

# UNCOMMON JOURNEYS 2019

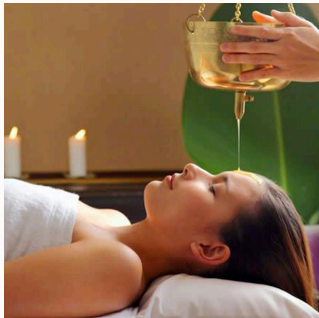
with **KHANDRO THRINLAY CHODON**

Travelling with depth, meaning and open awareness of our own lives is a favourite activity of Khandro Rinpoche. In 2019 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, STH INDIA

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

*A Healing Journey to Completely Rejuvenate your Body & Soul*



Join Khandro Rinpoche in the south of India for a special ayurvedic treatment 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 special diet, while staying at the famous resort accommodation on the water at Kerala, just north of the city of Cochin (Kochi). The retreat includes full diagnosis, treatment two times a day, special diet as prescribed, meditation and yoga as well as interview time with Khandro Rinpoche. At the conclusion of the retreat you will spend two nights on a houseboat allowing you to visit and relax in the most beautiful areas of the backwaters around Allepey, Kerala. The final day is spent sightseeing the famous Portuguese influenced port of Fort Cochin. This retreat pilgrimage is a great start to the year and will be coupled with plenty of stillness, relaxation and practice time.

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

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.



*Khandro Thrinlay Chodon*



Khandro Thrinlay Chodon is a vibrant, joyful, warm humanitarian and Buddhist lay female meditation Master. Her life purpose is to bring alive the ancient traditions of her own wisdom lineage in this chaotic modern world. Rinpoche shares with us a unique perspective - having been born into a renowned family of meditation masters of Tibet, then having studied and lived in the West obtaining a Masters of Psychology. Now Rinpoche, as she is known, 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 on  
Khandro Thrinlay Chodon and her  
organisation Khachodling  
please visit her website  
[www.khachodling.org](http://www.khachodling.org)



KHACHODLING

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