

# Mindful Nursing Service Trip to India

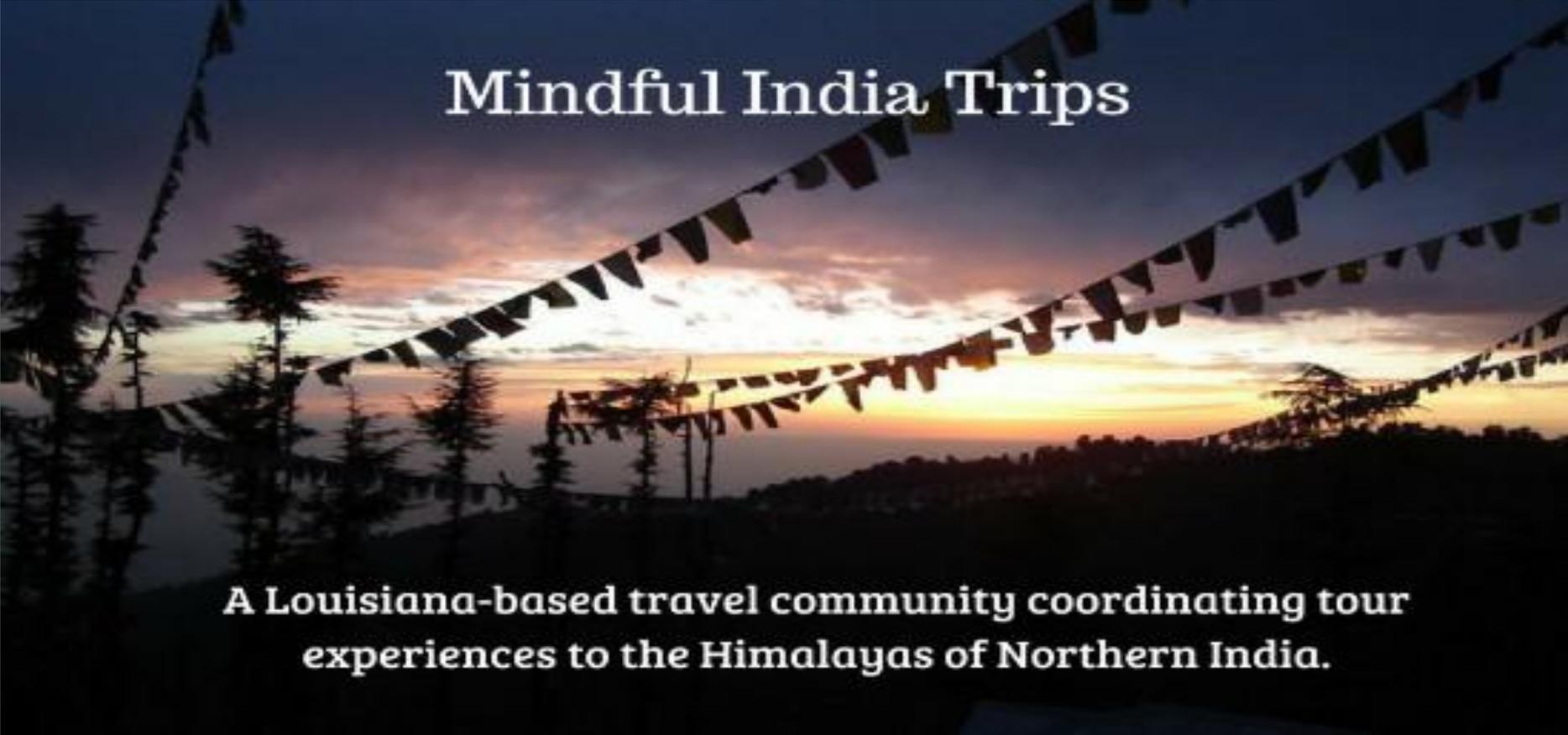
designed for nurses and nurse practitioners

A 14-day global medicine volunteer service mission with  
Tibetan Refugees in the Himalayas of Northern India

October 12 - October 25, 2019

[\(REGISTER NOW\)](#)





# Mindful India Trips

**A Louisiana-based travel community coordinating tour experiences to the Himalayas of Northern India.**

Since 2002, our team has hosted over 60 travel experiences to Northern India. Each year, we lead at least six group trips, each with a special focus. If one group fills up, consider joining another trip!

