



2019 - Spiritual Tour with Dr.Nida in Lhasa, Tibet.

Travel Dates: 5th - 13th August (9 days)

Locations: Lhasa, Lhoka, Gyantse, Shigatse.

Minimum Group size: 10 People

Tour Price: 1050 euros

Daily Itinerary

Day 1: Lhasa Arrival

When you arrive in Lhasa either by train or flight, your guide will greet you and take you to your hotel. Tourists may view the Yarlung Tsangpo River/ Bhamaputra river (the Longest and largest river in Tibet) and Lhasa river on their way to Lhasa.

After arriving in Lhasa, you can take a rest and familiarize yourself with the high altitude (3650m). If you feel to go out, then you can go to the Potala Square, where you will enjoy the fountain with different colors and get amazing photos of the Potala and around.

Group Lunch and Dinner.

Insider Tips:

Having a good sleep is vital for your body to process high altitude, we will be happy to provide you medical herbs like Srolo 4 Tang (Rhodiola Rosea 4 decoction), Do not rush to visit attractions inside Lhasa city.

Day 2: Visiting Tibetan Hospital (Lhasa Men-Tse-Khang)

We will visit the Tibetan hospital in the morning, Dr.Nida and local doctors will give an introduction about the pharmacy and their most effective therapies and herbs.

After lunch, Free time to do personal shopping or rest in the hotel for recovery from long flight.

Group Lunch and Dinner.

Day 3: Lhasa Tour - Potala Palace, Jokhang Temple, and Barkhor Street (B, D)





We will visit Potala Palace which was the winter palace of the Dalai lamas. It was put to use since the 7th Century by the 33rd great king of Tibet. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and meditation Cave of the 33rd great king of Tibet.

Then after lunch, we will head to Jokhang temple which was built under the request of the 33rd great king of Tibet in the 7th century. You will see the statue of Buddha Sakyamuni when he was twelve years old inside the temple, you can see many pilgrims are prostrating in front of Jokhang Temple, you are very welcomed to join them for 7 to 21 prostrations in slow pace. We may do 3 circumambulations around the temple called Barkhor street, then your shopping time starts afterwards.

Group Lunch and Dinner.

Group dinner to meet Dr.Nida Chenatsang and Drukmo Gyal.

Day 4: Dratang monastery in Lhoka

Abbot of Dratang Monastery will give us an intro about Draba Ngonshe and Shanglong Protector, ***Shanglong Group practice. (Please bring your own booklet.)***

Dratang Gompa has some unique wall paintings that are under some international investigation of its history and source.

Group Lunch and Dinner.



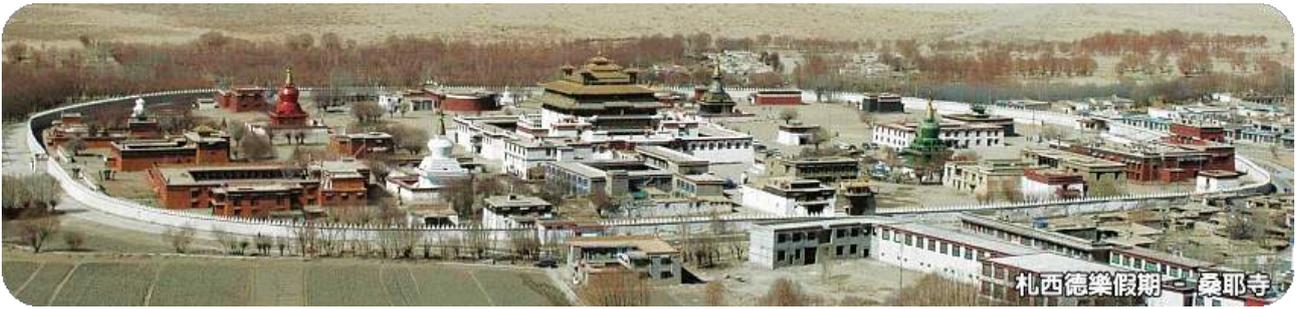
Day 5: Samye monastery, Medication Caves.

Samye is the first ever monastery built in Tibet, worth visiting as many times as possible for the accumulation of merits, a meditation paradise is 10kms away from Samye Monastery, where Guru Rinpoche and Yeshe Tsogyal once practiced and retreated.

Yuthok Outer Mandala Group Practice and ATI YOGA by Dr.Nida

(Please bring your own books)

Group Lunch and Dinner.



