers. There is also 108 meditation caves, 108 spring river and 108 sky burials. Evening we will Samye monastery, we will visit Samye monastery and then rest for the day. Samye monastery is first monastery in Tibet where it's surrounded by barren mountains and dramatic sand dunes. Samye monastery was found in the reign of King Trisong Detsen. During the construction the man built in the day time and demons destroyed at night then the great India master Padmasambava/ Guru Rinpoche subdued the demons and helped to build the monastery.





Day 6

Samye Monastery to Rala Yungdrunling monastery

On the way to the Bon monastery we will visit Dorje Drak monastery, this monastery is one of the most important Nyingmapa monastery. The monastery is on the northern bank of Yarlung Tsangpo river. Rala Yungdrunling monastery is the Bon religion's second most influential monastic institution in Tibet. Before it was home to 700 monks but today there are about 35 monks. It is located on the north bank of Yarlung Tsangpo (Brahmaputra). It is surrounded by lush forest, and it's very welcoming where you can practice your meditation with them and also originally built in the 7th century, the monastery was once destroyed and then rebuilt in 1834, which is now a key monastery under state protection.

Day 7

Rala Yungdrunling to Lhasa

Right after breakfast we will head back to Lhasa, it's about 170km and the roads are smooth and the scenario is beautiful with mountains and villages. We will also visit a local village family and have tea with them and you will see the structure of Tibetan house with proper Tibetan decoration. This is specially arranged for experiencing a real cultural and customer purpose.

Day 8

Lhasa self wondering day

Today is a free day where you can do some shopping or wonder round by yourself. It's a golden chance to view the Tibetans circumambulating around temples, having tea with friends in the small teahouse with full of smile on their face. Often many foreigners say some of their best time is watching Tibetans doing circumambulation and prostration around temples with full faith and believe and the simplicity of their life.

Personal experiences pilgrimage

What I find so special about this trip is not just that you get to several special Tibetan Buddhist and spiritual places. What is really special is that you are also allowed to stay there for a bit longer and meditate undisturbed. At the yogi murals in the secret temple of the Dalai Lama, in Milarepa's cave, in a cave warmed by butter lamps at the Mount Everest base camp, in quiet places with powerful Buddha statues in the great monasteries. On this trip you reach the really beautiful and powerful places, as deep as possible in the authentic and Buddhist Tibet.

R.T.



Day 9

Morning visit to Mentse Khang (Tibetan medicine introduction) afternoon visit Sera Monastery Debate.

Today we will visit the Tibetan famous hospital which is called Mentse Khang, There will be a talk about the Tibetan medicine with Thangkas and we can also visit the small temple of Mentse Khang.

Day 10 **Farewell**

After breakfast according to your flight time we will arrange your transport to the airport.



Ladakh



Ladakh, little Tibet, India

In 2014 I was in Ladakh for the Kalachakra teaching of HH Dalai Lama. As my passion is Tibetan Buddhism, and I have a weak spot for the Himalaya mountains ... it was no wonder I felt in love with this beautiful place. Ladakh, with its many Tibetan monasteries, the high passes and the beautiful mountains ... is a landscape that you can't compare with any other in the world.

During my visit, I met many local Ladakhis so bringing groups to Ladakh was evident.

This was the beginning to bring people to the Land of the high passes and monasteries.

In 2016, a person who was my trainer-coach during my time as manager joined me.

Bruno Rouffaer, known from the great book NO WAY 'the big boss area is over.

Our shared values are humility, integrity, trust' and so we became very interested in working together.

In Ladakh we created a great program on inner leadership. A unique combination where again eastern & western techniques & philosophy encounter each other in a balanced way.

For the moment we have 2 programs:

- **Yoga and Tibetan Monasteries**
- **A profound journey into inner leadership identity**



Check the website
for dates and prices:
[www.tarayogini.be/
yoga-reizen/yoga-
tibetaanse-kloosters-
ladakh](http://www.tarayogini.be/yoga-reizen/yoga-tibetaanse-kloosters-ladakh)

Yoga and Tibetan monasteries

Ladakh, India (Little Tibet)

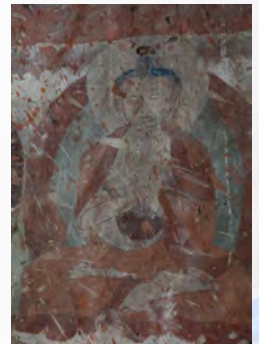
Are you interested in Tibetan Buddhism and would you like to experience it yourself? Then Ladakh or Little Tibet is a place that will certainly inspire you. Unlike Tibet, which experiences severe Chinese pressure, Ladakh is a place where Tibetan Buddhism is well preserved thanks to its location high in the Himalayas. Here, you can experience the authentic rituals, the chanting and the prayers of real Tibetan Buddhism.