For more information about our trips, contact [mindfulindiatrips@gmail.com](mailto:mindfulindiatrips@gmail.com).

# We hope you will join us!

\* Please note that we are only able to accommodate 12 people in each group. When this group is full please register for the wait list and/or contact us about information and availability of one of the other 2019 India groups that may still have openings.

1. Tibetan Buddhist perspectives on living and dying (September 21 – October 5, 2019)

Organized by the Louisiana Mississippi Hospice and Palliative Care Organization (LMHPCO)

Designed for Hospice Care Professionals but open to anyone interested

2. Mindful Medicine Conference - Dharamsala, India (October 29-November 9)

Organized by Ochsner Medical Centers of Louisiana Louisiana and LMHPCO

Designed for MDs & Nurse Practitioners but open to all other health care providers

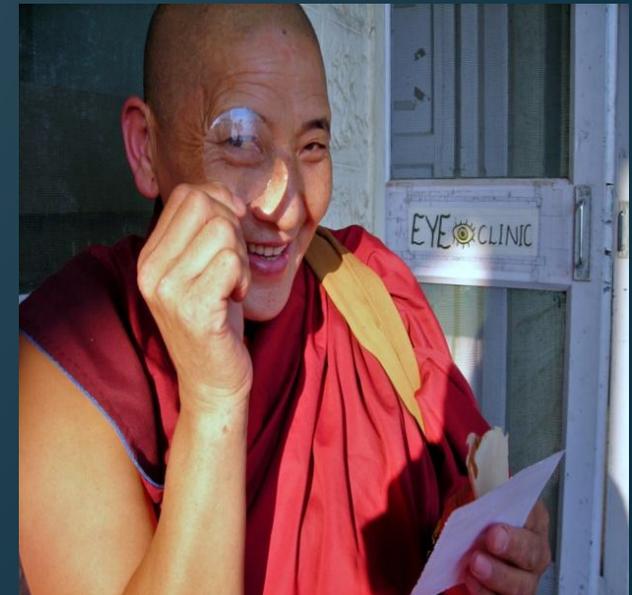
# Experience Overview

- This small-group adventure to visit the Tibetan Refugee community in Northern India will provide opportunities for personal and professional growth through service and cultural exchange.
- Participants will learn about Tibetan and Ayurvedic medical philosophies and practices. Holistic approaches where thoughts and behaviors influence health and happiness.
- In exchange, nursing professionals are invited to share their knowledge of medicine, healthy living and western perspectives on systems of care with members of the Tibetan Refugee community.



# Objectives

- Promote long-term lasting health outcomes for the Tibetan refugee community by providing much-needed health care information to members of the lay community and our partner monasteries in Himachal Pradesh, India.
- Integration of Eastern and Western medicine practices for patient care and personal well-being. Become better and more mindful health practitioners with greater cross-cultural perspectives.
- Gain a greater appreciation for the complexity of global medicine and public health.
- Enjoy an incredible adventure and learning experience while helping the Tibetans.



# Learning Opportunities

- Tibetan Medicine, Ayurvedic Medicine, Yoga, Mindful Meditation Practices, Buddhist philosophy, Global Medicine and International Public Health will be explored through readings, lectures, site visits, and discussions. We will meet with a wide array of medical practitioners, teachers and lay persons living these ancient traditions
- Learn Mindful Medicine Practices - The holistic treatment of patients (mind, body, spirit)
- Tours of local allopathic and naturopathic health clinics, Tibetan and Ayurvedic medical schools and a herbal medicine growing and production center.
- Group members will have the opportunity to come out of this experience with a heightened ability to engage in eastern techniques for patient care and personal well-being



# This trip is a collaborative effort between the Louisiana Himalaya Association (LHA) and LHA Charitable Trust in Dharamsala, India



