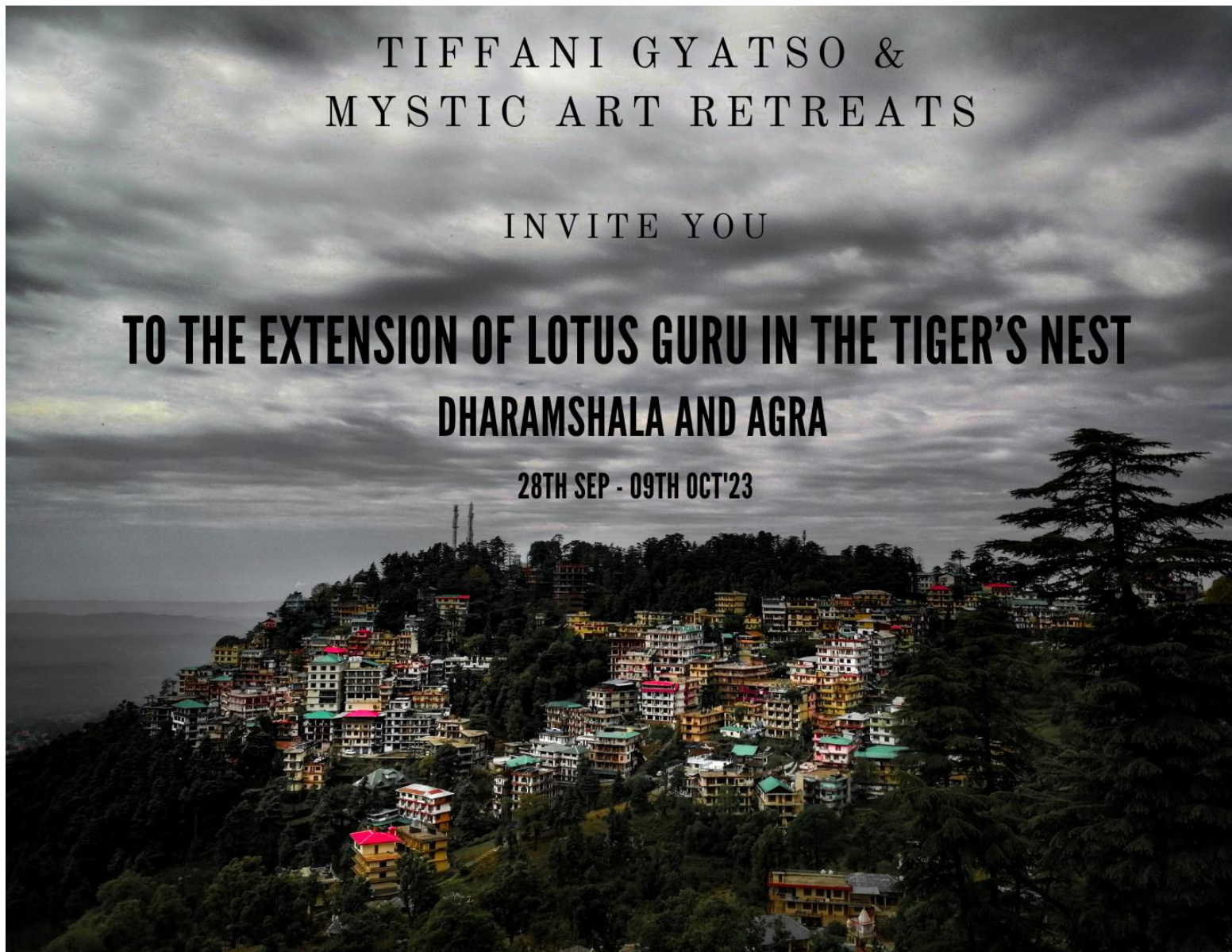


TIFFANI GYATSO &
MYSTIC ART RETREATS

INVITE YOU

**TO THE EXTENSION OF LOTUS GURU IN THE TIGER'S NEST
DHARAMSHALA AND AGRA**

28TH SEP - 09TH OCT'23



CONSOLIDATED ITINERARY (BHUTAN + DHARAMSHALA) CALENDAR – Locations & highlights

24 days / 23 nights – 16th September – 09th October 2023

<p>DAY 1 – 16th Sep</p> <p><u>NEW DELHI</u></p> <p>Arrival at New Delhi</p> <p>Accom: 5*</p> <p>Lunch: Hotel</p> <p>Dinner: Connaught Place</p>	<p>DAY 2 – 17th Sep</p> <p><u>NEW DELHI</u></p> <p>Accom: 5*</p> <p>Lunch: Museum Café or Janpath Restaurant</p> <p>Dinner: Khan Market</p>	<p>DAY 3 – 18th Sep</p> <p><u>NEW DELHI – PARO</u></p> <p>Arrival in Bhutan</p> <p>Accom: Naksel Resort</p> <p>Lunch: Airport</p> <p>Dinner: Hotel</p>	<p>DAY 4 – 19th Sep</p> <p><u>PARO</u></p> <p>Accom: Naksel Resort</p> <p>Lunch: Hotel</p> <p>Dinner: Hotel</p>	<p>DAY 5 – 20th Sep</p> <p><u>PARO</u></p> <p>Accom: Naksel Resort</p> <p>Lunch: Nepali Restaurant</p> <p>Dinner: Hotel</p>	<p>DAY 6 – 21st Sep</p> <p><u>PARO - PUNAKHA</u></p> <p>Accom: RKPO</p> <p>Lunch: Bhutan Restaurant</p> <p>Dinner: Hotel</p>
