

Retreat Itinerary

Group 1 (Tibet, China – 7 Day Retreat)

DATE: Oct 10, 2024 – Oct 17, 2024

LEAD INSTRUCTOR: Master Saumik

10	Arrive in Chengdu, China. Please make your own flight arrangements from your home country and arrange your overnight stay at an airport hotel. (SIN->TFU CA404, 16:00 – 20:25)
11	MORNING: Take flight from Chengdu Tianfu to Lhasa (CA2537, 07:30 – 10:00) 1PM-2PM Check-in at Shangrila Hotel, Lhasa, and Lunch Time 2PM -5PM Free and easy. Optional to visit Jokhang and take a leisurely walk around Barkhor for acclimatization 5:30PM -7PM Yoga Class 7:30PM Dinner 9:00PM Rest
12	7AM-8:30AM Morning Yoga 8:30AM-9:30AM Breakfast 10AM Visit Drayerpa Cave 1PM Lunch AFTERNOON Explore the iconic Potala Palace 5:30PM-7PM Yoga 7:30PM-9PM Dinner 9:30PM Rest
13	7AM-8:30AM Morning Yoga 8:30AM-9:30AM Breakfast 10AM Visit to Jokhang Temple, Stroll through the Barkhor Bazaar 1PM Lunch AFTERNOON Explore the Potala Palace Loop Walk (3.7 km) 5:30PM-7PM Yoga 7:30PM-9PM Dinner 9:30PM Rest

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14	7AM-8:30AM 8:30AM-9:30AM 9:30AM 1PM AFTERNOON 5:30PM-7PM 7:30PM-9PM 9:30PM	Morning Yoga Breakfast Depart for Samye Monastery Lunch Discover the first monastery of Tibet, built in the 8th century Yoga Dinner Rest
15	7AM-8:30AM 8:30AM-9:30AM 10AM 1PM AFTERNOON 5:30PM-7PM 7:30PM-9PM 9:30PM	Morning Yoga Breakfast Drive to Chim Phu Nunnery and hike to the main cave Lunch Explore selected caves and return to the nunnery. Drive back to Tsedang for the night. Yoga Dinner Rest
16	7AM-8:30AM 8:30AM-9:30AM 10AM-1PM 1PM 3PM EVENING 8:30PM	Morning Yoga Breakfast Shopping , and local tour (optional) Lunch Head to airport Take flight to Chengdu (CA2532, 17:35 - 19:55) Arrive in Chengdu, self-check-in at an airport hotel
17		Take flight back home country from Chengdu. (TFU->SIN CA403, 10:05 - 15:00)