

The Four Boundless Pilgrimage Itinerary

with Cory
Sept 29 - Oct 7, 2024

Swayambhunath

DAY 1: Sunday, Sept 29

	Arrive / Check In	Hotel Vajra
12 - 12:30 pm	Lunch	Vajra
12:30 - 2:30 pm	Buddhism & Yoga Talk + Orientation	Vajra Yoga Hall
3:00 pm	Thamel Walk	Vajra Courtyard
5:30 pm	Welcome Dinner	Thamel House
6:45 pm	Depart for Vajra	Van outside TH

DAY 2: Monday, Sept 30

6:00 am	Meditation	Vajra Yoga Hall
to 8:30 am	Yoga Practice & Dharma Talk	Vajra Yoga Hall
8:30 – 10:00 am	Breakfast (and shower/change)	Vajra
10:00 am	Walk to Swayambhu	Vajra Courtyard
	Swayambhunath tour & free time	Swayambhu
1 pm	Depart Swayambhu	Top of the steps
1:30 pm	Lunch	Korean Restaurant
2:30 pm	Back to Vajra - free time	
4:30 pm	Sangha gathering	Vajra Yoga Hall
6:00 pm	Dinner	On your own

Boudhanath

DAY 3: Tuesday, Oct 1

6:00 am	Meditation	Vajra Yoga Hall
to 8:30 am	Yoga Practice & Dharma Talk	Vajra Yoga Hall
8:30 – 10:00 am	Breakfast (and shower/change)	Vajra
9:45 am	Bring luggage down	Vajra Courtyard
10:00 am	Bhaktapur Durbar Square (Tour with Bidur)	Vajra Courtyard
12:00 pm	Lunch	On your own
	FREE TIME in Bhaktapur	
2:30 pm	Depart for Boudhanath	Himalayan Java
3:00 pm	Check-in	Hotel Lotus Gems (HLG)
5:00 pm	Boudha Stupa Tour with James	HLG Lobby
6:00 pm	Dinner	Roadhouse Cafe

DAY 4: Wednesday, Oct 2

6:00 am	Depart for Practice / stop for puja on the kora	HLG Lobby
to 9:00 am	Yoga practice & Dharma Talk	Boudha Yoga Shala
9:00 am	Breakfast (and shower/change)	HLG
10:15 am	Quilts for Kids Visit with James	HLG Lobby
12:30 pm	Lunch	Utpala
3 - 4:45 pm	Dharma Teaching with <i>Khenpo Tokpa Tulku</i>	TBD
5:00 pm	Pashupatinath (sunset 5:45pm; puja ~6:00pm)	Boudha Main Gate
6:30 pm	Return to Boudha	Bus in back parking lot
	Dinner	On your own

DAY 5: Thursday, Oct 3

6:00 am	Depart for Morning Meditation Practice (no asana today)	HLG Lobby
7:00 am	Breakfast (and shower/change)	HLG
8:00 am	Depart for Nagi Gompa	Meet in TG Lobby
9:00 am	Arrive Nagi Gompa	
11:30 am	Lunch	Nagi Gompa
12:30 pm	Trek to Pullahari	(hiking)
3:45 pm	Pullahari Visit	
4:30 pm	Bus back to Boudha	(bus)
6:00 pm	Dinner	On your own

Namo Buddha**DAY 6: Friday, Oct 4**

6:00 am	Depart for Practice	HLG Lobby
to 9:00 am	Yoga Practice & Dharma Talk	Boudha Yoga Shala
9:00 am	Breakfast (and shower/change)	HLG
10:15 am	Bring luggage down to hotel lobby	HLG Lobby
10:30 am	Depart	HLG Lobby
12:00 pm	Arrive Namu Buddha Resort	
12:30 pm	Lunch	NB Restaurant
	FREE TIME	
4:30 pm	Sangha Gathering	Lasho Yoga Hall
6:00pm	Dinner	NB Restaurant

DAY 7: Saturday, Oct 5

5:45 am	Coffee + Watch sunrise	Restaurant terrace
6:15 - 6:45 am	Meditation (<i>Sunrise is ~6am</i>)	Lasho Hall
6:45 - 8:30 am	Yoga practice & Dharma Talk	
8:30 am	Breakfast (and shower/change)	
10:30am	Short hike to Namo Buddha/Thrangu Monastery and Stupa	Meet in breakfast area
1:00pm	Lunch	NB Restaurant
	Free Time	
4:30 pm	Sangha gathering	Lasho Hall
6:00pm	Dinner	NB Restaurant
	Pack bags and be ready for morning departure	

DAY 8: Sunday, Oct 6

6:15 – 6:45 am	Meditation	Lasho Hall
6:45 – 8:30 am	Yoga practice & Dharma Talk	
8:30 am	Breakfast	NB Restaurant
	Free time	
12:00pm	Place luggage in front of your cabin	
12:30pm	Lunch	NB Restaurant
1:15pm	Depart for Kathmandu	Meet at bottom of stairs in bus parking area

**Pay off any outstanding bill with Resort*

Conclusion: Back to Boudha

2:45 pm	Arrive Boudha - check in	
4:30 pm	Gather	HLG lobby
4:45 pm	Happy Hour/Quilt viewing at James home	
6:00pm	Farewell Dinner	Utpala

DAY 9: Monday, Oct 7

6:00 am	Meditation	HLG Lobby
6:45 am	Prayer Flag Ritual	Stupa
8:00 am	Puja at White Gompa	Ka Nying Shedrup Ling
8:30 am	Breakfast	Shechen Garden Café
	Airport pick-ups begin	

* Bring luggage to lobby in preparation for departure

* Pay laundry and/or beverage bills at hotel front desk