

happiness & its causes

Himalayan Buddhist Meditation Centre

a city centre for Buddhist study and meditation, est. 1982
temple tiger apartments, keshar mahal marg, thamel, Kathmandu

Buddhist Walks in Ancient Kathmandu

Sunday 25th October 2009

Welcome to the Himalayan Buddhist Meditation Centre at 8.30 am, where we will serve you breakfast at our vegetarian garden café. After that we will take you to discover the real Kathmandu, with all its ancient history of Buddhas like Manjushri that cut the Chovar gorge to empty the lake so that the Kathmandu valley could be populated by humans, because the Buddhas of the past saw the sacredness of the place after they came to admire the self arising light stupa of Swayambhu in the middle of the lake.

This is just the beginning, come and join us for an easy walk on a magical mystery pilgrimage while in Kathmandu.

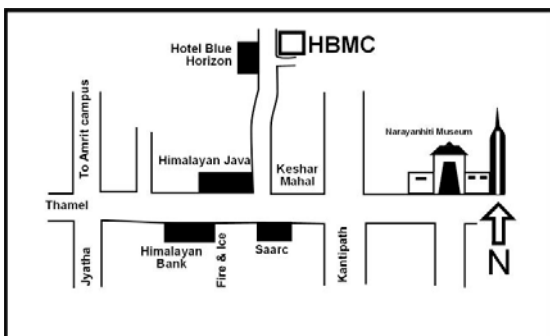
We will stop for lunch at one of the well-chosen, local restaurants in the Basantapur area with views of the Old Royal Palace and the temples compound presided by the impressive Taleju.

We will walk back to the Himalayan Buddhist Meditation Centre arriving around 4.00 pm, just in time for afternoon tea and the end of our program.

Just to remind you that you are welcome to join us for the Monday to Friday 5.00 to 6.00 pm guided Buddhist meditation and the morning sessions of yoga for healthy living, among other activities at the Centre.

The walks are lead by specialist guides well versed in Buddhism, working with some of the best travel agencies in Nepal.

Price per person is Rs 1,500/- with breakfast, afternoon tea and Puja bag included. Lunch and entry fee to the Basantapur area is **not** included in the price. Advance booking required, please contact HBMC.



If you are interested in any of our activities, please visit us at HBMC, Temple Tiger Apartments, Keshar Mahal Marg, Thamel, Kathmandu, near the Garden of Dreams, or contact us on **4410402**.

email: hbmc.programs@gmail.com

website: www.fpmt-hbmc.org

we are open 7 days a week 8.00 am to 6.00 pm

HBMC is proudly affiliated with the FPMT international organisation, devoted to the transmission of the Mahayana values worldwide through teachings, meditation and community service.
www.fpmt.org