<p>DAY 7 – 22nd Sep</p> <p><u>PUNAKHA</u></p> <p>Accom: RKPO</p> <p>Lunch: Restaurant</p> <p>Dinner: Hotel</p>	<p>DAY 8 – 23rd Sep</p> <p><u>PUNAKHA</u></p> <p>Accom: RKPO</p> <p>Lunch: Restaurant</p> <p>Dinner: Hotel</p>	<p>DAY 9 – 24th Sep</p> <p><u>PUNAKHA - THIMPU</u></p> <p>Accom: Termalinca</p> <p>Lunch: Enroute</p> <p>Dinner: 4* Hotel</p>	<p>DAY 10 – 25th Sep</p> <p><u>THIMPU</u></p> <p>Accom: Termalinca</p> <p>Lunch: Festival</p> <p>Dinner: Hotel</p>	<p>DAY 11 – 26th Sep</p> <p><u>THIMPU</u></p> <p>Accom: Termalinca</p> <p>Lunch: Hotel</p> <p>Dinner: Hotel</p>	<p>DAY 12 – 27th Sep</p> <p><u>THIMPU – NEW DELHI</u></p> <p>Arrival at New Delhi</p> <p>Accom: 5*</p> <p>Lunch: Hotel</p> <p>Dinner: Hotel</p>
<p>DAY 13 – 28th Sep</p> <p><u>NEW DELHI – DHARAMSHALA (MCLEODGANJ)</u></p> <p>Accom: Various</p>	<p>DAY 14 – 29th Sep</p> <p><u>SIDHPUR</u></p> <p>Accom: Various</p>	<p>DAY 15 – 30th Sep</p> <p><u>MCLEODGANJ</u></p> <p>Accom: Various</p>	<p>DAY 16 – 1st Oct</p> <p><u>NADDI & VILLAGE WALKS</u></p> <p>Accom: Various</p>	<p>DAY 17 – 2nd Oct</p> <p><u>BIR</u></p> <p>Accom: Various</p>	<p>DAY 18 – 3rd Oct</p> <p><u>MCLEODGANJ</u></p> <p>Accom: Various</p>



DAY 19 - 4 th Oct	DAY 20 - 5 th Oct	DAY 21 - 6 th Oct	DAY 22 - 7 th Oct	DAY 23 - 8 th Oct	DAY 24 - 9 th Oct
<u>MCLEODGANJ</u>	<u>DHARAMSHALA - NEW DELHI</u>	<u>NEW DELHI - AGRA</u>	<u>AGRA</u>	<u>AGRA - NEW DELHI</u>	<u>Depart NEW DELHI</u>
Accom: Various	Accom: Various	Accom: Various	Accom: Various	Accom: Various	Depart for your Home destination

