

One of the most exotic places on earth, the colorful and ancient Kathmandu Valley in Nepal is renowned for its full range of historic and artistic marvels. Like a technicolor epic come to life, the bustling monasteries, centuries-old temples and sacred sites brim with brilliant color, vivid detail and sensory richness.

Drala Adventures announces the March 2009 launch of its premiere Spiritual Adventure Tour, an eight-day package that offers a behind-the-scenes spiritual, cultural and educational journey to Kathmandu. Led by an exceptional team of Tibetan Buddhist masters and Western Dharma teachers, each day provides travelers the opportunity for extraordinary learning and personal transformation, while enjoying luxury accommodations at the new Kathmandu Hyatt Regency Hotel.

"We all share the desire to be happy, but often feel dissatisfied with our fast-paced lives and stressed by troubling world events," said Bart Mendel, Drala Adventures co-founder and spiritual guide. "Our intent in creating these extraordinary spiritual journeys is to provide an atmosphere conducive to developing a more joyful state of mind and rediscovering the deeper meaning of life."

Drala Adventures unparalleled access to a lineage of authentic spiritual guides opens a gateway for a true insider's experience. "We feel privileged to provide people with the rare opportunity to embark on an exhilarating and life-changing journey that will expose them to one of the most spiritual locations in the world," said Suzan Garner, co-founder of Drala Adventures.

"An ever growing number of scientific studies and medical practitioners maintain that meditation calms the mind and can contribute greatly to our health and well-being," said Gyaltrul Rinpoche, a Tibetan Buddhist meditation master and Harvard PhD, whose monastery is one of the sites visited in Kathmandu. An integral aspect of Drala's journeys is the personalized instruction travelers receive each day from the spiritual guides on the techniques of meditation and how it can help achieve a more peaceful state of mind and cultivate a genuine lasting happiness."

Drala's team of spiritual guides includes the remarkable 34 year-old French-American Trinlay Tulku Rinpoche. Recognized in infancy as the rebirth of an important Tibetan Buddhist teacher, at age three, Trinlay Tulku returned to his monastery in Darjeeling to undergo the traditional spiritual training accorded to high Buddhist masters. A history buff and pan-cultural scholar, Trinlay Tulku now lives in Paris where he is pursuing a doctorate in Buddhist philosophy.

During each trip, travelers will explore six UNESCO World Heritage sites, including the Buddhist stupas of Boudhanath and Swayambhunath, the Durbar Margs ('Palace Squares') of Kathmandu, Patan and Bhaktapur, and the famous Hindu temple Pashupatinath. They will also visit working Tibetan Buddhist monasteries and ancient caves where mahasiddhas, highly realized Buddhist masters, attained extraordinary meditation powers over 1500 years ago.

Drala's travelers will enjoy luxury accommodations at Kathmandu's new Hyatt Regency Hotel located within walking distance of the legendary Boudhanath Stupa. The Hyatt is a calm sanctuary where you can stroll through the gardens, swim, play tennis, work out at the fitness center, or just relax at the exclusive spa. For more information, please visit www.dralaadventures.com.

Drala Adventures Has Scheduled Two Spiritual Journeys to Kathmandu in March 2009:

Trip 1: March 20 - 28, 2009

Trip 2: March 28 - April 5, 2009

Price per person (excluding airfare):

Adults: \$9985 double occupancy

Students & under 18 years: \$5900 double occupancy

\$990 single supplement

Custom dates are available for groups of 7+ travelers.

For contact & booking information, please email info@dralaadventures.com.