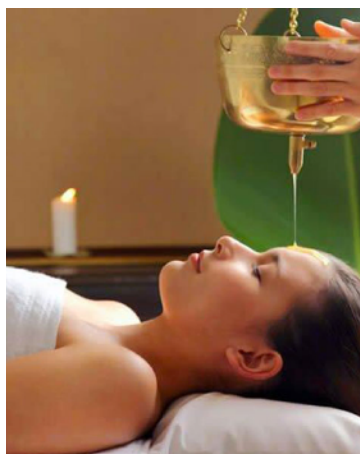


# Uncommon Journeys

## in 2019, with Khandro Thrinlay Chodon

Travelling with depth, meaning and open awareness of our own lives is a favourite activity of Khandro Rinpoche. Be part of this unique type of travel - also known as pilgrimage, by joining one of these meaningful journeys and you are assured a fascinating inward journey of the heart!



### AYURVEDIC TREATMENT & REJUVENATION RETREAT - KERALA, SOUTH INDIA

3RD - 21ST JANUARY 2019 (19 DAYS/18NIGHTS) EX KOCHI, INDIA

*A HEALING JOURNEY TO COMPLETELY REJUVENATE YOUR BODY & SOUL*

Join Khandro Rinpoche in South India for a very special ayurvedic experience in Kerala, the home of this ancient tradition. We are connected with the most authentic doctors who will provide a full 14-day treatment plan including a specialised diet, while staying at this famous resort accommodation on the water at Kerala. The retreat includes full diagnosis, treatments twice daily, meals, meditation and yoga as well as interview time with Khandro Rinpoche. At the end of the retreat we will spend two nights on a houseboat allowing you to relax in the most beautiful waterways around Allepey, Kerala. The final day is spent sightseeing the famous Portuguese influenced port of Fort Cochin. This retreat pilgrimage is a nourishing, cleansing and refreshing start to the year and will be coupled with plenty of stillness, relaxation and practice time.

### JOURNEY TO THE HEART OF THE DRAGON - BHUTAN

10TH - 19TH FEBRUARY 2019 (10 DAYS, 9 NIGHTS)

EX PARO, BHUTAN

Journey into Bhutan with Khandro Rinpoche taking in the key highlights of this unique country - Paro, Tigers Nest, Thimphu, Punakha, Phobjika and Haa Valley. Rinpoche has a special connection to Bhutan and with her you will gain unique access to and exposure to local places, people and heritage. Khandro-la will assist you to gain a heart insight into this unspoilt land, its culture and people. A once in a lifetime opportunity.



### OPEN HEART, OPEN ROAD - EXPLORE THE BUDDHIST HIMALAYAS BY MOTORBIKE OR CAR

JULY 2019 (19 DAYS, 18 NIGHTS)

EX DELHI, INDIA

Join a unique outer and inner adventure! You may choose the renowned Royal Enfield motorbike to be your "modern day horse" or travel "passenger with a view" style in a 4WD car to Manali, Lahaul, Spiti and overland to Ladakh. Jigme Dorje, brother of Khandro Rinpoche, will be your local and experienced guide. Together he and the magical, mystical landscape of the Himalayas will provide you with a journey you will never forget.

**Places fill up fast so please book early!**

For more information and registration, email [jane@khachodling.org](mailto:jane@khachodling.org) or contact +61 402368172 or +61 7 43254438



Khandro Rinpoche leads an international humanitarian organisation called Khachodling, and travels the world imparting deep practical wisdom, which we can use in our everyday lives.

For more information visit [khachodling.org](http://khachodling.org)