



SARNATH INTERNATIONAL NYINGMA INSTITUTE

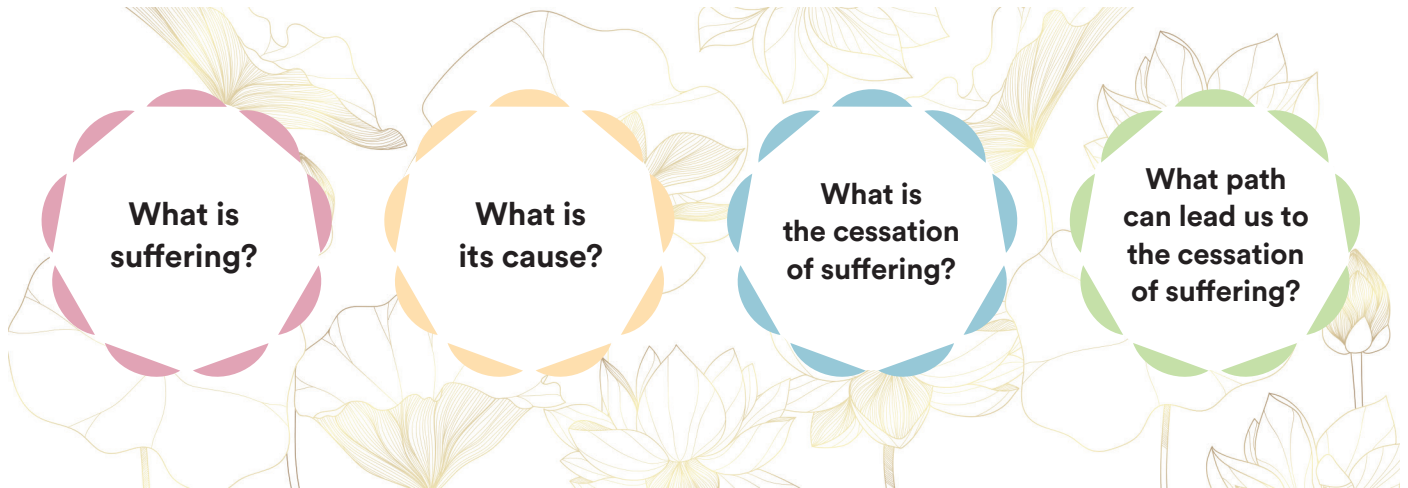
# The Four Noble Truths Seminar and Pilgrimage

**January 14 - February 28, 2026 in Northern India**  
Sarnath, Rajgir, Nalanda and Bodhgaya



## Introduction

**What relevance does a teaching from the Buddha over 2,500 years ago hold for us today? Not one of us has been spared from suffering. These truths directly resonate with the experiences of all sentient beings. We come together to contemplate the roots of suffering and explore a path forward. Join us at SINI to delve into this transformative journey.**



## Program Description

SINI's Four Noble Truths Program presents a unique opportunity to connect with the Tibetan monastic tradition in a profound way. Former participants have commented on the program's accessible format and life-changing experience of learning with monks at sacred sites of the Buddha's life.

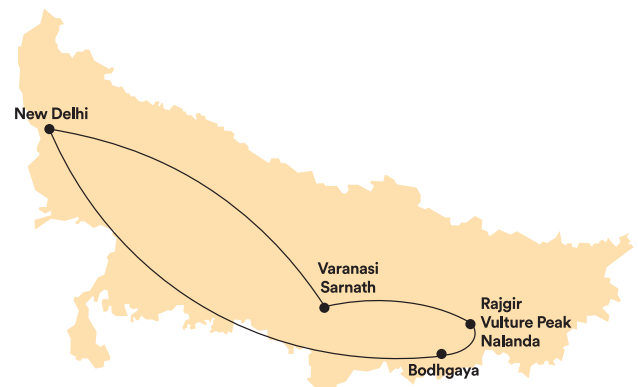
This pilgrimage combines study and practice rooted in the words of the Buddha. The enlightened insights known as the Four Noble Truths, were taught by the Buddha in Sarnath. These truths, sometimes referred to as the elephant's footprint, are considered so great, vast, and profound, that all other footprints, or the Buddha's teachings, may fit inside.

These teachings that have remained the cornerstone of all Buddhist teaching, are brought into a contemporary context through reflective inquiry, aimed at understanding the root causes of suffering.

As a learning and exchange program, this pilgrimage provides SINI's Khenpos and teachers with valuable opportunities to deliver Dharma talks and engage in discussions in English.

### Pilgrimage Map

SINI's signature FNT program provides an opportunity to immerse yourself into the most foundational Buddhist teachings at the places where they were delivered 2500 years ago.





## Pilgrimage Itinerary

Arrival at Varanasi Airport and check-in for 6 nights at SINI on January 14

January 15-19

### Sarnath

- Welcome to the Sarnath International Nyingma Institute (SINI)
- Dharma talks on the Four Noble Truths by resident Khenpos at SINI
- Review sessions, yoga, chanting, and meditation instruction
- Boat tour on the Ganges and guided city walk in Varanasi
- Connect with monastics at SINI

January 20

### Rajgir

- Travel from Sarnath to Rajgir
- 2 nights at a comfortable hotel in Rajgir

January 21

### Vulture Peak

- Chant, and Meditation at Vulture Peak
- Guided tour of the archeological site of Nalanda University

January 22

- Travel from Rajgir to Bodhgaya
- Visit the Mahakala Caves
- Check in for 6 nights at a comfortable hotel in Bodhgaya

January 22 - February 28

### Bodhgaya

- Personal practice at Mahabodhi Temple
- Assistance with offerings to the assembly
- Manjushri Namasangiti Sanskrit Chanting Ceremony
- Integration, and closing ceremony
- Departure from Gaya Airport on January 28



**“Right now you are that ripe potential goodness. You need not hold back. Open it up fully and celebrate: develop confidence and self-sufficiency. This is your freedom of choice. You may ask: how do I do it? When does it happen? And I say: anytime, anyhow.” — Tarthang Rinpoche**

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## **The Four Noble Truths Seminar and Pilgrimage**

**January 14 - February 28, 2025 in Northern India**

**Sarnath, Rajgir, Nalanda and Bodhgaya**

Experience a 14-day pilgrimage led by Tibetan Buddhist monastics: All-inclusive with teachings, materials, local transportation, site fees, experienced tour guides, and shared accommodations in comfortable hotels. Single room supplement may apply.

### **Standard Rate: \$2,250 US per person**

This rate represents the fair market value needed to cover the essential costs of running the program. It ensures that all necessary expenses are met without compromising on the core aspects of the pilgrimage, maintaining our high standards of the pilgrimage experience. We also offer a limited number of scholarships to help those with financial constraints benefit from this once-in-a-lifetime pilgrimage.

### **Sponsor Rate: \$5,250\* US per person**

This rate covers the same full service as the Standard Rate. Additionally, it supports a monk for one year in the English for Dharma Purposes Program. By choosing this option, you help empower monastics to preserve, teach, and translate the Dharma, making it accessible to all. If you are able to sponsor this pilgrimage, please consider doing so to make a meaningful impact.

The Sarnath International Nyingma Institute is a 501(c)(3) non-profit organization in the US. \*If you choose the Sponsor Rate, \$3000 is tax-deductible.



Registration deadline: **Register by October 15, 2025**

Registration link: <https://bit.ly/4jOSHR4>

Feel free to reach out to SINI International Program Coordinator Renate Marx at [renate.marx@sinibridge.org](mailto:renate.marx@sinibridge.org) if you have any questions and for assistance with registration.



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