



Meditation Retreat and discovery of Sikkim

With Lama Zeupa

teaching in english
tour leading in EN / FR / NL



Karma Yoga

COURS | RETRAITES | FORMATIONS

what is Sikkim?

Sikkim is an ancient Buddhist kingdom in the Himalayas located in northeastern India, landlocked between Tibet, Bengal, Nepal and Bhutan.

Initially a kingdom...

- Padmasambhava "Guru Rinpoche" (8th century)
- Guru Tashi, Tibetan prince of Kham (13th century)
- Phuntsog Namgyal, 1st Chogyal of Sikkim (1642)

Sikkim will then come under protectorate...

- First British (1890),
- Then Indian (1947)

Before becoming a full-fledged state of India in 1975.

(Consequence of the 1973 riots against Chogyal)



People of Sikkim

With just 610,511 inhabitants, Sikkim is known as the least populated state in India but also the most peaceful.

Its people are made up of several communities:

- Lepchas
- Bhutias
- Nepalese
- Tibetans
- Bengali...

A multitude of ethnic groups which offers Sikkim a rich diversity of cultures, languages and traditions.



Languages of Sikkim

The official state languages are English, Nepali, Bhutia and Lepcha.

Few local farmers and workers speak English. It is a language mainly used in the administration or by people who have completed studies.

Nepali is the most widely used language as almost 75% of Sikkim's population is of Nepali origin.

But Hindi which is a common language of North India as well as other dialects from Tibetan are also spoken.



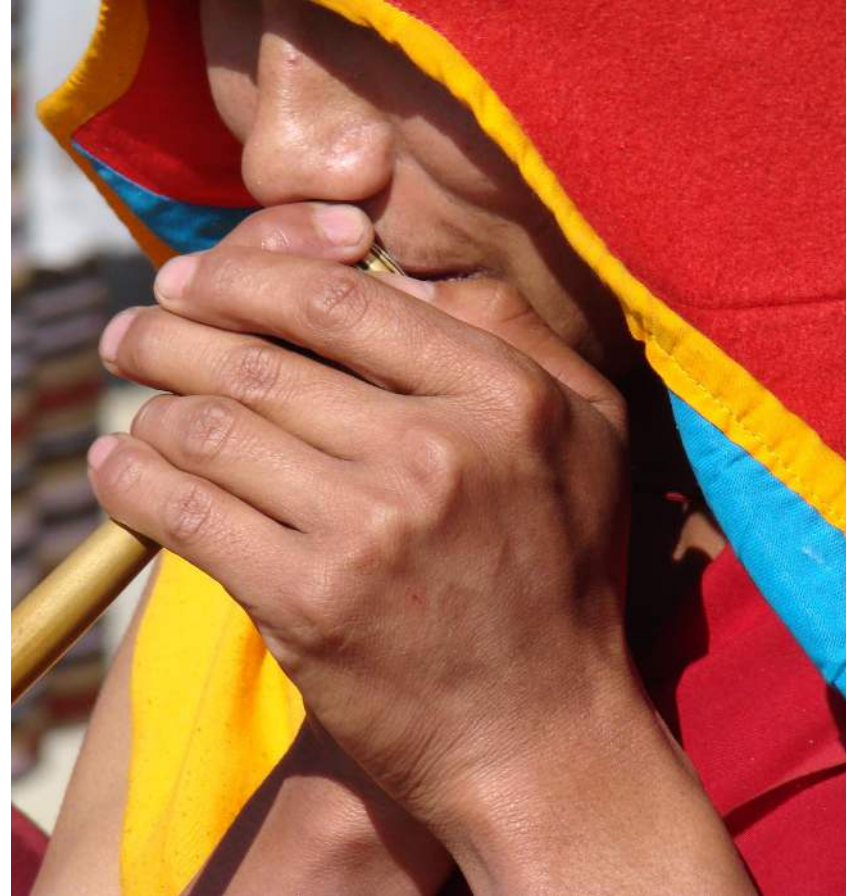
Spirituality

Sikkim was originally a Buddhist kingdom (Guru Rinpoche in the 8th century)

Practiced by a majority of Nepalese, Hinduism has today become the main religion with 61% of practitioners.

Given its history and its 67 monasteries which populate its lands, Buddhism remains very present in Sikkim and constitutes the largest majority in the State (28%) ahead of the Christian (7%) and Muslim (rarer) minorities.

