

Sharing the Buddha's Journey Schedule

October 12 - 22, 2024

Kathmandu

DAY 1: Saturday, October 12

ARRIVALS

	Arrive / Check In	Hotel Lotus Gems
3:00pm – 4:30 pm	Orientation with Cory & Sarah	
4:30pm - 4:50pm	Meditation	
5:00 pm	Meet for stupa tour	
6:00 pm	Welcome dinner	Utpala

DAY 2: Sunday, October 13

6:00am	Yoga practice*	
9:00am	Breakfast (and shower/change)	
10:30am	Free time to explore	
12:30pm	Lunch	Garden Kitchen
4:00pm	Teachings at White Gompa	
6:30pm	Dinner	Roadhouse Cafe

*Yoga = asana, meditation, puja and/or chanting – it's all yoga!

Kathmandu to Varanasi

DAY 3: Monday, October 14

4:45am	Depart for airport	
7:15am - 8:15am	Fly from Kathmandu to Varanasi	
10:30am	Check into Hotel	Hotel Temple Ganges
11:30am	Lunch	At Hotel
	Rest Time	
2:00pm	Depart for Ganga	
3:00pm	Time to explore	
5:20pm	Meet for Aarti	
8:30pm	Dinner	At Hotel

Varanasi

Day 4: Tuesday, October 15

5:15am	Meet in lobby	
sunrise	Boat ride River Ganges	
7:30am	Meditation by ghats	
8:30am	Breakfast	At Hotel
10:00am	Visit Kashi Vishwanath Temple	
12:00am	Depart for lunch and Sarnath	
12:30am	Lunch	Annapurna (Ramkatora)
2:00pm	Museum and Free Time	
4:00pm	Practice at Sarnath	
6:00pm	Depart Sarnath	
6:30pm	Dinner	At Hotel

Varanasi to Bodhgaya

DAY 5: Wednesday, October 16

5:30am	Yoga Practice	
7:00am	Breakfast and bring bags to lobby	
8:00am	Depart for Bodhgaya	
1:30pm	Check into Monastery	Tergar Bodh Gaya
1:30/2:00	Lunch	At Monastery
3:30pm	Walk through Bodhgaya and visit Mahabodhi Temple	
6:30pm	Dinner	Hotel Sujata

Bodhgaya

DAY 6: Thursday, October 17

5:30am	Optional practice at Mahabodhi Temple	
7:30am	Yoga practice	
9:00am	Breakfast (and shower/change)	
10:00am	Teaching at Tergar Monastery	
1:30pm	Lunch	Be Happy Cafe
3:00pm	Free Time	
4:30pm	Practice at Mahabodhi Temple	
6:30pm	Dinner	Tibet Om Cafe

Day 7: Friday, October 18

5:30am	Optional practice at Mahabodhi Temple	
7:30am	Yoga Practice	
9:00am	Breakfast	
10:00am	Leave for temple tour : Japan; Tibet; Bhutan. Seated meditation in Japan temple	
12:30pm	Lunch	Nirvana Veg Cafe
2:00pm	Free Time	
3:30pm	Meet in front of Mahabodhi Temple to visit Charnel Grounds	
4:30pm	Practice at Mahabodhi Temple	
6:30pm	Dinner	Ram Sewak

Bodhgaya to Kushinagar**DAY 8: Saturday, October 19**

6:30am	Yoga Practice	
7:00am	Breakfast	
8:00am	Depart for Kushinagar	
12:00pm	Lunch	Vaishali or Patna
6:30pm	Check into hotel	The Royal Residency
7:00pm	Dinner	At the hotel
8:00pm	Optional Walk thru Kushinagar	

Kushinagar to Lumbini**DAY 9: Sunday, October 20**

6:10am	Depart for Maha Parinirvana Stupa	
7:30am	Yoga Practice	
9:00am	Breakfast	
10:00am	Cremation Stupa & Relic Distribution Site	
11:30pm	Matha Kuar Shrine	
12:00pm	Lunch and Bring Bags to Lobby	At hotel
1:30pm	Depart for Lumbini	
6:00pm	Check into hotel	Buddhamaya Garden
6:30pm	Dinner	At hotel

Lumbini

DAY 10: Monday, October 21

5:30am	Yoga Practice	
7:00am	Breakfast	
8:00am	Leave for Maya Devi Temple	
10:00am	Visit Chokyi Nyima Monastery	
12:30pm	Lunch	The Doko
2:00pm	Mahayana Temple Tour: French Buddhist Association (Lotus Garden); The Great Lotus Stupa; Nepal	
5:00pm	Optional 2nd visit Maya Devi Temple	
6:30pm	Dinner	At hotel

Lumbini to Kathmandu

Day 11: Tuesday, October 22

5:30am	Yoga Practice	
7:00am	Breakfast	
8:00am	Leave for Theravada temple tour: Cambodian; Thai; Nepal	
11:15am	Check out/Bring Bags to Lobby	
11:30am	Lunch	At Hotel
12:00pm	Depart for airport	
3:00pm	Flight to Kathmandu	
4:00pm	Arrive Kathmandu	
Can depart Nepal this evening or add an extra night and depart on the 23rd		