This trip is perfect for anyone who wants to practice awareness through yoga, breathing techniques, meditation and the advanced knowledge of Tibetan Buddhism.

The mornings are dedicated to yourself and to practicing your self-awareness.

In the afternoons you are free to do whatever you want: read a book, go for a walk, make an excursion, etc. There is also a possibility to integrate pujas and special ceremonies in the programme.

You will find the most beautiful and serene monasteries in Ladakh and the place has an impressive natural beauty. The quiet mountains create a unique, meditative atmosphere you will find nowhere else in the world.



About Ladakh

Ladakh, or the land of high passes, is a mountainous region in northwest India that is also known as Trans-Himalaya.

Ladakh is located at the foot of the Himalayas, an endless chain of rough mountains that are eternally covered with snow. Although it belonged to the old Tibetan kingdom for centuries – hence its nickname Little Tibet –, Ladakh is situated in the north of India. It is still possible to experience the Tibetan culture here without restrictions and there are many spiritual locations where you can practice the Tibetan rituals yourself.

Tibetan Buddhism and the overwhelming landscape are the most important points of attraction for tourists.

Leh will be our home base.

Few places in India are so traveller-friendly and enchanting as Leh. You will find stupas and mud houses everywhere, and the city's historic centre is dominated by a steep rock with an impressive Tibetan fort and palace on top. Underneath it you can visit the crowded city centre that has lots of souvenir shops, travel agencies and pizza restaurants.

It is easy to fall in love with this place.

We will stay at a cosy little hotel, the Horzay (www.horzay.in), which is run by Ladakhi or local people. My business partner Punchok Spalzang will be responsible for our local excursions.

We have two programmes for this destination: an 8-day or a 14-day trip.





Check
[www.tarayogini.be/
 yoga-reizen](http://www.tarayogini.be/yoga-reizen)
 for dates and prices.

Inner leadership Ladakh, India (Little Tibet)

**A profound journey into your inner leadership identity.
 The Ladakh mindfulness experience, 10-day workshop**

Do you believe business results and personal fulfilment can go together?
 Are you interested in your inner development and in gaining insight in
 you're the layers of life that influence your behaviour? Do you really care
 about other people and want your employees to love working with you?

Join us in wonderful Ladakh for a profound journey into your inner
 leadership identity.

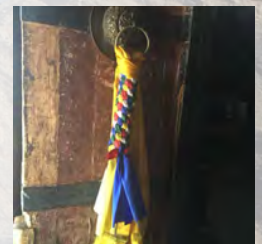
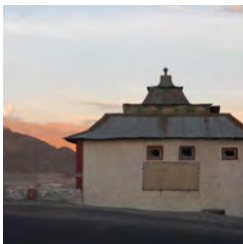
We use highly applicable proven self-confronting tools on 4 levels:
 Spiritual, Mental, Emotional and Physical, such as

- Tog Chöd: The Wisdom Sword
- Lu Jong: Tibetan Healing Yoga
- Tsa Lung: Breathing Exercises
- Mindfulness Practices
- Building the Wisdom tower as a team
- Blind-date confrontation
- Your lifecycle discovered
- Left-right brain balance
- Build your personal Stufa at the lake
- You are because of the other reflection

During this walk on your personal path, you will:

- gain insight in yourself and be more coherent and balanced as a leader
- get the best out of yourself and your people in an easier way,
- detect your milestones and your action plan to become an inspiring leader,
- peel your onion of life and get a grip on every layer

Do you feel attracted by our approach and are you ready for a journey of inner
 discovery to develop your strengths? If so, then meet other like-minded people
 on our great inner leadership journey in wonderful Ladakh-India. Be confronted
 with yourself in the mountains of the Himalaya, the roof of our planet.





Where ?

During our research period in 2016, we selected top locations in beautiful Leh and a private spot at the border of the magic lake Pangong where we work in all tranquillity.

During your stay, we visit some great Buddhist monasteries and travel along some the highest roads in the world, opening your mind like you have never done before. You will see everyday situations from a different perspective, in a different way, and you will be able to find better solutions to cope with them as a leader.

Who runs this programme?

