

VENUE & DATE

The Retreat will be held at Asia Health Resorts at Dharamshala from October 8 to 12, 2010
The Retreat will end after lunch on the 12th

ACCOMMODATION

Accommodation has been arranged in Asia Health Resorts
Only Limited Accommodation is available
Please confirm as early as you can
At the latest - 1st October 2010

CHARGES

Inclusive of registration, meals - breakfast, lunch, tea and dinner + airport transfers + maitrim poshas to and fro

ASIA HEALTH RESORTS

Rs 10,500 per person for double occupancy
Rs 14,500 for single occupancy

All other personal charges are payable by the individual

Day participants will be charged Rs. 450 a day, inclusive of lunch and tea

REGISTRATION

Those who wish to participate in the program should send an advance of Rs. 6,500 by Oct 1st to

MAITRIM POSHAS TRUST
29 Haddows Road
Ground Floor
Jayalakshmi Estates
Chennai 60006

TRAVEL

There are daily flights and trains from Delhi to Dharamshala. Taxis with a representative will meet you at the Kangra airport at 4.00 pm

WEATHER AND CLOTHING

Dharamshala has a cool to cold climate in October with a high of 14 /15°C. and a low of 7 / 8 °C. We would advise all participants to bring warm clothing.

CONTACT PERSONS for THE RETREAT

CHENNAI

Ms Srividya
Email : srividyatvs@gmail.com
Phone : +99400 76400
Fax : +91 44 2461 2893

DHARAMSHALA

Jigme or Tenzin
Phone : +91 1892 223546

ACCOMMODATION ADDRESS

ASIA HEALTH RESORTS
Strawberry Hill, Near Dal Lake
Dharamshala Cantt 176216
Himachal Pradesh INDIA

Phone : +91 1892 220877 / 220909
Fax : +91 1892 220107
Web : www.asiahealthresorts.com



THE RETREAT *Dharamshala*

Ven. SAMDHONG RINPOCHE
Shri. RAJESH DALAL



The Retreat

The Maitrim Poshas Trust invites you to a retreat in Dharamshala from October 8 - 12 with the venerable Samdhong Rinpoche and Shri Rajesh Dalal. The intention of the Retreat is to enable participants to reflect and introspect through discussions, dialogues and meditation practices.

Samdhong Rinpocheji explains why meditation is essential in order to live mindfully amidst the conflicts and pressures of our everyday life. He lucidly describes the various meditation techniques and practices that help us observe our thoughts and feelings as they arise. He states unequivocally that it is important to integrate the practice of meditation into the routine of our daily lives. He says 'It is this continued practice of inner observation that helps one live mindfully and look deeply within to understand the self. He urges all to set aside a few moments to meditate and introspect, 'to find out who you are. That is the essence of spiritual practice'.

Shri. Rajesh Dalal complements these practices of meditation through reflective dialogues which enable us to look within and examine the roots of our fragmentation and the consequent conflicts and fears. He states quoting from Krishnamurti, "it is only through understanding ourselves that we can live intelligently? Without a deep exploration of 'thought' it is not possible to live a life of 'freedom', 'peace' or 'love' "



Ven. Samdhong Rinpoche

The venerable Samdhong Rinpoche is a renowned scholar, philosopher and an astute statesman. Since his escape to India in 1959, he has worked tirelessly for the Tibetans in exile, to preserve the Tibetan cultural heritage and to re establish a non - violent society. Samdhong Rinpocheji is the first elected Kalon Tripa (Chairman of the Tibetan Cabinet or Prime Minister) for the Tibetan Government in Exile. He is also one of the world's leading scholars of Tibetan Buddhism. In addition to his inherited tradition of the Buddhist dharma, the primary influences on his life are the teachings of Mahatma Gandhi and J. Krishnamurti. The venerable Rinpoche believes that the source of fearlessness is an open heart; that compassion and loving kindness brings peace – both within ourselves and in the world

Shri. Rajesh Dalal

Shri. Rajesh Dalal is a trustee of the Krishnamurti Foundation India, and has held important responsibilities for over three decades. Shri. Rajesh Dalal graduated from the Indian Institute of Technology, Kanpur. However, his primary concern was the "human mind and its transformation". His search led him to Shri J. Krishnamurti's writings followed by an inspiring encounter with the man in 1976 which brought him to work with the KFI. During the next ten years Shri. Rajesh Dalal had thought provoking dialogues with Krishnaji on the nature of the mind and the freedom beyond. Spiritual insights gained through these engagements have inspired Shri. Rajesh Dalal to pursue the path of self enquiry with uncompromising integrity and commitment



Program

October 7, 2010 7.30 pm	Dinner
October 8, 2010 9.30 am	The Retreat is inaugurated at Maitrim Poshas The afternoon session and sessions for the following days will take place at The Asia Health Resorts
October 9 - 11, 2010 (The schedule will be the same everyday)	
7.30 - 8.15 am	Meditation
8.20 - 9.00 am	Breakfast
9.15 - 9.45 am	Meditation
10.00 - 12.30pm	Talk by Rinpocheji followed by discussions
1.00 - 1.30 pm	Lunch
1.30 - 3.00 pm	Quiet Time
3.00 - 3.30 pm	Tea
3.45 - 5.45 pm	Dialogues with Shri Rajesh Dalal
5.45 - 6.45 pm	Personal time
6.45 - 7.30 pm	Dinner
7.45 - 8.15 pm	Meditation / Dialogues
October 12, 2010 10.00 am	The Retreat will end

