



# Amanjiwo's Inward Journey

## A Meditative Retreat in the Heart of Central Java

Amanjiwo's second annual meditative retreat returns this September with a comprehensive programme offering guided meditation classes, private yoga instruction and in-depth archaeological tours of Borobudur and other prominent Buddhist monuments. For both novice and experienced practitioners, this 3- or 6-night retreat is an opportunity to delve into one's personal spiritual journey at the foothills of Borobudur, the world's largest Buddhist monument.

Amanjiwo welcomes back meditation teacher Khandro Thrinlay Chodon, a Tibetan Buddhist. This year's retreat will also include lecturer Toni Tack and Yogi Sebastian Pucelle.

Perched on a hill in the countryside overlooking Borobudur, Amanjiwo is the ideal setting in which to celebrate the spiritual legacy of Central Javanese culture. Participants will have the opportunity to learn the art of meditation and explore the ancient wisdoms of pilgrimage in the context of one of the largest Buddhist sanctuaries in the world.

The meditation programme will take place from 23-29 September, 2011 and will immerse guests in the compassionate and comprehensive spirit of Buddhism. Including morning meditation instruction, evening lectures, private healing and counselling, excursions to Borobudur and other sites such as a Theravada Buddhist monastery and the 9th-century Mendut Temple, this retreat aims to rejuvenate the heart and mind, offering an opportunity for reflection and peaceful contemplation.

Khandro-la, as she is known, was born into a family of great Tibetan yogis renowned for their extensive and pure practice. She was raised in the practices of Vajrayana Buddhism in an environment where spirituality was an integral part of everyday life. Her deep vision is to bring alive the ancient wisdoms in this modern world whilst actively engaging in humanitarian and spiritual projects.

For the full meditation programme please click here >



*Choose from a 3-night retreat (over a weekend or mid-week), or a 6-night retreat for a more comprehensive practice.*

<b>6-night retreat</b>	Friday 23 September – Thursday 29 September, 2011	
	Garden Suite	\$4200 <sup>++*</sup>
	Garden Pool Suite	\$5400 <sup>++*</sup>
<b>3-night weekend retreat</b>	Friday 23 September – Monday 26 September, 2011	
<b>3-night mid-week retreat</b>	Monday 26 September – Thursday 29 September, 2011	
	Garden Suite	\$2100 <sup>++*</sup>
	Garden Pool Suite	\$2700 <sup>++*</sup>

#### Retreats include:

- Yoga, morning & afternoon meditation group classes.
- Three-night retreats include either a picnic lunch or a local village dinner depending on stay period and the six night retreat includes both the picnic lunch and local village dinner.
- Daily breakfast, airport transfers and entrance fees to Borobudur and Mendut temples.
- Rates are based on single or double occupancy.
- Rates are subject to 10% service charge and 11% government tax.
- Rates and government tax are subject to change without notice.
- US\$ rates are converted to local currency at time of billing.

**amanjiwo**

Ds. Majakingsi, Borobudur, Magelang, Central Java,  
Tel: (62) 293 788 333 Fax: (62) 293 788 355  
For reservations email: [amanjiwores@amanresorts.com](mailto:amanjiwores@amanresorts.com)  
Visit [www.amanresorts.com](http://www.amanresorts.com) for more information

**AMAN**<sup>™</sup>  
RESORTS

Amanresorts offers 23 resorts in 14 countries – Bhutan, Cambodia, China, France, India, Indonesia, Laos, Montenegro, Morocco, the Philippines, Sri Lanka, Thailand, the Turks and Caicos Islands and the United States of America.

## Amanjiwo's Inward Journey

### Three- and six-night meditation programmes

The six-night retreat and weekend three-night retreat begins on Friday evening, September 23, with a pre-dinner blessing and an introduction to the purpose of a spiritual journey. Khandro-la will reveal how these journeys help to develop the qualities of an open and joyous heart that is strong and can help navigate the many challenges presented in life. In Buddhism, this is the definition of pilgrimage.

#### Day One Saturday, 24 September, 2011

Early morning visit to Borobudur - Visit Borobudur with Khandro-la who will discuss the essence of this holy site and how to access the spiritual depth of the monument to sustain inner nurturing.



Breakfast



Morning session - Meditation class in Amanjiwo's Art Gallery - 'Connecting Inward.'

The principles of a free-flowing heart and mind will be reviewed. Khandro-la will share a practice from Tibetan Buddhism that utilises three methods to assist with focus and calm: the breath, sound and visualisation. The morning meditation is an important part of each day of the retreat, setting the tone for a quiet and stable mind.



Lunch and siesta\*



Late afternoon session - Meditation class in Amanjiwo's Art Gallery 'Nurturing the Heart'

Reflection and interdependence in Buddhist philosophy.



Dinner at leisure or with Khandro-la and the group\*

#### Day Two Sunday, 25 September, 2011

Early morning meditation class at Dagi Hill

Morning meditation on the western slope of Borobudur. Followed by breakfast and discussion on stories on the meaning of the reliefs and connections to our precious human life and daily interactions.



Lunch and siesta of awareness\*



Afternoon session - 'Compassionate heart of Borobudur' in Amanjiwo's Art Gallery

Boddhicitta practices and their relation to Borobudur



Evening session - guests will participate in an evening candlelit puja at the Dalem Jiwo Suite, a discrete enclosure featuring two bedroom pavilions, a classically-styled rotunda and surrounding terrace and a private infinity pool descending into the rice fields beyond.

The one and a half hour chanting experience commemorates those who have passed and honours those who are experiencing difficulties. This session helps in the process of letting go and healing.



Dinner at leisure or with Khandro-la and the group\*

#### Day Three Monday, 26 September, 2011

Early morning Yoga session in Amanjiwo's Art Gallery  
Pranayama Yoga with Sebastian



Breakfast

<End of first three-night retreat. Six-night retreat continues.>

#### Day Three Continues...

Morning session - Meditation and Boddhicitta  
Practice and teaching in the Art Room



Lunch and siesta of awareness\*



Afternoon session - Lecture on Ancient Temples by Toni Tack  
The connection between 8th and 9th century  
Buddhist monuments of Borobudur and Mendut temples.



<Start of second three-night retreat.>



Early evening session - Gathering and blessing for new participants and visit to local Mendut monastery.



Dinner - Traditional Javanese menu in Pondok Tinggal.

#### Day Four Tuesday, 27 September, 2011

Breakfast



Morning meditation session - 'Calmness, Depth and Joy in Everyday Circumstance.' Khandro-la will introduce to new participants and further reinforce with continuing guests the practice of morning meditation that calms the mind and brings joy to the heart.



Depart for Yogyakarta



Lunch at Susanti restaurant



Afternoon session - a tour of Prambanan Temple and a private viewing of the Taman Wisata Museum with Toni Tack.



Early evening session - Tara Puja inside Kalsan ancient Buddhist Temple.



Return to Amanjiwo

#### Day Five Wednesday, 28 September, 2011

Breakfast



Morning session - Morning meditation session in the Art Room followed by a walking meditation session through the local fields. Return to Amanjiwo by *andong* (traditional horse and cart) and witness the local home industries in the traditional Javanese villages.



Pranayama Yoga followed by a picnic at Progo River.



Afternoon session - Meditation & Reflection  
Teaching and discussion with Khandro-la at Theravadin monastery.



Pre-dinner gathering - guests can participate in chanting with the monks



Farewell dinner\*

Closing dinner at Amanjiwo with a mask dance in the main restaurant

#### Day Six Thursday, 29 September, 2011

Early morning meditation session - focusing on creating a fresh start in one's life.



Breakfast and the retreat comes to a close.