Other beliefs or superstitions are specific to Sikkim and shared by followers of different religions (e.g. Kanchenjunga, bone-setters, etc.)



Relief and altitude

Sometimes humorously called "the little Switzerland of India", Sikkim is a state full of valleys.

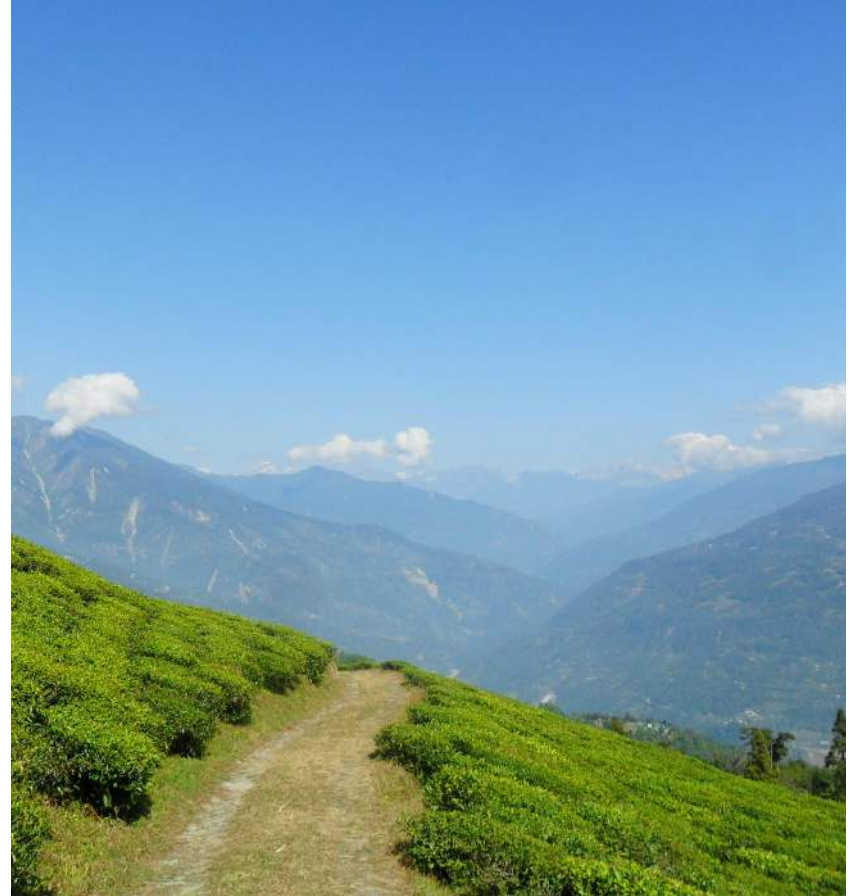
Rice, tea and also cardamom are grown there.

The altitude rises from 280 to 8598 meters.

Sikkim also shares Mount Kangchenjunga with Nepal, the 3rd highest peak in the world (8,598 meters) and the highest point in India.

Consequence of the relief, the roads. They take on the appearance of endless switchbacks and the average speed is 40 km/h.

The architecture is also very specific and the constructions are adapted to the mountains.



Climate

The most correct definition of Sikkim's climate would be alpine-tropical.

The monsoon appears between June and September with intense heat and heavy rains while the winter months are dry and bright with temperatures oscillating between 12° and 20°.

The climate in spring and autumn is milder and therefore more favorable for tourism, mainly local.

India is still a third world country, central heating is not developed and conditions can be harsh at certain times of the year.



A 100% organic state

Sikkim is renowned for its preserved natural relief, its cultures, its welcoming and smiling people as well as its numerous ancestral monasteries which invite calm, renewal and spirituality.

But recently, Sikkim is also renowned for being the first 100% organic state in the world!

In 2013, the government initiated a policy aimed at banning crops that use fertilizers and pesticides and supported farmers in Sikkim to develop organic farming.



Regions of Sikkim



The riches of Sikkim



Meetings



Visits



Discovering



About us



Maxime

Former medical center manager. Maxime is the co-founder of Karma Yoga. In charge of development, trips to Sikkim and Ashtanga Vinyasa teacher



Karma Chookela

Yoga teacher from Sikkim. Co-founder of Karma Yoga. She provides courses, retreats and also training for future teachers.



