

Falling Awake with the Buddha

Buddhist Symposium & Cultural Immersion Tour

A Pilgrimage Into the Heart of the Himalayan Kingdom of Bhutan

Friday, May 31- Friday, June 14, 2013.
15-day Cultural Immersion Tour Including C.E.U.'s and 2-day Bangkok Interlude.

• Includes:

- Welcome dinner in Bangkok.
- Tour of Ayutthaya, ancient capital of Siam (Thailand), from the 12th Century, home to 33 Kings.
- Bhutan visa and daily Bhutan Tariff of \$200.00 per day, includes 20% taxes; All ground transport in Bhutan, and all transfers.
- All meals and lodging in Bhutan. English speaking Bhutanese guides.
- One way flight in-country (from Paro, Bhutan-to-Bumthang, Bhutan).
- All Buddha Dharma Symposium workshops, panels. (C.E.U.'s Certificate: add \$50.00).
- Bhutanese and American presenters. Stipends for presenters.
- Donations to Monasteries and Traditional Medicine Institute.
- Entry into all Monasteries, temples, sacred sites, ritual dances and archery events.
- Opportunities to interact with Buddhist monks and lamas. Walking meditations in ancient broad-leaf forests.
- Events at the Institute for Traditional Medicine and visits to indigenous villages.
- Opportunities for bird-spotting (600 species of birds), in Bhutan's broad-leaf mature forests.
- Also, wild monkeys, baboons, and yaks, can be seen up close, in the Cloud Forests.

• Does not Include:

- Airfare from the U.S. to Bhutan; travel insurance; alcoholic beverages; tips. Nor Traditional hot stone bath.
- Airfare from Bangkok-Paro, Bhutan-Bangkok. Group discounted fares are being negotiated with the exclusive Bhutanese airline that flies into Bhutan: Druk Air. We plan to have all group participants fly Bangkok-Paro-Bangkok, together. Currently, the published roundtrip fare is: \$859.00

15-Day Pilgrimage Tour & Buddhist Symposium: \$3,695.00 Double occupancy, per person. Single occupancy: \$495.00 add-on.

Post Trip Add-on: Chiang Mai: The Cradle of Thailand's Buddhism. Optional:

- Visits to a few of the 300 celebrated and venerated Buddhist temples: chat opportunities with monks.
- Safari Trekking Adventure: elephant walk, bamboo rafting, waterfall swimming.
- Visits to orchid and butterfly farm; Thai Farm Organic Cooking School session.
- Hill Tribe visits to four different tribes: the Akha, Meo, Lisu, and Palong.
- Night Bazaar with great folk art finds, antiques, Buddhist artwork, Thai hand-woven fabrics and silks.
- Zip line in the tropical forest canopy (optional). Includes airfare to Chiang Mai. 5-Day 4-Night May 31- June 5, 2013. \$725.00

The Symposium in Bhutan. Several potential workshop areas of exploration with the Bhutanese Buddhist presenters, monks and lamas, and the American presenters, and the workshop participants, will be:

- Buddhist contemplative wisdom; Looking deeply into Resilience.
 - Bringing compassion and resolution into your professional and personal practice.
 - Optimism, Gratitude, and the Immune System: The Neuroscience of the Immune System.
 - The Contemplative Brain and Mindfulness.
 - Healing traumas: Doors to Awakening;
 - Cognitive Neuroscience and Mindfulness.
 - Feeding Intuition: Being in the World.
 - The Nine Domains of Gross national Happiness (GNH) in Bhutan: What we can Learn.
 - Complexity, Spirituality, and Compassion.
- We have also invited Bhutanese film-maker Dzongsar Jamyang Khyentse Rinpoche, a respected high lama. A biographical portrait, as a 2003 documentary film of the lama, "Words of My Perfect Teacher". His film, "Travellers and Magicians", under his film-making name, Khyentse Norbu, is a must see. Google his: Siddhartha's Intent (Foundation).

Kind regards,

Charles Simmons and Marla Perry-Simmons, Tucson, Arizona Tel: (520) 331-8338.

Falling Awake with the Buddha
Buddhist Symposium & Cultural Immersion Tour
A Pilgrimage Into the Heart of the Himalayan Kingdom of Bhutan

Friday, May 31- Friday, June 14, 2013.
15-day Cultural Immersion Tour Including C.E.U.'s and 2-day Bangkok Interlude.