



Khandro Thrinlay Chodon

Khandro Thrinlay Chodon was born into a spiritual yogic family, which is renowned in Tibet, Bhutan and the Indian Himalayas.

Trained in all its aspects from childhood and also receiving a modern, western education, she is the perfect guide, protector and translator of the complex and diverse Vajrayana Buddhist path. Khandro-la's home is the Indian Himalaya and its people are genuine devotees of her family lineage.

Khandro-la is the embodiment of warmth and humanness and her teachings skilfully inspire us to deepen awareness and live in this world with joy, compassion and wisdom. For more on her and her work visit www.khachodling.org.

Enquiries and Bookings

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Email us for a detailed itinerary.

Cost

Complete 21 days AUD \$2985 + domestic flights
Overland to Leh 17days AUD \$2630 + domestic flights
Leh & the Nomads 14 days AUD \$2300 + domestic flights

Cost includes all accommodation, food, water, transport and offerings to monasteries/communities. Prices do not include international or domestic flights. You organize your international flights/visas and we will organise the domestic flights on your behalf.

50% deposit to be paid by 30th June.
Remainder is due by 16th July 2011.



Previous people who have gone

Khandro-la will lead her next pilgrimage to Bhutan in November 2011.
Email us for more details.

Discover the Heart of Ladakh



with Khandro Thrinlay Chodon

13th August - 2nd September 2011





Tsomoriri

In August 2011, the Shakya Shri Dakini Trust invites you to travel through the ancient world of Himalayan kingdoms. Take either a complete and amazing 21 day journey, or one of two distinct smaller trips, 17/10 days.

This special pilgrimage will be led under the protective guidance of Khandro Thrinlay Chodon - great granddaughter of Togden Shakya Shri, and a spiritual lineage holder renowned and respected in these areas.

Complete (21 days)
13th August – 2nd September

Overland to Leh (17 days)
13th – 29th August

Leh and the Nomads (14 days)
20th August – 2nd September



Cultural show - Tsomoriri

Overland to Leh

From the “Valley of the Gods” (Kullu/Manali) to the heart of Ladakh (Leh) we explore the landscape, meet the people, eat the food and dance the flow as we learn and share the very heart of this ancient civilisation.

From Delhi we fly to Kullu and in nearby Manali we are introduced to our spiritual translator and guide Khandro-la. She will provide an overview of her homeland and Buddhist lineage practice, while introducing you to Masters and yogis along the way. In Manali we will pay intimate visits to her family monasteries, as well as local historic sites. From Manali we will travel over the high Rohtang pass (13,00ft) into the “Land of the Dakinis” (Lahoul) where she was born. We will see fertile hillsides growing with peas and potatoes and picnic with nuns and yogis who are followers of her lineage and have done many years of retreat. We will visit hermitages and holy sites dotted atop of high mountains.

The journey is into a landscape that will take you to another plane of existence – rugged and bare, vast and inspiring, majestic and mystic – be ready to journey inward as much as upward!

On the 8th day we will complete the long and spectacular journey to Leh (11,500ft). This active town of stunning scenery and beautiful gompas has been the heart of Tibetan-Buddhist culture for centuries. This year it will come even more alive with the holding of the Annual Drukpa Council, which we will in part be attending. Cultural shows, talks by learned spiritual masters and showing of ancient relics are all included in our journey of discovery.



Visit Hemis, Shey and Thiskey gompas, see Stock Palace, Shanti stupa, mani walls. Go on an optional day tour to the famous Lamayuru and Alchi monasteries. This journey to the heart of Ladakh is full of special sites and experiences for you to nurture your own spiritual path and inner being.



Himalayan singers

Leh and the Nomads

After a short flight from Delhi you will arrive in Leh on the same day as the “overlanders” (ie. 21st August). After settling into your hotel room you must first rest and acclimatise. When ready, you will meet Khandro-la, your spiritual guide for this journey, and as described in the overland section, explore the town of Leh and its beautiful surrounds of gompas and sites. You will learn about the ancient heart of Buddhist culture and experience the spiritual depth of the Dragon lineage (Palden Drukpa) at the Annual Drukpa Council.

On 29th August we will travel to one of the most beautiful locations on this planet- Lake Tsomoriri – a vast blue lake surrounded by gigantic mountains capped with snow. Here we will meet the very devoted nomadic community to which Khandro-la has brought an annual eye clinic since 2006. This year Khandro-la’s Khachodling Trust will be offering cooking stoves to prevent smoke in their nomadic tents thus further protecting their eyes. We will meet these people over two days of sharing with songs, dances, horses and if you are lucky maybe even archery!