DAY 12 - Arrive	BHUTAN - NEW DELHI	27 September
<p>Accommodation Aerocity (5*)</p> <p>Lunch and Dinner included</p> <p>NOTE: This day and hotel night is included for all Lotus Guru Participants as per the original plan.</p> <p>The extension begins from Day 13th. This has been mentioned in the itinerary to provide a continuity reference.</p>	<p>When you have cleared arrivals and picked up your luggage, you shall then make your way out to the arrivals hall. There you will see one of our representatives with a placard bearing your name on it. A short drive to your hotel where you can rest after your flight from Bhutan. Day at leisure.</p> <p>For those who are departing for home, with gratitude and fond memories, we shall bid you farewell for your ongoing flight.</p> <p>For those of us staying, in the evening, you shall be met by our executive producer Mukul Purohit and Tiffani Gyatso, who shall discuss the tour programme with all over dinner.</p>	



Accommodation (4*)

Breakfast included

An early morning flight to dharamshala. Dharamshala is home to a large Tibetan Buddhist community, and is a major center for Tibetan Buddhism in exile. The Dalai Lama, the spiritual leader of Tibetan Buddhism, has lived in Dharamshala since he fled Tibet in 1959.

An early morning flight, the views from the plane are amazing. We shall see the snow-capped peaks of the Himalayas and the lush green valleys below. On landing the views of the Dhauladhar ranges of the Himalayas are breathtaking.

A half-an hour drive from Dharamshala airport to McLeodganj shall take us to the seat of Tibetan government, also known as "Little Lhasa" or "Dhasa" (a short form of Dharamshala used mainly by Tibetans) because of its large population of Tibetans. McLeod Ganj, also known simply as McLeod, is a bustling hill station. Situated at an altitude of approximately 2,082 meters (6,831 feet) above sea level, this charming town is perched in the lap of the Dhauladhar mountain range, providing stunning panoramic views of the surrounding Himalayan peaks.

The town gained international prominence as the residence of His Holiness the 14th Dalai Lama, Tenzin Gyatso, after he fled Tibet in 1959 following the Chinese occupation. McLeod Ganj has since become the de facto headquarters of the Tibetan government in exile and a vibrant center for Tibetan culture, art, and spirituality.

One of the main draws of McLeod Ganj is the blend of Indian and Tibetan influences that can be seen and experienced throughout the town. Tibetan monasteries, prayer flags fluttering in the wind, traditional Tibetan eateries, and a lively market selling Tibetan handicrafts are all part of the unique atmosphere that gives McLeod Ganj its distinct character.



	<p>The Tsuglagkhang Complex, located at the heart of McLeod Ganj, is the spiritual and cultural nucleus of the town. It houses the residence of the Dalai Lama, the Namgyal Monastery (the personal monastery of the Dalai Lama), and the Tsuglagkhang Temple, where daily prayers and teachings are conducted. The temple is also home to a majestic statue of Lord Buddha, attracting devotees and tourists alike.</p> <p>The local market in McLeod Ganj is a lively hub for shoppers, offering an array of Tibetan handicrafts, clothing, jewelry, and souvenirs. Visitors can find thangka paintings, prayer wheels, Tibetan rugs, and various other traditional artifacts that reflect the artistic and spiritual essence of the region. McLeod Ganj's dining scene is diverse, catering to the tastes of visitors from around the world. While Tibetan cuisine, such as momos and thukpa, is a must-try, the town also boasts a range of international eateries offering Indian, Italian, Israeli, and other global cuisines.</p>
DAY 14	SIDHPUR 29 September
<p>Accommodation (4*)</p> <p>Breakfast included</p>	<p>We begin our day by a visit to the Norbulingka Institute, a non-profit organization dedicated to the preservation of Tibetan art and culture. The institute offers a variety of programs, including traditional Tibetan arts and crafts, language courses, and cultural preservation. Norbulingka Institute is home to a number of workshops, where artisans create traditional Tibetan artifacts. The institute also has a museum, which houses a collection of Tibetan art and artifacts.</p> <p>Gyuto Monastery, also known as Gyuto Tantric Monastery, is a Buddhist monastery and the seat of the Karmapa lineage of Tibetan Buddhism. The monastery was founded in 1474 by the 5th Karmapa, Deshin Shekpa, in Tsurphu, Tibet. After the Chinese invasion of Tibet in 1959, the monastery was relocated to Dharamshala. Gyuto Monastery is one of the largest and most important monasteries in</p>



