

Ultimate Reality Pilgrimages – India 2018
The Buddha Smile Tour
Itinerary
3th-19th February 2018/ (16 nights/17 days)

Option 1: Retreat

Dates: Saturday 3rd February – Saturday 10th February

Cost:

U.S \$550.00 Shared Rooms

Option 2: Pilgrimage

Dates: Saturday 10th February – Monday 19th February

Cost:

U.S \$1300.00 Twin Share Room

U.S \$2050.00 Single Room

Option 3: Retreat/Pilgrimage

Dates: Saturday 3rd February – Monday 19th February

Cost:

U.S \$1850.00 Twin Share Room

U.S \$2600.00 Single Room

Cost includes accommodation at the Burmese monastery in Bodhgaya (on retreat) and 3 star hotels (on pilgrimage), transport (including internal flights, air-conditioned tour bus and airport transfers), all meals (breakfast, lunch and dinner) and site entrance fees.

Cost does not include donation or *dana* to various sites and teachers, additional beverages, laundry, medical treatment, personal expenses, additional accommodation before or after the trip, tourist visa, international flights (in and out of Bodhgaya) or travel insurance. We recommend that you have comprehensive travel insurance.



Our Guide

Grahame White has been involved in Buddhist meditation practice for over 40 years. He began his study of Buddhism in England in 1969 before being ordained as a Buddhist monk for one year in Bodh Gaya, India in 1971. He took a primary role in the establishment of Vipassana meditation in the tradition of Mahasi Sayadaw in Australia and co-founded the Blue Mountains Insight Meditation Center. He currently leads introductory and day-long courses in Sydney and Wollongong. As well as being the teacher for Vipassana Illawarra he is a guiding teacher for Vipassana Hawaii, where he teaches regular retreats. Grahame has also helped pioneer the workshop format of teaching meditation that enhances the transfer of mindfulness from the formal sitting practice into daily life.

Retreat Itinerary

Day 1. Saturday 3rd Feb

Arrival at Gaya airport, transport to Bodh Gaya Parahita Monastery. Evening orientation dinner at monastery.

Day 2. Sunday 4th February

Opening ceremony and tour of Mahabodhi temple, Bodh Gaya. Free time before the retreat starts in the evening at approximately 7pm after dinner.

Day 3. Monday 5th February

Retreat
Meditation Practice

Day 4. Tuesday

Retreat
Meditation Practice



Mahabodhi Temple, Bodh Gaya.
The Bodhi tree shades the place where Siddhartha meditated and attained enlightenment.



Pilgrims lighting candles on the north side of the Mahabodhi temple.

Day 5. Wednesday

Retreat
Meditation Practice

Day 6. Thursday

Retreat
Meditation Practice

Day 7. Friday

Retreat
Meditation Practice

Day 8/1. Saturday 10th February

Morning sitting followed by closing ceremony at Mahabodhi temple. This will be final morning of the retreat and the arrival day for those joining the pilgrimage.

Pilgrimage Itinerary

Day 9/2. Sunday 11th February

Bodhgaya to Rajgir. Overnight at Rajgir Hotel.

Day 10/3. Monday 12th February

After breakfast travel to Vaisali. Overnight at Vaisali hotel.

Day 11/4. Tuesday 13th February

After breakfast travel to Kushinagar, sightseeing and overnight at Kushinagar.



Vaisali contains one of the best-preserved Pillars of Ashoka.

Day 12/5. Wednesday 14th February

After breakfast travel to Varanasi. Overnight at Varanasi hotel.

Day 13/6. Thursday 15th February

Sightseeing at river Ganges, Sarnath and Varanasi. Overnight at Varanasi hotel.

Day 14/7. Friday 16th February

After breakfast or lunch fly to Bopal. Overnight at Bopal hotel.



Ganges River, Varanasi.

The Ganges is considered the most sacred waterway in India, to people of Hindu faith. Pilgrims descend on the holy city each year to cleanse their sins in its purifying waters.

Day 15/8. Saturday 17th February

Daytrip to Sanchi stupa. Overnight at Bopal hotel.

Day 16/9. Sunday 18th February

After breakfast, fly back to Varanasi. Overnight at Bodh Gaya Monastery.

Day 17/10. Monday 19th February

Closing ceremony and departures.



The Great Stupa at Sanchi

Please note that numbers for our 2018 pilgrimage will be kept to an intimate size of approximately 15 people.

For further information please contact Grahame directly.

**Grahame White
PO BOX 64
Thirroul NSW 2515
Australia
Phone: +612 4267 3240
Email: gralyn@ozemail.com.au
Fax: 02 4268 1268**