

# A HEALING JOURNEY TO REJUVENATE BODY AND SOUL

with **KHANDRO THRINLAY CHODON**

Travel with meaning and depth for our own lives, otherwise known as pilgrimage, is a favourite activity of Rinpoche and next year she has three special journeys any of which you are assured a fascinating and meaningful inward journey of the heart!

## EX COCHIN, SOUTH INDIA

Our retreat place is on an Island, an Ayurvedic retreat on the backwaters of Kerala, the home of Ayurvedic healing. Here you will receive 10 days of consultation and treatment in this beautiful and authentic resort. After your initial consultation with the doctor you will receive 2 treatments a day and special diet as prescribed. Yoga and meditation sessions are also available for you to join each day. As part of this journey you will also be offered an individual session with Khandro Rinpoche. After your full course of treatment and healing we will travel to the famous backwaters area at Allepy, where we will cruise on a traditional Kerala houseboat for two days and nights, exploring the most beautiful parts of these waters. It is a perfect way to transition back to normal life. Finally we travel back to Fort Kochi for our last two nights. Fort Kochi is a famous old Portuguese seaport - popular for shopping, food and interesting sights. Enjoy time at your individual leisure- to shop, eat and sightsee this most popular town in South India. Note that once we reach the hotel in Fort we all do things in smaller groups or individually, so we have found it best to only provide breakfast and leave other expenses to each person - we do have a group transfer to airport.

**Note re arrival to Kochi:** The resort is 1-2 hours drive from the airport. We leave from Kochi Marriott airport hotel around 9-10am, so most people like to arrive the day before and stay one night. (extra charge). Please let me know if you wish to stay at this hotel or any other nearby hotel. Any whom do wish to arrive on the early morning flight, we will pick you up and transfer you direct to the resort.



*Khandro Thrinlay Chodon Rinpoche*



Khandro Thrinlay Chodon is a vibrant, joyful and warm humanitarian. She is also a Buddhist lay female meditation Master. Her life purpose now is to bring alive the ancient traditions of her own wisdom lineage to this modern chaotic world. Rinpoche brings to us a unique perspective having been born into a renowned family of meditation masters of Tibet, then having studied and lived in the West with a Masters of Psychology. Now Rinpoche, as she is known, leads an international humanitarian organisation, 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, please email [jane@khachodling.org](mailto:jane@khachodling.org)



## AYURVEDA

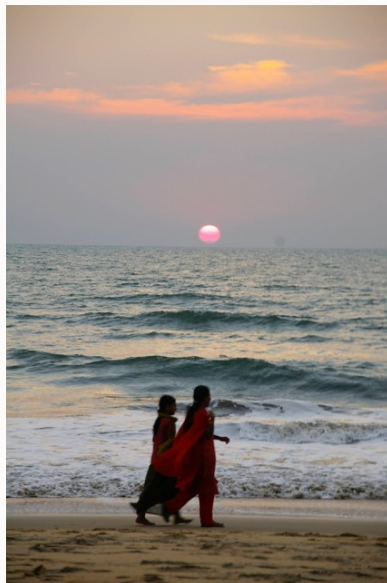
is an Indian health practice thought to be more than 5000 years old. It consists of a number of disciplines, including aromatherapy, diet, herbal medicine, acupuncture, yoga, massage, meditation and balancing of energies. The word "ayurveda" is translated from Sanskrit to mean "the science of life". Ayurveda considers disease as a deviation from the normal state of the body and the treatment is intended to bring the patient to a normal state. Ancient Indian philosophy says that all substances in the universe are made up of 5 basic elements - earth, water, air, and ether. The balance of these makes a healthy person.

## CONSULTATION AND DIAGNOSIS

First of all the doctor consults and evaluates the patients conditions- physical and mental. Please feel free to discuss everything as then only can the doctor have a true understanding. The according to the diagnosis two types of treatments will be decided upon - relaxation and rejuvenation for maintenance of healthy being or treatments of a specific nature for cure of ailments in sick person. You may bring recent medical reports - though not essential these doctors will be able to understand them and make use of them as appropriate to the conditions presented.

## TREATMENTS

The major treatment is given in the morning and the minor one in the afternoon. ie 2 treatments a day - these are usually massages with herbs, milk or oil as prescribed. Internal herbal medicines are also given and are administered by staff at appropriate times. Your diet will also be advised and given in the meals you are served. Additional treatments may be prescribed such as acupuncture, magneto therapy, reiki and are available on site on advice of the doctors.



## FOLLOW UP

Once the course of treatment is over one is advised to rest for double the number of days of treatment if at all possible.

## MORE DETAILS

For further information and registration:  
email [jane@khachodling.org](mailto:jane@khachodling.org)

## AYURVEDIC RESORT

This resort is part of an authentic chain of ayurvedic hospitals in Kerala, South India.

Set in splendid beauty that refreshes your soul on the Kerala backwaters. The backwaters of Kerala are 900 km of waterways network of interconnected canals, rivers, lakes and inlets that run along the Malabar Coast of Kerala. It is one of the main tourist destinations in all of Sth India.

Approximately 1-2 hours drive north of Cochin you will be transported to Rajah Island Resort by car or minibus.

## FLIGHTS

Kochi International Airport is situated in the city of Kochi, in the state of Kerala, India. COK is the airport code. Best flights from Hong Kong and Australia do connect to it via Kualar Lumpar or Singapore.

Once you have booked your flights please send us the details so we can arrange transfers. Should you need accomodation near airport on 13th (Rinpoche will do this) this can be arranged at additional cost.

## VISAS

Please note that your Indian visa is your individual responsibility to obtain.

## CULTURAL HIGHLIGHTS

During resort stay cultural shows and events are hosted - eg. sari wearing classes, cooking lessons, Kathakali dancing, local martial arts. There is also an option to train in traditional dance.