	<p>the world for the practice of Tantric Buddhism. It is home to over 1,000 monks, including the current Karmapa, the 17th Karmapa, Ogyen Trinley Dorje. The monastery is divided into two sections: the Lower Monastery and the Upper Monastery. The Lower Monastery is where the monks live and study, while the Upper Monastery is where the Tantric rituals and ceremonies are performed.</p> <p>Finally, a visit to the world renowned Himalayan Art Museum, a museum of Tibetan art located in Dharamshala, India. The museum was founded in 1998 by Dr. Sarika Singh and Master Locho Rinpoche. The museum's collection includes over 450 thangkas, sculptures, and ritual objects from Tibet and the Himalayan region. The thangkas are the main highlight of the museum's collection. They are painted on cloth and depict Buddhist deities, mandalas, and other sacred images. The sculptures in the museum's collection are made of bronze, wood, and clay. They depict Buddhist deities, animals, and other figures. The ritual objects in the museum's collection include bells, drums, and other objects used in Tibetan Buddhist ceremonies. The museum also has a library and a research center. The library houses a collection of books and manuscripts on Tibetan art and culture.</p>		
DAY 15	<table border="1"> <tr> <td data-bbox="992 794 1848 866">FREE DAY</td> <td data-bbox="1848 794 2112 866">30 September</td> </tr> </table>	FREE DAY	30 September
FREE DAY	30 September		
<p>Accommodation (4*)</p> <p>Breakfast included</p>	<p>Numerous options abound in McLeodganj especially to be unlocked on a free day. Either relax in your hotel or explore the various options available. In the evening, Tiffani and a local thangka artist shall be speaking about Buddhist art.</p> <p>McLeodganj is surrounded by hills, so there are plenty of opportunities for walks and hikes. Some popular hiking trails include the Jakhu Hill Trail and the Dharamkot Trail. Hiking is a great way to experience the natural beauty of McLeodganj and to get some exercise.</p> <p>Visit a Tibetan refugee camp: There are several Tibetan refugee</p>		



camps located near McLeodganj. These camps offer a glimpse into the lives of Tibetan refugees. Visitors can learn about the challenges that Tibetan refugees face and how they are working to rebuild their lives.

Dharamkot: Dharamkot is a serene and picturesque village located near McLeod Ganj. Perched at an elevation of around 2,100 meters (6,890 feet) above sea level, this charming hamlet offers breathtaking views of the Dhauladhar mountain range and the Kangra valley below.

The village of Dharamkot is known for its bohemian and artistic vibe, attracting a diverse community of travelers, backpackers, artists, and spiritual seekers from around the world. The village is home to various yoga and meditation centers, making it an ideal spot for those seeking to delve deeper into their spiritual practice or explore alternative healing therapies. Many travelers find solace in simply wandering through the village's narrow lanes, surrounded by lush greenery and the magnificent Himalayan backdrop.

Dharamkot village has a vibrant community of cafes and eateries that cater to various tastes and dietary preferences. From traditional Indian dishes to international cuisines like Israeli and Italian, Dharamkot's dining scene offers a delightful culinary journey for food lovers.

Bhagsu: Bhagsu Nag, a nearby village, is another popular attraction known for its Bhagsunath Temple and the Bhagsu Waterfall. The temple is dedicated to Lord Shiva and is an important pilgrimage site for Hindus. The waterfall, cascading down from the mountains, offers a refreshing escape and is a favorite spot for nature enthusiasts and trekkers.



Accommodation (4*)

Breakfast included

We shall begin our walk from the McLeod Square Temple, moving onto St. John in the Wilderness, then the Dal Lake and taking the Naddi Road to Naddi View Point. We shall also visit the Tibetan Flags Temple and walk past the Tushita Meditation Centre.

St John in the Wilderness: St. John in the Wilderness is an iconic church located in McLeod Ganj. Nestled amidst the serene Dhauladhar mountain range, this historic church holds both religious and historical significance, making it a popular destination for tourists and pilgrims alike.

The church's name, "St. John in the Wilderness," stems from the belief that the church was constructed in a wilderness area at the time of its establishment in the mid-19th century. It is said that the church was dedicated to St. John the Baptist, who is often depicted in Christian tradition as a voice crying out in the wilderness, preparing the way for the coming of Christ.

During the devastating earthquake of 1905, much of Dharamshala was severely affected, and the church was no exception. While the main structure survived the tremors, the bell tower collapsed. To commemorate the victims of the earthquake, a memorial has been erected within the church premises. Apart from its historical significance, the church is renowned for its tranquil surroundings. Surrounded by tall deodar (Himalayan cedar) trees and lush greenery, St. John in the Wilderness offers a serene and peaceful ambiance.