*"More than 15 years ago, volunteering with LHA changed the trajectory of my development as a physician. I returned on these group trips three times since, and have worked with other international social work and health organizations. I find LHA's approach to be unique and rare. LHA ensures that Western involvement does no harm, utilizing donated time and resources prudently, and focusing on long-term relationships. These groups have a long, successful history of simultaneously helping Tibetan exile communities, and exposing Westerners to a culture which has much to teach."*

**–Shuchin Shukla, MD, MPH**

# Main Destinations Include

**Delhi** – Mother Theresa's Home for the Destitute and the Gandhi Museum

**Agra** – Taj Mahal

**Dharamsala** – Home of the 14<sup>th</sup> Dalai Lama and Center of the Tibetan refugee community. First site of our volunteer service. We will also end the trip here in Dharamsala with an optional Himalayan Trek or options for exploring personal interests

**Bir** - Tibetan settlement in the foothills of the Himalayas where we will stay at a monastery which is our second site for volunteer service and home to some 250 monks

**Gallu** – Mountain lodge in the Himalayas above Dharamsala

**Delhi** – R&R at Ashok Country Resort, market shopping tour, or a day of site seeing at some of Delhi's highlights



# Tours and Sites Schedule



S Oct 12 - Evening arrival in Delhi

S Oct 13 - Delhi: Optional day trip to the Taj Mahal or a Delhi Market Tour

M Oct 14 - Delhi: Hindu Burning Ghats on the Yamuna River, Mother Theresa's home for the Dying & Destitute, Delhi's Tibetan Refugee settlement - Overnight Train

T Oct 15 - (Domestic Flight Option) Dalai Lama's Temple, the area around his home and the Tibet Museum

W Oct 16 - Dharamsala: Tibetan Delek Hospital, the Tibetan Medicine Medical School and meet with Tibetan Nurses

T Oct 17 - Dharamsala: Lectures with Buddhist teachers on cultural sensitivities and tour the nursing home for Tibetan Elders

F Oct 18 - Dharamsala: Volunteer Service day – LHA's Social Service Center and Soup Kitchen

S Oct 19 - Dharamsala: Volunteer Service day – Jampaling Nunnery

S Oct 20 - Bir: Volunteer Service day - Norbulingka Institute (Preservation of Tibetan Arts)

M Oct 21 - Bir : Volunteer Service day – Tour and Lecture on Ayurvedic medicine

T Oct 22 - Bir : Volunteer Service day - Visit to Tibetan Children's Village (TCV)

W Oct 23 - Gallu: Mountain lodge overlooking the Majestic Himalayan Peaks

T Oct 24 - Dharamsala – Hike down from Himalayan Trek or a day for personal interests

F Oct 25 - Final Day in Dharamsala with over-night bus or domestic flight option to Delhi

S Oct 5 Delhi: R & R at Ashok Country Resort or Delhi adventures, evening departure for USA



# Recommended Reading

- A Doctor in Little Lhasa, by Timothy Holtz
- Attending: Medicine, Mindfulness, and Humanity, by Ronald Epstein
- Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom, by Rick Hanson
- The Tibetan Book of Living and Dying
- How to Meditate, by Kathleen McDonald
- The Art of Happiness, by The Dalai Lama
- The Book of Joy, by the Dalai Lama and Arch Bishop Desmond Tutu

[Register now](#)



# Onsite Coordinator:

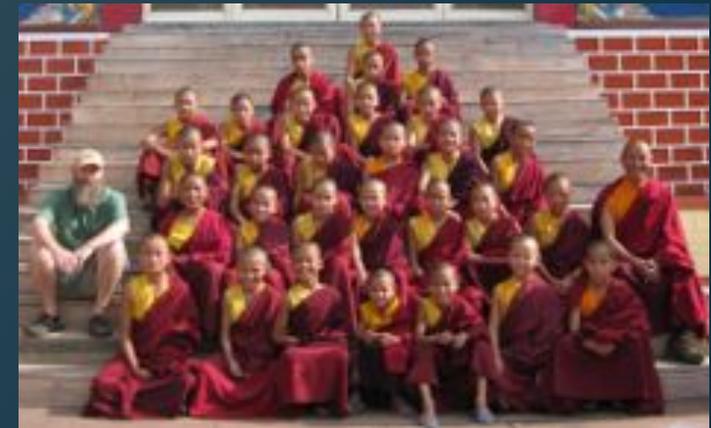
Neil E. Guidry, ACSW  
Co-Founder and President,  
Himalaya Association (LHA)  
[www.lhainfo.org](http://www.lhainfo.org)

