**Delving into the Dragon’s Mind (2)**

*19-24 October 2023, Thassos Island, Greece*

Immersion into Bhutan’s Spirituality, Culture, History and Modern Affairs

**Organisers of the retreat:**

- Bodhitse, Peak of Enlightenment: A Centre for Study and Contemplation, Thimphu, Bhutan - Hungary-Bhutan Friendship Society, Budapest

**Retreat leader:** [**Karma Phuntsho**](https://en.wikipedia.org/wiki/Karma_Phuntsho)**, founder of the Bodhitse Centre**

Hosts: Kálmán Kelemen, a friend of Bhutan who lives on the island

Zoltán Valcsicsák, president of the Hungary-Bhutan Friendship Society

Participants: max 20 people

Language: English

Retreat location: [Thassos Island](https://goo.gl/maps/ig6syYHNjqwg6wbC7), Greece

Accommodation: [Hotel Zafira Thassos](http://www.studios-zafira.gr/), single or double rooms, incl. two meals a day

Participation fee per person: 999 EUR (single room) / 920 EUR (double room)

***An advance payment of 200 EUR is required for the registration.***

The fee includes: - accommodation at a 3-star hotel

- 4 breakfasts and 4 dinners, snacks and fruits between meals, and

- all activities indicated in the tentative program below.

Does NOT include: - travel to and from the island

- alcoholic drinks

- transport within the island incl. an optional boat trip

TENTATIVE PROGRAM TO BE FINALIZED WITH THE PARTICIPANTS

**Day 1 -- Thursday 19 October 2023**

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| **Time** | **Activity** | **Remarks** |
| All day | Arrival on your own at Thassos Island during the day. Check-in. | Nearest airports: Kavala (25km) and Thessaloniki (225 km).  *NOTE: please make sure that your flight to Thessaloniki airport arrives* ***BEFORE 4 pm*** *(before 6 pm to Kavala) so that you have enough time to catch the last ferry to the island.*  We are happy to help you organize transport from the airport to the island. |
| 1900 | Welcome dinner | People can socialize after dinner or retire. |

**Day 2 --- Friday 20 October 2023**

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| **Time** | **Activity** | **Remarks** |
| 700-800 | Morning activity:  Breathing exercise, Water Offering, Chanting | Participation is optional  Optional activity: yoga class |
| *800-900* | *Breakfast* | *Served at the hotel* |
| 900-1000 | Welcome and introduction | Introducing people to the retreat, giving instructions, timetable, etc. |
| 1000-1100 | Meditation,  Explanation and Chanting | Pursuit of Wellbeing: Explaining why we are doing what we are doing |
| 1100-1200 | (Walking) Meditation | People can have meditation sessions or may walk mindfully. (Breathing, Body Scan, Four Immeasurable Thoughts, Sound, etc.) |
| *1200-1300* | *Lunch break* | *Snacks, fruits are served* |
| 1300-1500 | Wellbeing and Gross National Happiness | Talk, presentation, discussion over tea/coffee |
| 1500-1600 | Meditation on the Buddha Libation, Prostration Exercise | Explanation, demonstration, engaged experience |
| *1600-1630* | *Break* |  |
| 1630-1800 | Guru Yoga on Padmasambhava | Explanation, chanting and visualisation (Based on Vajrayana Buddhism and text to be distributed in advance) |
| 1800-1900 | Individual reflection/practice | Practice/reflection on one’s own to continue the previous practices or do something oneself. |
| *1900* | *Dinner* | *Served at the hotel. People can socialize after dinner or retire. (Can see short documentaries from Bhutan/learn Bhutanese songs/words/concepts, optional)* |

**Day 3 --- Saturday 21 October 2023**

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| **Time** | **Activity** | **Remarks** |
| 700-800 | Morning activity:  Breathing exercise, Water Offering, Chanting | Participation is optional.  Optional activity: yoga class |
| *800-900* | *Breakfast* | *Served at the hotel* |
| 900-1100 | Meditation on the Buddha Prostration Exercise Smoke offering | Chanting and visualisation |
| 1100-1200 | (Walking) Meditation | People can have meditation sessions or may walk mindfully. (Breathing, Body Scan, Four Immeasurable Thoughts, Sound, etc.) |
| *1200-1300* | *Lunch break* | *Snacks and fruits are served* |
| 1300-1500 | Buddha-Nature | Talk, presentation, discussion over tea/coffee |
| 1500-1600 | Emptiness and Chanting Heart Sutra | Text to be distributed in advance |
| *1600-1630* | *Break* |  |
| 1630-1800 | Guru Yoga on Padmasambhava |  |
| 1800-1900 | Individual reflection/practice | Practice/reflection on one’s own to continue the previous practices or do something oneself. |
| *1900* | *Dinner* | *Served at the hotel. People can socialize after dinner or retire. (Can see short documentaries from Bhutan/learn Bhutanese songs/words/concepts optional)* |

**Day 4 --- Sunday 22 October 2023**

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| **Time** | **Activity** | **Remarks** |
| 700-800 | Morning activity:  Breathing exercise, Water Offering, Chanting | Participation is optional  Optional activity: yoga class |
| *800-900* | *Breakfast* | *Served at the hotel.* |
| 900-1800 | **All-DAY HIKE** | Visiting key spots on the island, climbing the mountains, open-air meditation, chanting  Optional: Taking a boat trip if available |
| 1800-1900 | Individual reflection/practice | Practice/reflection on one’s own to continue the previous practices or do something oneself. |
| *1900* | *Dinner* | *Served at the hotel. People can socialize after dinner or retire. (Can see short documentaries from Bhutan/learn Bhutanese songs/words/concepts optional)* |

**Day 5 --- Monday 23 October 2023**

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| **Time** | **Activity** | **Remarks** |
|  |  | *NOTE: please make sure that your flight from Thessaloniki airport departs* ***AFTER 11am*** *(after 9am from Kavala) so that you have enough time to catch it by using the ferry.* |
| 700-800 | Morning activity:  Breathing exercise, Water Offering, Chanting | Participation is optional  Optional activity: yoga class |
| *800-900* | *Breakfast* | *Served at the hotel* |
| 1000 | Check out/Departure | Transport to the airport would be arranged upon request. |
|  | OPTIONAL STAY | You can stay on the island for more time after the program is finished. We are happy to help organize your stay. Just let us know. |

**USEFUL LINKS:**

- Karma Phuntsho: <https://en.wikipedia.org/wiki/Karma_Phuntsho>

- Bodhitse, Peak of Enlightenment: A Centre for Study and Contemplation, Thimphu, Bhutan: <https://www.facebook.com/bodhitse>

- Thassos Island: <https://en.wikipedia.org/wiki/Thasos>

- Photos about Thassos: <https://www.facebook.com/Thassos.a.Smaragd.sziget/photos>

- Hotel Zafira Thassos: <http://www.studios-zafira.gr/>

**FURTHER INQUIRIES:** Zoltan Valcsicsak, Budapest, +36 305990970, [valcsicsak.zoltan@gmail.com](mailto:valcsicsak.zoltan@gmail.com)

**ONLINE REGISTRATION:** <https://forms.gle/UyLqkziJpbKZAind9>