Naddi: Naddi is a picturesque village situated in the mesmerizing Dhauladhar mountain range of Himachal Pradesh, India. Nestled at an altitude of approximately 2,200 meters (7,218 feet), this tranquil hamlet offers breathtaking panoramic views of the surrounding snow-capped peaks, lush green valleys, and the mighty Kangra valley below.



	<p>Located just a short drive away from McLeod Ganj, the spiritual epicenter of Dharamshala, Naddi offers a refreshing escape from the crowded tourist spots while still being easily accessible. The journey to Naddi is a scenic delight, with winding roads that lead to some of the most stunning vistas in the region. One of the highlights of Naddi is undoubtedly the mesmerizing sunset view. Travelers and locals alike gather at the Sunset Point to witness the spectacle of the sun sinking behind the mighty Dhauladhar range, painting the sky with hues of orange, pink, and gold. The village itself is a harmonious blend of traditional Himachali culture and the warm hospitality of the locals. You can witness the everyday lives of the people here, their agricultural practices, and their deep-rooted connection with nature.</p>	
<p>DAY 17</p>	<p>BIR</p>	<p>02 October</p>
<p>Accommodation (4*) Breakfast included</p>	<p>Today we shall leave for Bir which is 2 hours from Dharamshala.</p> <p>Bir is a small village located in the state of Himachal Pradesh in northern India, nestled amidst the breathtaking beauty of the Himalayan mountains. This tranquil hamlet has gained international recognition for its association with Buddhism and as a hub for spiritual seekers from around the world. The town's serene ambiance, lush landscapes, and proximity to the Tibetan settlement have made it a haven for those seeking solace and spiritual enlightenment.</p> <p>The roots of Buddhism in Bir can be traced back to the Tibetan diaspora that began in the late 1950s when thousands of Tibetans fled their homeland after the Chinese occupation. His Holiness the 14th Dalai Lama himself had to escape from Tibet and eventually settled in Dharamshala, not far from Bir. As a result, a significant Tibetan community was established in this area, bringing with them their rich cultural heritage and Buddhist practices.</p>	



	<p>The Buddhist monasteries in Bir are the heart of its spiritual allure. Among the most renowned is the Palpung Sherabling Monastic Seat, which boasts stunning architectural splendor and serves as a center for learning and practicing Tibetan Buddhism. The monastery is adorned with intricate murals, colorful prayer flags, and serene meditation halls where monks and visitors engage in contemplation and prayer. The fusion of Tibetan culture, breathtaking landscapes, and the wisdom of Buddhism creates a unique spiritual tapestry that captivates everyone who visits Bir. Beyond the conventional tourist attractions, this quaint village offers a glimpse into a way of life centered around compassion, mindfulness, and interconnectedness. We then return to Mcleodganj.</p>	
<p>DAY 18</p>	<p>MCLEODGANJ</p>	<p>03 October</p>
<p>Accommodation (4*) Breakfast included</p>	<p>Men-Tsee-Khang Museum: This morning we shall visit the Men-Tsee-Khang Museum, also known as the Tibetan Medical and Astro Institute. The museum is dedicated to preserving and promoting the knowledge and wisdom of traditional Tibetan medicine, known as "Sowa Rigpa." Sowa Rigpa is a holistic healing system that has been practiced in Tibet and the Himalayan regions for centuries. It incorporates various elements, including herbal medicine, dietetics, external therapies, and spiritual practices, all aimed at maintaining the balance of the body's energies and promoting overall well-being. The museum offers visitors a unique opportunity to learn about the historical background, philosophy, and fundamental principles of Tibetan medicine. It features exhibits that showcase traditional medicinal herbs, minerals, and ingredients used in preparing Tibetan medicines. Visitors can also explore displays of traditional medical instruments, diagnostic methods, and treatment techniques employed by Tibetan physicians. Additionally, the museum provides insights into the practice of Tibetan astrology, which plays an essential role in traditional Tibetan medicine. Astrology is used to determine auspicious times for various activities, diagnose illnesses, and devise personalized treatment plans based on an individual's astrological birth chart.</p>	