Maaïke Decock & Bruno Rouffaer

Maaïke Decock

Maaïke has more than 10 years of middle management experience in the stressful environment of corporate international organisations. She has personally been confronted with stress and burnout. Seven years ago Maaïke came into contact with Tulku Lobsang Rinpoche, an internationally very highly respected Buddhist Teacher. Today they work closely together. She has learnt about Eastern philosophy, studied Buddhism and integrated yoga, mindfulness, meditation, breathing techniques and Tibetan medicine into her Stress Release Program. She manages to combine old Eastern techniques with Western influences, which makes her a unique teacher.

Since 2012, she organises trips to France, India, Tibet and Nepal to bring people closer to themselves.

Bruno Rouffaer

Bruno lives and works from his homebase Lima-Peru as an international coach/consultant. He is labour sociologist, with a deep interest in leadership and organizational behaviour. He is also known as the disruptive leadership rebel with over 30 years of global experience. He is the author of the bestselling book NO WAY, big bad boss era is over, Humbleness, Integrity & Trust, LannooCampus 2013, Dutch (top 5 management books), English (LannooCampus 3rd edition 2017) & Spanish version (CENTRUM-PUCP 1st edition 2017). He is a worldwide keynote speaker on Collaborative Leadership, Unboss, Change and Resilience in times of crisis. Bruno is also Professor at CENTRUM La Catholica of la PUCP in Lima. Getting out of your box is his motto. The onion is his metaphor for the human being: all layers represent very specific aspects of a person and it all starts with your deep inner layers. Who are you really?

Bhutan



Bhutan ...

Bhutan is no ordinary place. It is the last great Himalayan kingdom, shrouded in mystery and magic.

Firstly, there is the amazing Himalayan landscape, where snow-capped peaks rise above shadowy gorges cloaked in primeval forests. Taking up prime positions in this picture-book landscape are the majestic fortress-like dzongs and monasteries. This unique architecture sets the stage for spectacular tsechus (dance festivals) attended by an almost medieval-looking audience. Then there are the textiles and handicrafts, outrageous archery competitions, high-altitude trekking trails, and stunning flora and fauna. If it's not 'Shangri La', it's as close as it gets.

Bhutan is for many people a dream destination.

And instead of the gross national product they speak about the gross national happiness.

What is not only a slogan ... but it is a 'living' institute.

Like many people, I also had the dream of going to this mysterious country and in 2009 I made my first travel.

Visiting Tiger's nest, the mystical place of Padmasbhava, and many monasteries and local festivals with their cham dances.

In 2016 I went for a second time and came in contact with Tshering Yangzom, a Bhutanese, who share the same dream as me: organize travels to bring people in contact with the Buddhist culture.

So we decided to work together and bring people to this unique place, Bhutan.

For the moment we have 2 programs:

- **Himalayan Crown**
- **The Dragon Jewels**



Check
www.tarayogini.be/yoga-reizen
 for dates and prices.

Himalayan Crown 11Nights|12Days

The Himalayan Crown cover the valleys of Thimphu, Paro, Punakha, Wangduephodrang, Gangtey Phobjikha, Trongsa, and Bumthang. In these townships you can really discover the spirit of the Bhutanese, as well as visit numerous sacred sites, Dzongs, temples, landmarks, monasteries, markets, farmhouses, schools & museums. All our tour programs are flexible and can be easily tailored to suit. This tour can be experienced all year around.

Day 01 Arrive Paro. On a clear day, the flight to Paro is one of the most spectacular of all mountain flights. Whether flying along the Himalayan range from Kathmandu or over foothills from Kolkata/Delhi, the journey offers you wonderful views of the Himalayas and an exciting descent into the Kingdom. On arrival at Paro airport, immigration and custom formalities and then received by our representative and transfer to the hotel. Evening take a stroll around town's main street. Overnight at the hotel in Paro.

Day 02 Paro. After breakfast hike to Taktsang Monastery. The walk of approximately 2 hours uphill takes you almost a kilometer above the Paro valley floor (for those who cannot hike we will arrange a horse for transfer up to cafeteria). The view of Taktsang Monastery built on a sheer cliff face 900 metres above the valley floor is a spectacular sight. The Monastery is also an important pilgrim site for the Buddhists. The great Guru Rimpoche is said to have flown here on the back of a tigress when he brought the teachings of the Buddhist Dharma to Bhutan in the 8th Century. Nearby there is a teahouse where you can stop for refreshments before returning to Paro for lunch. In the afternoon drive to the ruins of the 17th Century Drukgyel Dzong, built to commemorate a victory against invading Tibetans in 1644. In fine weather the towering peak of the sacred Mount Jomolhari (7314m) appears as a stunning backdrop. On the return drive to Paro, visit 7th Century Kyichu Lhakhang, one of the 108 temples constructed by the Tibetan king Songtsen Gampo. Overnight at hotel in Paro.





