## **Insider Mandala Tour 22 days with Ruth & Flaviu**



## Mt. Kailash - Manasarovar lake Kora & Tirthapuri

Soon, it is time again! We are looking forward to another pilgrimage to our second home, with the opportunity to also walk around the holy Manasarovar Lake! Time to immerse ourselves in the outer, inner and secret mandala.

We spend the acclimatization phase in the mandala of Samye, the oldest monastery in Tibet. There we visit powerful Guru Rinpoche retreat places. The local encounters with yogis and yoginis are a heart-opening gift.

On the journey from central to western Tibet we come across small and large jewels, such as the Sakya main monastery with its incredible treasures and great charisma. The vast and varied high mountain landscape supports the process of coming into contact with inner stillness.

During 11 days at Mt. Kailash, Manasarovar Lake & Tirthapuri we can walk around the three holy places. Reflecting on life, recognizing love, compassion and liberating wisdom, integrating it into our own path and radiating it for the benefit of all sentient beings.

Visits to our projects and friends are further highlights that give us touching insights into life on the ground. At the end of this special trip, we will visit the Jokhang Temple with the JOWO statue in Lhasa and join the stream of pilgrims from all over Tibet.

May we once again travel together into the spiritual heart of the Himalayas.







Vastness, clarity and loving kindness enable purification, transformation and realignment

Please contact us if you are interested <u>ruthflaviu@hotmail.com</u> or direkt by Roger Pfister <u>roger@snowjewel.com</u>

Number of participants: Small group Minimum 7, maximum 10 people

Duration: August 30, - September 20, 2025

**Price Tibet :** 7 - 9 PAX 4460 € (1 = 7.6 CNY) 10 and more PAX 3570€

Individual arrival via Beijing/Chengdu

## **Kontakt-Informationen**

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## May all sentient beings be happy!