	<p>The Library of Tibetan Works and Archives (LTWA) is a prestigious institution located in Dharamshala, Himachal Pradesh, India. It was established in 1970 by His Holiness the 14th Dalai Lama and the Government of India with the aim of preserving and promoting Tibetan culture, literature, and religious heritage.</p> <p>LTWA: Our next stop shall be The LTWA, a renowned center for Tibetan studies and research, attracting scholars, researchers, and students from around the world. Its extensive collection comprises a vast range of Tibetan texts, manuscripts, books, thangkas (traditional Tibetan scroll paintings), and other valuable artifacts. The library houses an impressive array of texts on Tibetan Buddhism, philosophy, history, medicine, astrology, art, and literature, making it an invaluable resource for anyone interested in Tibetan culture and knowledge. The LTWA also operates a museum, where visitors can view exhibits on Tibetan art, history, and culture. The museum houses a diverse collection of artifacts, including traditional Tibetan clothing, religious objects, and historical documents, providing a unique glimpse into the rich heritage of Tibet.</p> <p>Afternoon free for exploring on your own</p>	
DAY 19	DAY FREE	04 October
<p>Accommodation (4*)</p> <p>Breakfast included</p>	<p>Day free to explore sites around, or ask Tiffani Gyatso or Mukul Purohit for suggestions on visiting new attractions.</p>	



DAY 20	DHARAMSHALA - DELHI	05 October
<p>Accommodation (5*)</p> <p>Breakfast included</p>	<p>The flight from Dharamshala to Delhi takes approximately 1 hour and 30 minutes, depending on the weather and air traffic conditions. During the flight, you can enjoy aerial views of the stunning landscapes, including the snow-capped Himalayas and picturesque valleys.</p> <p>Either rest in your hotel in Delhi or take a local taxi to visit some beautiful sites.</p>	
DAY 21	DELHI - AGRA	06 October
<p>Accommodation (4*)</p> <p>Breakfast included</p>	<p>The road distance from Delhi to Agra is approximately 230 kilometers (about 143 miles), and the journey typically takes around 3 to 4 hours, depending on traffic and the route you take.</p> <p>Agra is a historic city located in the northern part of India in the state of Uttar Pradesh. It is famous for being the home of the iconic Taj Mahal, one of the most renowned and beautiful architectural masterpieces in the world. Agra has a rich cultural heritage.</p> <p>Key Attractions in Agra that we shall be visiting over the course of the next two days:</p> <p>Taj Mahal: The Taj Mahal is a UNESCO World Heritage Site and one of the Seven Wonders of the World. It was built by Emperor Shah Jahan in memory of his beloved wife, Mumtaz Mahal. The white marble mausoleum is an exquisite example of Mughal architecture and is renowned for its stunning beauty and symmetry.</p>	



	<p>Agra Fort: Another UNESCO World Heritage Site, the Agra Fort is a massive red sandstone fortress that served as the main residence of the Mughal emperors until the capital was shifted to Delhi. It features impressive palaces, courtyards, and intricate architecture.</p> <p>Fatehpur Sikri: Located a short distance from Agra, Fatehpur Sikri is an abandoned city that was once the capital of the Mughal Empire during the reign of Emperor Akbar. The site is known for its well-preserved buildings, including the Buland Darwaza, Jama Masjid, and Panch Mahal.</p> <p>Itmad-ud-Daulah's Tomb: Often referred to as the "Baby Taj," this beautiful tomb is the mausoleum of Mirza Ghiyas Beg, the father-in-law of Emperor Shah Jahan. It is an exquisite example of Mughal architecture and served as an inspiration for the Taj Mahal.</p>
DAY 22	<div style="display: flex; justify-content: space-between;"> AGRA 07 October </div>
<p>Accommodation (4*)</p> <p>Breakfast included</p>	<p>Today we shall visit the Taj Mahal, an iconic white marble mausoleum. It is one of the most recognized and celebrated architectural masterpieces in the world, and its beauty and grandeur have made it a symbol of eternal love. The monument is a UNESCO World Heritage Site and also one of the Seven Wonders of the World.</p> <p>The Taj Mahal is an exemplary representation of Mughal architecture, which is a blend of Indian, Persian, and Islamic styles. The main building is constructed entirely of white marble, adorned with intricate carvings and inlays of precious and semi-precious stones.</p>