Lama Zeupa

Lama Zeupa is a teacher of Buddhist philosophy and meditation. He is the spiritual director of the Yeunten Ling Buddhist Institute in Huy and participates in Karma Yoga retreats and training.



Karma Yoga Center in India

Built around a family house called “Choda House”,

the Karma Yoga Center in India is located in the middle of the lush nature of Ravangla in South Sikkim.

A place conducive to relaxation, meditation and the practice of yoga.

The center has 10 comfortable rooms, each with bathroom, a small Buddhist temple and a 120m² practice room.

There you can enjoy traditional organic and seasonal cuisine, taste the traditional Sikkim hot stone baths and take beautiful walks in the surrounding area.





our vision of travel: An experience!



Yoga / Meditation

A retreat trip where yoga and meditation take center stage. Thrive through comprehensive practices and quality teaching.



Meetings

Far from mass tourism, experience authentic encounters with the shy but warm people of the Himalayas, without filter.



Culture & spirituality

Immerse yourself in the rich culture of Sikkim. Set out to discover yourself... among others. A spiritual journey of which only you will know the route.



Discovery

Almost untouched relief and nature. Enjoy the charm of the typical villages, the beauty of these lush valleys and snow-capped peaks to discover.





Program

Disclaimer: This program is provisional and may be subject to modification depending on the weather, people available on site or a possible local event/celebration that we could join. Please stay flexible, it's India :-)

Day 1

Departure: International flight

Paris-Delhi by direct flight

Day 2

Arrival in Delhi and domestic flight to Bengal (Bagdogra)

Arrival in Delhi in the morning

**Transfer to domestic terminal
Domestic flight Delhi/Bagdogra
(2h)**

Overnight at hotel in Siliguri

We will begin our stay in Sikkim with a **5-day meditation retreat** with Lama Zeupa coupled with visits and local meetings.

Each day, 3 practices will be provided.

Typical day during the 5 days of retreat:

7 a.m.: Pranayama practice and meditation
8:00: Light breakfast
8:30 a.m.: Meditation/Yoga/Qi Gong practice
10 a.m.: Brunch
11 a.m.: Departure for visits
6 p.m.: Meditation
7 p.m.: Evening meal

Program



Day 3 - Road to Sikkim

Around 10 a.m., we will take the road by jeep to begin the ascent from the plains of Bengal towards the mountains of Sikkim.

A colorful 4 to 5 hour journey on which we will stop to admire the first valleys which are slowly emerging.

We will arrive in the early evening at our main accommodation, the Karma Yoga Retreat Center in Sikkim.

Program



Day 4 - Meeting with the nuns

After the first two meditation sessions, we will meet our neighbors, female monks from the Ani Gumpa monastery, one of the rare schools of Buddhist nuns in Sikkim.

We will participate in one of their rituals. At the end of the afternoon, we will return to our accommodation for a meditation session.

Program



Day 5 - Ravangla & Tathagata Tsal

After morning meditation practice, we leave our accommodation for a walk towards the town of Ravangla.

We will visit the Tathagata Tsal pilgrimage site better known as Buddha Park because of its 40 meters high statue which overlooks the valley.

We then go back down to the town where a short self-guided tour is planned.

We will end the day with a meditation session

Program



Day 6 - Temi Tea Garden

Departure after breakfast for the tea fields of Temi Tea Garden around 10am. (+/-1 hour drive).

We will take a walk in the tea fields before joining the Temi Organic Tea factory for a guided tour.

Return is scheduled around 4 p.m.

A meditation session will be provided upon return.

Program



Day 7 - The caves of Guru Rinpoche & Hanuman

Departure after breakfast for Legship where there is a sacred place, both for Buddhists and Hindus.

We will first visit the Temple of Hanuman, the monkey-headed god, located beyond a bridge that crosses the Rangeet River on the edge of the jungle. It is occupied by priests and very often by monkeys as well.

We will then visit the caves of Guru Rinpoche where he meditated for several years.

We will end the day with a meditation session

Program



Day 8 - Ralong Monastery

After brunch, departure for the Ralong monastery, +1h30 drive from Ravangla.

This monastery belongs to the Kagyu Order of Tibetan Buddhism under the leadership of Gyaltsap Rinpoche. Around 100 monks reside there. The view from the monastery over the Himalayan range is magnificent.

End of the 5 days of meditation retreat, the journey continues...

