



LCHANG NANG

MINDFULNESS & YOGA AT THE MONASTERY



A chance to reconnect with yourself through our tailored made mindfulness programme in collaboration and with the blessings of Samstanling Monastery.

Event Brief :

- A mindful walk (2.5km) to the beautiful Samstanling monastery.
- Yoga session in garden/courtyard of the monastery .
- Followed by guided meditation with Geshe (the most learned monk), a highly immersive experience which will unfold the magic of inner peace.

TIME : 2 hours approx
MORNING: 6:00 - 8:00 or
EVENING: 4:00 - 6:00

MEDITATION IS A GREAT WAY TO TAME THE MIND AND CENTRE ONE'S ATTENTION IN THE PRESENT.

RS 2000/PERSON (Includes herbal tea to keep you hydrated)

(A PART OF THE PROCEEDS ARE OFFERED TO THE MONASTERY)

** Guests are requested to carry a small backpack with the bottle of water.*