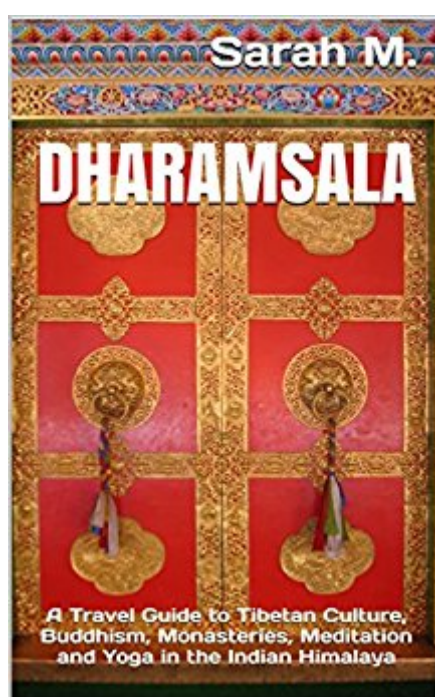


The book was found

Dharamsala: A Travel Guide To Tibetan Culture, Buddhism, Monasteries, Meditation And Yoga In The Indian Himalaya



Synopsis

Written from the point of view of a long time Dharamsala and India traveler, this book gives you a detailed idea of what the town has to offer to tourists looking for a trip beyond a regular holiday. It is not a typical guidebook which gives you a quick glimpse of what you can see in Dharamsala, and unlike the Lonely Planet or other similar typed guidebooks, there are no hotel or restaurant recommendations. What you will find is detailed information on various activities and programmes you can participate in to add to your travel experience in Dharamsala in a more meaningful way. This includes detailed information on language, philosophy, alternative medicine and cultural related programmes, a list of institutes where you can engage in more serious and longer term Buddhism or Tibetan studies, tips on where to find opportunities to volunteer in a variety of roles, and information about small regional places which will interest a tourist traveling to Dharamsala. The book seeks to provide information that is lacking in other broad based India guidebooks and to collate more comprehensive information which will help you to design a holiday where you can participate fully in the many activities available to a tourist in Dharamsala. Therefore, this guidebook is targeted at travelers with not just a mere interest in doing a 'touch and go' holiday, but those who want to be more involved with the community, and to know the place and its people at a deeper level so you leave with a more interesting and meaningful holiday experience. It is hoped that this book will help you gain an experience which stays with you for a long time to come and will encourage you to plan for other similarly styled holidays, looking beyond ordinary sightseeing trips.

Book Information

File Size: 3523 KB

Print Length: 55 pages

Publisher: Sarah M. (June 15, 2016)

Publication Date: June 15, 2016

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B01H5I5BI0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #879,454 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #90

in Kindle Store > Travel > Asia > Tibet #238 in Kindle Store > Kindle eBooks > Nonfiction >

Travel > Asia > India #544 in Kindle Store > Kindle eBooks > Religion & Spirituality >

Buddhism > Tibetan

[Download to continue reading...](#)

Dharamsala: A Travel Guide to Tibetan Culture, Buddhism, Monasteries, Meditation and Yoga in the Indian Himalaya Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1)

Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners)

Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Yoga: 100 Key

Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv

3) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Translating

Buddhism from Tibetan: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan Buddhism: Buddhism for Beginners: The Complete Introduction to

Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for

Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) BUDDHISM: 50 Buddhist Teachings For Happiness,

Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) BUDDHISM: Buddhism For Beginners: How

To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Lonely Planet Tibetan Phrasebook (Tibetan Phrasebook, 2nd ed) (English

and Tibetan Edition) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma,

Happiness) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Zen Buddhism: How Zen Buddhism

Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw

(Buddhism and Modernity) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, DalaÃfÂ -LamaÃçâ -Â| (Buddhism, Bouddha, Buddhist ... & Spirituality, DalaÃfÂ Lama, Zen. Book 1) 5 BOOKS ON HINDUISM AND BUDDHISM. THE ESSENCE OF BUDDHISM, THE LIGHT OF ASIA, HINDU LITERATURE, THE SONG CELESTIAL OR BHAGAVAD-GITA, INDIAN POETRY (Timeless Wisdom Collection Book 4750) Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Trekking and Climbing in the Indian Himalaya (Trekking & Climbing)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)