Day 03 **Paro / Thimphu** (65 km, 2 hours). After breakfast proceed to Thimphu, the modern capital town of Bhutan. En route stop at Chuzom (confluence) where Paro river joins Thimphu river. Nearby Thimphu, visit to Simtokha Dzong, the oldest fortress of the Kingdom which now houses the School for Buddhist studies. Afternoon, in Thimphu, visit to King's Memorial Chhorten and Trashichho Dzong, beautiful medieval fortress/monastery. Then, visit Handicrafts Emporium, Textile and Folk Heritage Museum followed by visit to local market. Overnight at the hotel in Thimphu.



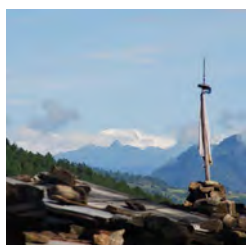
Day 4 **Thimphu / Punakha** (77 km, 3 hours). Morning, Thimphu sightseeing, visiting National Library, Painting School and Traditional Medicine Institute. After lunch, drive to Punakha, the old capital town of Bhutan. Stop en route at Dochula pass (3,050m) that heralds the most enchanting views of Bhutan. On arrival, check into the hotel. Evening visit Punakha Dzong, the fortress of 17th century and later visit to Khamsum Yulley Namgyal Chhorten. Overnight at the hotel in Punakha.



Day 5 **Punakha.** Morning visit to Punakha Dzong, the 17th century fortress which has played important role in building up of modern Bhutan followed by visit to local market. Then visit, Khamsum Yulley Namgyel Chorten, the newly built stupa. After lunch visit Chimi Lhakhang, situated on a hillock in the centre of the valley, is dedicated to Lama Drukpa Kuenley, who in the late 15th century used humour, songs and outrageous behavior to dramatise his teachings and due to this also known as 'Divine Madman'. This temple is also known as the temple of fertility. It is widely believed that couples who do not have children and wanting one, if they pray at this temple, they are usually blessed with a child very soon. It is about 30 minute walk across field from the road to the temple. The trail leads across rice fields to the tiny settlement of Pana, meaning 'field'. It then follows a tiny stream downhill to Yoaka and across more fields before making a short climb to Chimi Lhakhang.



Day 6 **Punakha / Phobjikha** (78 km, 3 hours). After breakfast drive to Phobjikha via Wangduephodrang. Visit majestic Wangdue Dzong and interesting local market. Further ahead pass through dense forests and oak, rhododendron tress, reaching at Gangtey (Phobjikha). Evening take a walk around Gangtey village and visit Gangtey Gumpa, the only Nyingmapa monastery in this region. Overnight stay hotel in Gangtey.



Day 7 **Phobjikha.** Morning explore Phobjikha valley which is famous for Black Necked Cranes. The cranes migrate here from Central Asiatic plateau to escape its harsh winters. Overnight stay hotel in Gangtey.



Day 8 Phobjikha / Bumthang (188 km, 6 hours). Morning drive to Bumthang via Trongsa, visit to Trongsa Dzong, the master piece of Bhutanese architecture and see Ta Dzong, the watch tower, built to defend this Dzong and surrounding region. After lunch, proceed to Bumthang, the religious heartland of the nation. Evening at leisure. Dinner and overnight at the lodge in Bumthang.

Day 9 Bumthang is the general name given to combination of four valleys "Chumey, Choekhor, Tang and Ura" with altitude varying from 2,600m to 4,000m. It is home to many of prominent Buddhist temples and monasteries. Visit to Tamshing Lhakhang, the treasure house of interesting religious Buddhist paintings. Then visit, Jakar Dzong, the administrative centre of the valley. Afternoon visit Kurje Lhakhang, one of the most sacred places. Later visit Jambay Lhakhang, the ancient monastery dating from the introduction of Buddhism in the country. Evening visit to local shops. Overnight at the lodge in Bumthang.

Day 10 Bumthang / Punakha (212 km, 8 hours). Morning after visiting Bumthang market, drive to Punakha . Lunch would be served enroute at one of the famous restaurant in Trongsa town. Evening take a stroll around Wangdue town, visiting shops, local market and mingling with people. Overnight at the hotel in Punakha.

Day 11 Punakha / Paro (142km, 5 hours). Start the day early for drive to Paro. Lunch would be served in Thimphu. Overnight at the hotel in Paro.

