

Lotus Steps

A Pilgrimage in Buddha's Heartland with Nithya Shanti
February 15th 2012 to February 24th 2012



Join us for a transformational journey of reflection and contemplation to the places where the Buddha lived and taught.



Bodh Gaya – The place of Buddha's Enlightenment.



Sarnath – Where He gave His first teaching.



Sravasti – Was host to the Buddha for 25 years during the annual rain retreat.



Lumbini – The sacred site of the Buddha's birth.



Kushinagar- Where the Buddha laid His body to rest and entered final nirvana.

The Pilgrimage

A pilgrimage is simultaneously an inner as well as an outer journey. Our pilgrimage will take us across the plains of the River Ganges to Bodh Gaya, where Buddha attained enlightenment and the Deer Park at Sarnath, where he gave his first teachings. We will visit his favorite meditation places such as Vulture Peak in Rajgir, the Jeta Grove at Sravasti and Kushinagar. We will also visit Lumbini where Buddha was born. The aim is to have an unhurried, deep appreciation of each place as far as possible.

At each place we visit we will all have an opportunity for quiet reflection and meaningful interactions. There will be guided meditations, storytelling, chanting, study of relevant scriptures, contemplations, teachings on practical spirituality. Wherever possible we will also visit and interact with the local communities. The essential purpose is to start, end and fill each day with mindfulness and gratitude.

This 10-day pilgrimage will begin at Varanasi and conclude at Lucknow. The journey will be in an air-conditioned deluxe coach. The hotels chosen in each town are one of the best available and frequented by the foreign tourists.

We invite you to a transformational journey to experience India's timeless spiritual culture and visit the heartland where the Buddha lived and taught.

[Click here](#) to watch an introductory video.

Pilgrimage Guide and Teacher Nithya Shanti



Nithya Shanti is an internationally respected spiritual teacher and educator, committed to sharing practical wisdom teachings for happiness and enlightenment with people in a joyful and transformational way.

An interest in inner growth and spirituality from an early age inspired him to study with many wise teachers and awakened masters. Not content with intellectual understanding alone, he began a daily practice of meditation at the age of sixteen and attended many meditation retreats. Despite having a promising career, he was drawn to pursue his spiritual quest further. In 2002, he ordained as a Buddhist Monk.

After six years of living in forest meditation monasteries in Thailand, Sri Lanka and also various parts of India and the US, he was guided to live, learn and serve in broader ways than the traditional role of a monk permitted. With the blessings of his teachers he stepped out of the robes in early 2008 and now shares joyful teachings in happiness joyshops, youth programs, corporate trainings and meditation retreats around the world.

He has been invited to share his insights around the world by leading universities, corporate and non-governmental organizations. He has coached CEOs, senior government officials and school teachers, and has taught these principles at international conferences.

Nithya Shanti's aim is to facilitate a global cultural shift from 'seeking happiness' to 'spreading happiness' through timeless principles shared in a lighthearted way.

Investment for the 10 days Pilgrimage:

Rs. 50,000/- (before 15th December, 2011). Rs. 55,000/- (after 15th December 2011.)

This includes transport by A/C deluxe coach (Varanasi to Lucknow), hotel accommodation (twin-sharing basis), vegetarian meals, entrance to monuments and participant materials.

Kindly book early to ensure economical train and air tickets availability.

Pilgrimage Starts at Varanasi-12.00 noon, February 15th 2012 and Concludes at Lucknow-1.00 pm, February 24th 2012



For further details please contact

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