Neil has lived and worked with the Tibetan community in northern India for six months every year since the establishment of LHA in 1997. He has helped to coordinate over 50 volunteer/cultural exchange groups from Louisiana to the Himalayas while working on projects with the exiled Tibetan community. At home in Louisiana he organizes fundraisers to support LHA projects and has taught Global Social Work and Buddhist Studies at Tulane for 12 years. He acts as advisor and consultant to LHA Charitable Trust in Dharamsala which will be the Tibetan host organization during our time there.



# Guide, Cultural Advisor and Translator: Venerable Tsering Phuntsok

Venerable Tsering Phuntsok is one of 250 monks of the Palyul Nyingma Buddhist Monastery in India. He specializes in Sacred Lama Dance and Ritual Ceremonies. He speaks fluent Tibetan, English, Hindi and Nepali. His happy demeanor paired with a vast knowledge of the cultures and traditions of the area make Tsering the perfect guide. Tsering has assisted with over 50 groups of this kind. He has a wonderful way of being able to keep everyone smiling!



# Pre-Trip Coordinator:

(registration and preparation)

Jocelyn Pinkerton, LCSW



Jocelyn has been involved with the Louisiana Himalaya Association (LHA) since 2006. She first volunteered in India in 2008, and has returned several times since then. She is currently an adjunct professor at the Tulane School of Social Work. She specializes in incorporating mindfulness into social work practice. She is also social worker for the city of New Orleans. Jocelyn coordinates similar trips to India for several other groups. Her expertise in organizational skills will help assure that we are all properly prepared for the trip.

# Included in Trip Cost (\$1875)\*\*

Coordinators, guides, translators and guest lecturers

Conference rooms for lectures, meetings, yoga and meditation classes

One group meal per day

All nights lodging while in India (Double Occupancy)

Delhi (2 nights): Ashok Country Resort <http://www.ashokcountryresort.com/>

Night Train (1 night) \*Domestic Flight option without lodging

Dharamsala (5 nights): LHA Charitable Trust Guest House "Ahimsa House"

Bir (3 nights): Nyingmapa Guest House

Gallu (1 night): Himalayan Mountain Lodge

Night Bus (1 night) \*Domestic Flight  
option without lodging

## Overland Transportation while in India

Overnight train & bus tickets to and from Dharamsala/Delhi

Auto transport provided with professional licensed drivers in Toyota or Chevy SUVs

Local Taxis or Auto Rickshaws may be used for short distance transport.



[LINK TO REGISTRATION](#)