Day 12 Depart Paro. After breakfast transfer to the airport for onward destination.



Check
[www.tarayogini.be/
 yoga-reizen](http://www.tarayogini.be/yoga-reizen)
 for dates and prices.

The Dragon Jewels 7 Nights | 8 Days

The Dragon Jewels cover the valleys of Thimphu, Paro, and Punakha. In these townships you can discover the spirit of the Bhutanese, as well as visit numerous sacred sites, Dzongs, temples, landmarks, monasteries, markets, farmhouses, schools & museums. All our tour programs are flexible and can be easily tailored to suit your choice. This tour can be experienced all year around.

Day 1 Arrive Paro. On a clear day, the flight to Paro is one of the most spectacular of all mountain flights. Whether flying along the Himalayan range from Kathmandu or over foothills from Kolkata/Delhi, the journey offers you wonderful views of the Himalayas and an exciting descent into the Kingdom. On arrival at Paro airport, immigration and custom formalities and then received by our representative and transfer to the hotel. Evening take a stroll around town's main street. Overnight at hotel in Paro.

Day 2 Paro Local Tour. After breakfast, visit to Ta Dzong (National Museum) formerly a watchtower and now the National Museum. The museum collection includes ancient Bhutanese art and artifacts, weapons, coins, stamps and a small natural history collection. Then walk down a hillside trail to visit Rinpung Dzong (Paro Dzong) situated at a commanding height overlooking Paro valley. Built by Zhabdrung Ngawang Namgyal in 1646, this Dzong now houses Paro's monk body and the offices of the civil administration and is symbolic as the religious and secular centre of all affairs of the valley. Afternoon visit to Drukgyel Dzong, the ruined fortress from where Bhutanese repelled several invasion by Tibetan armies. Then visit a traditional farm house which offers good insight into lifestyle of local people. In the evening, visit Kyichu Lhakhang, one of the oldest and most sacred shrines of the Kingdom. Overnight at hotel in Paro.

Day 3 Paro/ hike. After breakfast hike to Taktsang Monastery. The walk of approximately 2 hours uphill takes you almost a kilometre above the Paro valley floor (for those who cannot hike we will arrange a horse for transfer up to cafeteria). The view of Taktsang Monastery built on a sheer cliff face 900 metres above the





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Day 4

Paro / Thimphu (65 km, 2 hours) After breakfast proceed to Thimphu, the modern capital town of Bhutan. En route stop at Chuzom (confluence) where Paro river joins Thimphu river. Nearby Thimphu, visit to Simtokha Dzong, the oldest fortress of the Kingdom which now houses the School for Buddhist studies. Afternoon, in Thimphu, visit to King's Memorial Chhorten and Trashichho Dzong, beautiful medieval fortress/monastery. Then, visit Handicrafts Emporium, Textile and Folk Heritage Museum followed by visit to local market. Overnight at hotel in Thimphu.



Day 5

Thimphu / Punakha (77km, 4 hours). Morning, Thimphu sightseeing, visiting National Library, Painting School and Traditional Medicine Institute. After lunch, drive to Punakha, the old capital town of Bhutan. Stop en route at Dochula pass (3,050m) that heralds the most enchanting views of Bhutan. On arrival, check into the hotel. Overnight at hotel in Punakha.



Day 6

Punakha. Morning visit to Punakha Dzong, the 17th century fortress which has played important role in building up of modern Bhutan followed by visit to local market. Then visit, Khamsum Yulley Namgyel Chorten, the newly built stupa. After lunch visit Chimi Lhakhang, situated on a hillock in the centre of the valley, is dedicated to Lama Drukpa Kuenley, who in the late 15th century used humour, songs and outrageous behavior to dramatise his teachings and due to this also known as 'Divine Madman'. This temple is also known as the temple of fertility. It is widely believed that couples who do not have children and wanting one, if they pray at this temple, they are usually blessed with a child very soon. It is about 30 minute walk across field from the road to the temple. Overnight at hotel in Punakha.

Day 7

Punakha / Paro (142 km, 5 hours). Drive to Paro, visiting Semtokha Dzong en route. The Dzong, built in 1627, is the oldest in Bhutan. It now houses the Institute for Language and Culture studies. On arrival in Paro, check into the hotel. Overnight at hotel in Paro.

Day 8

Depart Paro. After breakfast transfer to the airport for onward destination.



Tara Himalayan Vision

Spiritual experience travels in Asia

Pramod Tamang & Maaike Decock

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