



MEDITATING IN AVA & SAGAING

Code: INS-MN19

Duration: Full day

Sagaing is the centre of Buddhism in Myanmar and houses more than 6000 monks and nuns in monasteries near over 500 stupas. Set on a hill on the riverbank of the Ayeyarwaddy river it's a very peaceful place and our specialized meditation guide will take you here for a 3 hour introduction to Buddhism and meditation. No – it's not only for Buddhists, it's simply an eye-opener for everybody to concentrate on breathing, focussing the mind on one thing only and de-stressing. We're sure you will be amazed by the results to achieve "peace of mind". And if you really don't like it after 30 minutes? Don't worry – Sagaing is a lovely village to walk around. We continue to Ava for lunch and to take a horse cart and visit the beautiful wooden monastery and the ancient temple ruins in the afternoon.

Inclusions:

- Private transfer during trip
- English speaking guide
- 3 hour Meditation course
- Lunch
- Horse cart ride
- Water, snowtowels
- Entrance fee where mentioned

Exclusions:

- International and Domestic airfares and airport departure taxes
- Visa (visa is compulsory and must be arranged in advance)
- Any gratuities for guide and driver
- Meals if not specified in the itinerary
- Travel insurance (we highly recommend that you purchase adequate insurance)
- Personal expenses such as laundry, telephone, drinks etc.
- All other services which are not specified in the itinerary