Program



Day 9 - Panorama in Tarey Bhir

We will take the road after our breakfast to Tarey Bhir, a cornice located at an altitude of 3050 meters which offers a breathtaking view of the valleys of Sikkim.

The ascent is a good time to walk in silence and meditate. The immensity of the panorama of Tarey Bhir gives this place a very spiritual atmosphere.

Program



Day 10 - En route to the West and its treasures

In the morning, we will pack a small baggage for 2 nights in West Sikkim. We will begin with a visit to the Pemayangtse monastery, one of the oldest in Sikkim.

We will then settle into the hotel around noon.

After lunch, we will visit the ruins of Rabdentse, the ancient capital of Sikkim.

Program



Day 11 - Village walk experience

The second day we will have an opportunity to see the sunrise at 5 a.m. on Mount Kanchenjunga, the 3rd highest peak in the world, visible from the hotel.

We will then set off to meet the Lepcha and Bhutia communities who are the first inhabitants of Sikkim. During a walk through the village, we will discover their authentic lifestyle and how they coexist with a pristine natural environment.

Program



Day 12 - The sacred lake of Khecheopalri

After breakfast, we will reach the sacred lake of Khecheopalri (+3 hours drive). Known as the Lake of Wishes.

This exceptionally tranquil lake, surrounded by a green forest, is considered one of the sacred lakes of Sikkim, both by Buddhists and Hindus.

The return to the Karma Yoga center is planned for the evening.

Program



Day 13 - Borong hot springs

After breakfast, departure for the Borong springs gorges (+/- 1h30 drive). They are located on the banks of the river.

Families stay for several days during the good season to enjoy the virtues of the sulfur baths. We will descend into the gorges to reach this station.

At lunchtime, we will pic-nic on site.

Program



Day 14 - Relaxation day at Karma Yoga Center

The last day in Sikkim is dedicated to relaxation in the Karma Yoga center.

The opportunity to do some souvenir shopping in Ravangla or to taste the traditional baths that we offer and to pack your bags to begin the return journey the next day.

Program

Day 15 - Back to Delhi

Early morning departure from Sikkim to Bagdogra Airport

Domestic Flight Bagdogra/Delhi

Transfer from Delhi airport to a hotel to spend a comfortable night before the return flight.

Day 16 - International flight

After a good breakfast at the hotel, we will be taken to the international airport to catch our flight which will take us back to Paris during the day.

Takeoff +/- 1 p.m.

Arrival in Paris +/- 6 p.m.

Accommodations

during our trip

- ✓ 1 night in a 4* hotel in Siliguri (Bengal)
- ✓ 10 nights at our retreat center in Sikkim
- ✓ 2 nights in a Resort in West Sikkim
- ✓ 1 night in Delhi in a 4 or 5* hotel on the return journey*



Karma Yoga Retreat Center

We will mainly stay in our Karma Yoga center in South Sikkim



Norbughang Retreat - Pelling

We will spend one night in this hotel during our excursion to West Sikkim. The view of Mount Kanchenjunga from the hotel is exceptional.



Saffron Crest - Siliguri 4*

On the way, we will stop at Saffron Crest in Siliguri in West Bengal to rest before starting the road to Sikkim



Hôtel - Novotel Delhi 5*

On the way back, we will stay one night in Delhi in the Aerocity district near the airport.

Price

3685 €

per person in a double room (twin bed)

This price includes

- ✓ The international flight Paris CDG to New Delhi (round trip)
- ✓ Domestic flight New Delhi to Bagdogra (round trip)
- ✓ Reception at the airport
- ✓ Transfers by private vehicle
- ✓ All the accommodations (Delhi, Siliguri and Sikkim)
- ✓ Full board (breakfast, lunch, dinner) for the duration of the stay
- ✓ The different visits as described in the program
- ✓ French-English-Dutch speaking support from staff of Karma Yoga
- ✓ Daily meditation / Yoga / Qi Gong sessions in english
- ✓ Odysway travel agency assistance 24/7

This price does not include

- Activities not included in the “price includes” section
- Cancellation or comprehensive insurance
- Personal expenses on site
- Tips to local workers (+/- 30€ in total)

Still have questions?

Contact our tour leader: maxime@karmayoga.be - (+32) 0499/333.000

Decided to join?

Secure your spot in booking on the travel agent website:

> <https://odysway.com/voyages/immersion-sikkim-inde> <