# NOT INCLUDED IN TRIP COST

Roundtrip airfare USA-Delhi: ~ \$1000 – \$1500

Domestic Round Trip Flights: ~ \$300

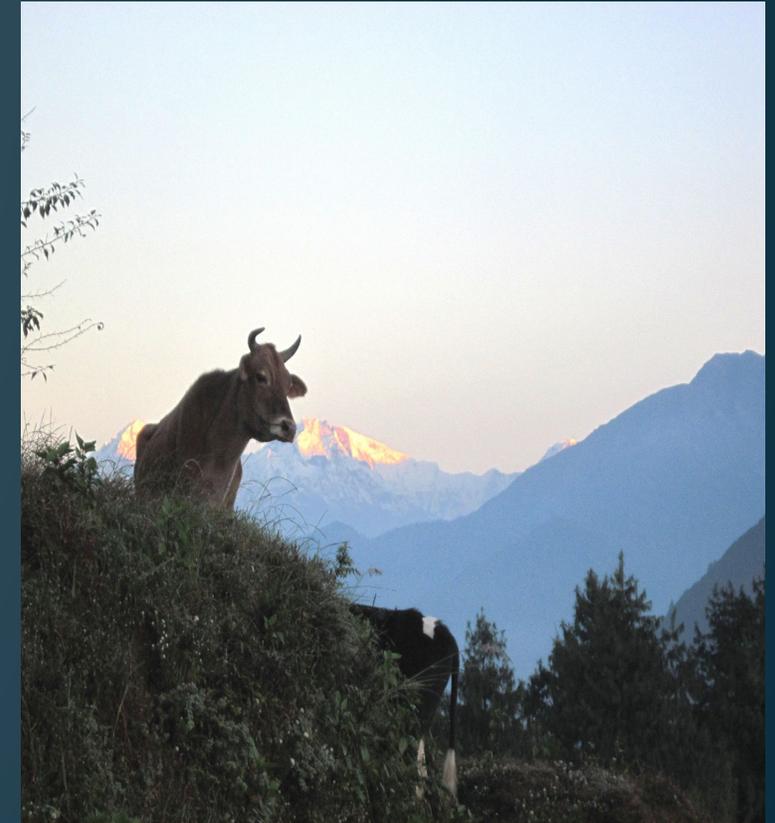
Transportation to and from Delhi airport: ~\$40

India Visa: ~ \$100 (we have directions on how to apply)

Travel Insurance: ~ \$100

One meal per day: ~ \$5

Souvenir shopping



\*If anyone would like to arrive early or stay longer please note that accommodation and site seeing ventures can be arranged directly through Ashok Country Resort. Any extra days and excursions are not included in the cost of the group trip and are fully independent undertakings. If you are planning for more time in India we recommend it be on the back side of the trip once you have had the group experience and have acclimated to the ways of the country.

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# STEP BY STEP INDIA TRIP !

**Step one** – Register - Please note that this group will have a max of 12 participants and will be on a first come first served basis [REGISTER now to secure your spot](#)

**Step two** – Group Member will receive contact from our pre-trip coordinator Jocelyn Pinkerton who will be available for questions and assistance throughout your preparations :

**Step three** – you will receive

- Group Flight information (optional)

- India Visa application information

- Packing and general health recommendations

**Step four** – Individually apply for India Visa and purchase flight and travel insurance. Visit travel clinic for vaccines and medical recommendations.

**Step five** – Submit scanned copies of Passport, India Visa, Flight Ticket, and Travel Insurance.

**Step six** - Submit the balance due on registration site

Step seven – India !

# Flights, Travel Insurance, and Vaccinations

**Flights:** We will hold your spot on the tour as soon as we receive your deposit. But please do not purchase an airline ticket until you have received confirmation from us. At that time we will share more information on flights.

**Travel Insurance:** It is required that you purchase independent travel insurance, which provides protection against trip cancellation/delay, lost or stolen luggage, and international medical emergencies.

**Vaccinations:** You should make an appointment with your doctor or a travel doctor with ample time before traveling. You should tell your healthcare professional that we are spending the majority of our time in the state of Himachal Pradesh. More information can be found by looking at the CDC recommendations:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/india>

# “A journey of a thousand miles begins with a single footstep.”

- Please note that although parts of this trip can be somewhat physically challenging, other enjoyable options or accommodations can easily be made for those with health issues. Please tell us about any health concerns we should know about.
- Know that this is not an ordinary tourist sightseeing group - this will be a very intimate experiential learning and sharing time integrated within a well-established community situation.
- Our on-site coordinator, Neil Guidry has organized over 50 India groups prior to this one and is looking forward to introducing us to the Tibetan community with whom he has lived and worked for the past 21 years.
- We have a list of previous group participants from different cities around the US that would be happy to have a phone conversation about their India experience. Let us know if you would like to contact someone.
- Please check out [www.lhainfo.org](http://www.lhainfo.org) and [www.lhasocialwork.org](http://www.lhasocialwork.org) for more info about the programs and projects our group will be in contact within India.
- If you have any questions before registering please contact Neil Guidry [neilguidry@hotmail.com](mailto:neilguidry@hotmail.com)
- [Register now](#)