Day 6: Samye to Gyantse, looking for Yuthok the Younger's birth place

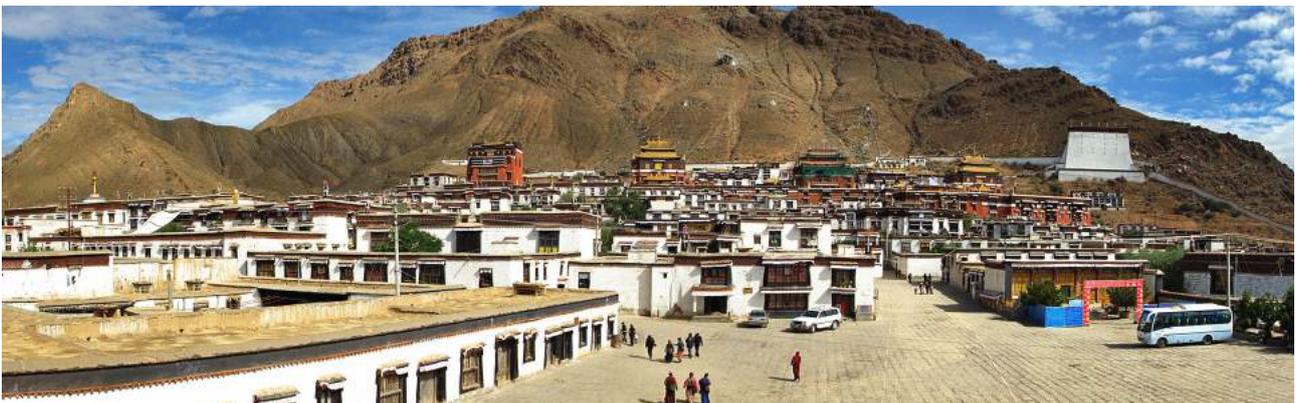
We have been to the birth place of Yuthok the elder in 2017 and 2018, under the request of Dr.Nida Chenatsang, finally we are opening the path to visit Yuthok the younger's birth place, it is located near GyanTse town.

*Yuthok Inner guru yoga Group practice. (Please bring your own booklet.)
Group Lunch and Dinner.*

Day 7: back to Shikatse, Tashi Lhenpo monastery

Tashi Lhenpo Monastery is the main monastery of Panchen lamas, it has one of the most important and largest Maitreya Buddha statues, indeed a blessing to lay your eyes upon.

*Yuthok Secret guru yoga Group practice. (Please bring your own booklet.)
Group Lunch and Dinner.*



Day 8: Train back to Lhasa, end of the Tour.

Drop off to hotel, Train ticket is included in the tour price.

Day 9: End of the Tour.

Airport is located 72 kilos away from Lhasa city, it takes 1 to 1.5hour to reach the airport by taxi, please take this in account when calculating the time of traveling.

Please contact your tour guide for drop details.



Service Included:

Tibet travel permit and all other necessary permits to Tibet;
All entrance ticket fees for all tourist sites listed in the itinerary;
Dr.Nida Chenatsang's personal guidance on Yuthok Nyingthig practices.
English-speaking Tibetan local tour guide;
Personal comfortable, clean and safe vehicle with reliable Tibetan local driver; vehicle ranging from 4WD land cruiser to bus depending on your group size;
All lodging listed in the itinerary; comfortable 3/4-star hotels;
All the meals listed in the above itinerary;
Tourist accident/casualty insurance
(We strongly advice you to purchase traveling insure in your birth country.)

Service Excluded:

- International flight to and out of China;
- Chinese visa (Note: we could help you with the Chinese visa application, like providing the invitation letter, presenting the hotel, etc that you may need.)
- Domestic flight/train not listed in the itinerary.
- Meals not specified in the itinerary; usually it costs about 3-10 EUROS per person for one meal in TAR (Tibet Autonomous Region).
- Tips and gratitude to tour guide and driver;
- Personal expenses, like laundry, phone call, snacks, soft drinks (please do the best to avoid the alcoholic beverages during your Tibet trip), optional tour activities, etc.
- Booklets and books needed for spiritual practices
- Pick ups and Drop offs that aren't on the First and Last day of the Tour.

Discount info:

**More than 3 people together with same arrival and departure time, can apply for 1000euros/person.
More than 5 people together with same arrival and departure time, can apply for 950euros/person.**

Tour contact:

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