

BOROBUDUR PROGRAM 2018



Geshe Thubten Sherab, resident teacher at Thubten Norbu Ling (the FPMT Center in Sante Fe, New Mexico) is called “the master from a new generation” by Mandala Magazine. He was born in Manang, Nepal in 1967 and attended Kopan monastery in Kathmandu from the age of nine. Geshe Sherab was ordained by Kyabje Lama Zopa Rinpoche and went on to Sera Je Monastery in India where he graduated as a Geshe in 1999.

In 2006, he was appointed as the head master of Kopan monastery and served in that role for four years. Geshe Sherab also served as acting abbot of the monastery in 2011 when the late Guru Khensur Rinpoche Lama Lhundup became ill. More recently he has been teaching meditation courses at Kopan as well as traveling and teaching around the world. More information is available at his website: www.gesheshherab.com.

All proceeds from the Retreat go to Liberation Prison Project for whom this program is organized.

Eight Verses of Thought Transformation: Retreat at the Great Stupa Complex at Borobudur, Indonesia with Geshe Sherab

Our retreat dates are **January 19 – 23, 2018** starting from and returning to the Yogyakarta (JOG) airport near Borobudur, Indonesia. We stay at the comfortable Manohara Hotel, a five-minute walk from the stupa, and will practice at the stupa daily. There will also be meditations, teachings, and discussion sessions at the hotel.

A typical retreat day starts early with meditation, followed by breakfast. Then there will be retreat sessions along with trips to the stupa. The sessions will include meditations, teachings, and Q&As with Geshe Sherab at the hotel in our own private air-conditioned meeting room.

Often a group in retreat will opt to maintain silence for all or part of the time (for example before breakfast and after dinner) as this adds to the contemplative quality of the experience. Traditionally, people sit on the floor but comfortable chairs are available. In the afternoon, we will have local sightseeing options for those who wish to participate.

We will have breakfast, lunch, and dinner at the hotel. Tea and snacks available during the hotel session breaks are also included.

Retreat Schedule in Detail...

PreTrip Travel: Fly to Yogyakarta, Indonesia. People traveling from the Americas, “lose” one day crossing the international date line. If you arrive early, we can arrange a transfer and extra hotel nights on request (not included in retreat package).

.... Start of Retreat Services

Day 1 (January 19, 2018): Hotel staff will pick you up at the airport and transfer you (one and a half to two hours depending on the time of day) to the Manohara Hotel located at the Borobudur Stupa Complex. As you go outside of the airport, look for a sign with your name on it. If you do not see anyone at the airport, or if there has been a last minute change in your flight details, contact the Manohara Hotel: Phone: +62 293 (788131) or (788680).

12:00pm: Lunch at the Manohara Hotel.

2:00pm: CHECK IN.

6:00pm: Welcome dinner with Geshe Sherab (Manohara dining room).

7:00pm: Evening introductory session.

Day 2 (January 20, 2018):

6:30am: Tea.

7:00am: Borobudur Stupa Complex for practice, circumambulation.

8:30am: Buffet breakfast.

10:00am: Retreat session at hotel.

12:00pm: Lunch.

1:30pm: Optional sightseeing.

Visit Mendut Temple, about 3 miles from the hotel. In the main room there are three 10-ft stone statues: at the center is Buddha Vairocana, to the left is Avalokiteshvara, and to the right is Vajrapani. Mendut, as well as Pawon Temple (which we visit tomorrow), are closely linked spiritually with Borobudur; the three temples are built in a straight line within a few miles of each other. While at Mendut, we'll also visit a local monastery.

3:00pm: Retreat session at hotel.

4:00pm: Late afternoon visit to Borobudur Stupa Complex for practice, circumambulation.

6:00pm: Dinner.

7:00pm: Evening session at hotel.

Day 3 (January 21, 2018):

6:30am: Tea.

7:00am: Visit to Borobudur Stupa Complex for practice, circumambulation.

8:30am: Buffet breakfast.

10:00am: Retreat session at hotel.

12:00pm: Lunch and break.

1:30pm: Optional sightseeing.

Visit Pawon Temple, 1.5 miles from the hotel. Between Mendut and Borobudur stands Pawon Temple, a jewel of Javanese temple architecture. Most probably, this temple served to purify the mind prior to ascending Borobudur.

3:30pm: Retreat session at hotel.

4:00pm: Late afternoon visit to Borobudur Stupa Complex for practice and circumambulation.

6:00pm: Dinner.

7:00pm: Evening session at hotel.

Day 4 (January 22, 2018):

4:30am: Optional sunrise visit to the stupa for The Eight Mahayana Precepts with Geshe Sherab.

7:30am: Buffet Breakfast.

9:00am: Retreat session at hotel.

12:00pm: Lunch and break.

2:30pm: Retreat session at hotel.

3:30pm: Final visit to Borobudur Stupa Complex for practice and circumambulation.

6:00pm: Dinner for those who haven't taken the Eight Mahayana Precepts.

7:00pm: Closing session and final dedication prayers.

Day 5 (January 23, 2018):

6:00am: Buffet breakfast.

Airport transfers.

12:00pm: CHECK OUT.

.... End of Retreat Services

PostTrip Departure: Those in the Americas typically arrive home the same day with reverse travel across the International Date Line.

Notes: This is meant only as a guide to what our days will be like.

- Changes may be made as we go along and will be announced as well as posted when possible in the hotel reception area. These changes will be based on local conditions, health and hotel availability.
- Times mentioned are all approximate and rounded off.
- Contact information is current and subject to change.
- The format for the phone numbers is country code, city code, then the local number in parentheses. Indonesia's country code is 62. You will find more information about international calling in our trip notes, provided after registration.

– Effie Fletcher
September, 2018
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