DAY 23	AGRA – NEW DELHI	08 October
<p>Accommodation Aerocity (5*)</p> <p>Breakfast, Lunch and Dinner included</p>	<p>We shall travel back from Agra to New Delhi today. The distance between Agra and New Delhi is approximately 230 kilometers (143 miles), and the journey typically takes around 3 to 4 hours. As we leave Agra and venture onto the Yamuna Expressway, we shall pass through rural landscapes of the state of Uttar Pradesh. The route is flanked by vast fields, small villages, and occasional roadside dhabas (eateries) offering local delicacies. The scenery can be charming, especially during the lush green seasons.</p> <p>On arrival at the hotel we shall rest and then prepare for our onward flights to home either tonight or tomorrow. Both Tiffani Gyatso and Mystic Art Retreats thank you from the bottom of our hearts for choosing us to navigate the spiritual lands of Bhutan and India with us.</p>	
DAY 24	THE END OF A BEAUTIFUL TRIP	09 October

Inclusions

- Unrated, 4* and 5* accommodations as selected and agreed with Tiffani Gyatso
- Airline ticket – Delhi – Dharamshala – Delhi
- Innova taxi from Delhi – Agra - Delhi
- Be led by world-renowned artist Tiffani Gyatso who shall expertly guide you on the sites and various attractions in Dharamshala and Agra
- Your trip includes 2 nights in New Delhi, India; 8 nights in Mcleodganj, 2 nights in Agra
- Everyday Breakfast at the hotel
- All Visitors attractions with their fee
- All applicable Transfer & Sightseeing
- Government educated English speaking guides where applicable

Exclusions

- Use of bar and beverages in hotel, laundry, telephone calls or internet and personal shopping



Tips to your guide and driver

Other items not listed in “What is included”

Difference in cost arising due to mishaps, political unrest, natural calamities like - landslides, road blockage, etc.



Clothing and Equipment list

Footwear:

Comfortable shoes i.e trail shoes or trainers

Flip flops or sandals

Travel clothes:

You will need clothing as follows:

Lightweight waterproof jacket

Casual long sleeved shirt with collar (for visits to Temples)

T shirts

Lightweight trousers.

Micro fleece

Dress Code and Cultural Considerations for Entering Temples and Monasteries

It is important to follow the dress code for monasteries and temples

Go for smart casual look such as long sleeved shirt with collar i.e no T shirts or short sleeved shirts

Full length trousers or long skirts (ankles must be covered) i.e no shorts, ¾ length trousers or short skirts

Shoes with socks covering ankles i.e no sandals or slippers

No hats and umbrellas allowed

Photographs are only allowed in the courtyard of most monasteries

Walk around Buddhist temples or stupas in a clockwise direction

Turn off your mobile phone and talk in a quiet tone

It is customary to give a small donation when visiting a monastery

Payment and Cancellation Policy:

Payment

Payment depends upon category of accommodation

Cancellation

Due to the nature of the tour and dynamics associated with the Dharamshala trip, advance is non-refundable



Account Details

 Purohit.mukul@outlook.com (Please **add the paypal transfer fee as shown during the time of transfer** when transferring)

7wise

Name of Bank	HDFC Bank Branch - Sector 14 Gurgaon
Name of Account Holder	Mukul Purohit
Account No	50200079463972
IFSC Code	HDFC0000090
SWIFT CODE / BIC	HDFCINBB
SORT CODE / BSB / FW	FED ABA 021000021
NAME	HDFC BANK LTD
Address	SCO-15, SECTOR 14, GURGAON, HARYANA 122001
Country	India

Trip Leadership

Tiffani Gyatso: Tiffani Gyatso is a Brazilian artist born in 1981. She studied graphic design in Munich, Germany and later specialized in Thangka Painting (Tibetan Buddhist Art). She was introduced to sacred arts at the Gandam monastery in Mongolia and completed her studies at the Norbulingka Institute, in India (2003-06). She works today at her studio Atelier YabYum at the inner state of São Paulo and teaches all over the country and South America. She lectures traditional thangka painting and also gives Immersions on Creative art, self expressions and Art therapy groups which she developed based in body awareness, movement and contemplative arts. (www.tiffanigyatso.com)

For More Info

Mukul Purohit

Executive Producer & Co-founder

Mystic Art Retreats

M: +91 98101 15366

E: mp@mysticart.org

