

Lessons in leadership from the Himalayas

How to use your untapped potential of body, mind and soul

6th to 23rd October 2019

Enjoy a spectacular 18-day seminar in Nepal

**Kathmandu-Manaslu Conservation Area:
Soti Khola (700m) – Jagat-Deng-Serang Monastery (3.200m) –
Ghap-Machha Khola-Soti Khola – Kathmandu (1.300m)**

The seminar

Nepal is one of the richest countries in the world in terms of spirituality and happiness. This is so, at least in part, not despite the country's poverty but because of it.

This amazing country where inner rewards are valued more highly than material ones offers lessons, both in personal growth and in leadership. Here the two are always intertwined. Thus, Nepal offers an almost perfect opportunity to discover and make use of your untapped potential of body, mind and soul.

In a more and more economically and socially challenging environment, 2019 is just the right moment to participate in this training. It is YOU who can learn again how to use your untapped potential in body, mind and soul.

Stress management, staff motivation, cost pressures and communication with and within companies stand right

- **Time:**
Open seminar with international participation
from 6th Oct. to 23rd Oct. 2019.
Start & end in Kathmandu/Nepal
- **Group Size:**
min. 4 people, max. 12 people
- **Language:**
English & German
- **Trainer:**
Dr. Thomas Oehler

at the top of the agenda of your every day activity.

In the real world of business, you, as many other managers, are often stretched to the limits (or beyond?) of your physical and mental capabilities. This has a major impact on your leadership behavior and also on your job satisfaction.

And in the same way it has a tremendous impact on the way you are leading your personal as well as your professional life.

Would it be valuable for you to learn practically how to bear all of these factors in mind, body and soul amidst ever new and daily challenges?

How would your life change if you preserved and developed a sense of joy in creating when torn between work load and a desire to achieve?

How would your life change if you focused even more on the change of negative stress into positive stress?

Why don't you consider a different way to make use of your untapped potential and thus achieve your goals?

Eighteen days in Nepal combining vigorous trekking, daily workshops, amazing mountains, great power places, staying in Serang Gompa – a Buddhist monastery at high altitude – and quiet time for introspection will lead you to reach again the peaks of yourself. Enjoy the lessons in leadership from the Himalayas. Enjoy a different life. ▶





The program

Day 1: 5th Oct. Arrival

Morning-Arrival in Kathmandu. (Recommended Turkish Airlines via Istanbul) Airport meet-n-greet and hotel check in; Shanker Hotel / Thorong Peak Guesthouse or equivalent

Day 2: 6th Oct. Kathmandu

In Kathmandu. Morning initial program, afternoon free for sightseeing. Option: tour to Bhaktapur.

Day 3: 7th Oct. From Kathmandu (1.300 m) to Soti Khola (700m)

Travel from Kathmandu to Arughat by local bus – an eight-hour drive west on roads which pass through hills and cultivated valleys. From Kathmandu (1.300 m.) the drive goes over the Valley rim to about 2.100 m., then descends on a fairly good road to Trisuli (540 m.). From here the road is rougher. Finally 1 hour trek to Soti Khola. Overnight in town.

Day 4: 8th Oct. Trek to Tatopani (990 m)

Head to Machha Khola (930m) but pass it by on a lower trail (800 m) and then follow the river north, first through an impressive gorge and then above the river, to Tatopani. Enjoy an evening shower at the natural hot springs. The first part of the day is easy going, but the last hours are always somewhat steep... (approx. 8 – 10 h walking)

■ **Costs for the seminar in Nepal:**

EUR 3.500,00 (+VAT) per person (double occupancy).
Single Supplement: EUR 350,00 (+VAT)
All taxes included.

The net income of this seminar will be donated to the Serang Primary School. For details please refer to www.human-care-education.com.

■ **All inclusive:**

Accommodations & breakfast in Kathmandu, ground transportation, professional guides, sherpas and porters, local bus, entrance fees in Nepal, Complete trek inclusive all accommodations & meals, permits, all taxes and fees.

■ **Not included:**

Your flight from your home country to Kathmandu, alcohol and bottled beverages, junk-food type snacks, expenses caused by acts of god, such as weather delays /medical problems, obvious personal expenses like souvenirs, laundry, battery charge, phone calls.

■ **Once you arrive in Nepal there is no refund for any or all of the program that you don't participate in.**

Bookings before 15.03.2019

benefit from a 10% price reduction (deadline also preferable because of cheaper international flights for your own booking).

Booking deadline 01.06.2019

Day 5: 9th Oct. Trek to Jagat (1.440 m)

Heading to Jagat means enjoying a phantastic landscape seen from long suspension bridges and down into deep valleys, impressive gorge and very old and still inhabited houses... ▶



■ If you wish to arrive earlier or stay longer, we are happy to provide any information requested.

■ **For further informations please contact:**
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■ **For references regarding previous Seminars in Nepal please refer to:**
www.geniusttc.de/training/resultate/download

border of the land of Serang you are in “the holy land of the hidden valley” once taken from the Tibet side in 12th century AC. (approx. 8 hours walk)

**Day 8: 12th Oct.
 From Bhi Village (2.500 m) to Serang Monastery (3.200m)**

Since hundreds of years the land is cultivated by the monks and nuns of the two monasteries being built here in 15th & 16th century AC, with even older retreat centers in rock caves. Only the first part of the day (approx.12h walking in total) is easy going, but the last hours are a really challenging pilgrimage. . . You may have some mild altitude symptoms here. The pilgrims consider it a sign of Shiva’s blessing.

**Day 9 – 12: 13th – 16th Oct.
 Be a special guest and have a rest in Serang Gompa at 3.200 m.
 A world of peace and dedication to Buddha and teaching of “abandoned” children.**

Be guest of the “abbot” Nuptul Tenpei Nyima Rinpoche with whom I have been working for 10 years. The importance of basic education is self-evident in the modern world as the effects of globalization continue to be far-reaching. Unfortunately, education remains a privilege of the richer families in Nepal, where public schools are limited in number and generally poorly managed. In the region near Nuptul Tenpei Nyima Rinpoche’s hometown, 20 villages share 3 humble schools. To fill the need for basic education and make it accessible to underprivileged children regardless of their gender, ethnicity, caste and religion, Serang Primary School is established. With some financial support, construction for the school ▶

**Day 6: 10th Oct.
 From Jagat to Deng (2.560 m)**

Follow up the valley all day, past the disused Tibetan refugee trails. This means walking up and down for almost 2.000 alt. meters! Next to the Ganesh Himal snowy massif (5.800m), always guiding you towards the beginning of the “hidden valley”.

**Day 7: 11th Oct.
 From Deng (2.560 m) to Bhi Village (2.500 m)**

From this point you are in a glacial valley rather than a water-cut valley as lower, and the gorge rises abruptly on both sides. To the north the Manaslu massif looms. Once you cross the

**“A child without education is like a bird without wings.
 Join us to provide underprivileged children with basic education so that they can pursue a dignified life.”**
Nuptul Tenpei Nyima Rinpoche



Teachings & Learnings

An old Nepali story tells of a monk meditating alone in the mountains. He was poor and had no possessions. He lived on berries and leaves and the sight of the mountains. His being was full of their beauty and through them he acquired wisdom.

One day a thief came upon the monk and, seeing he was poor, apologized for the intrusion and was about to leave when the monk stopped him. "I have these clothes and you cannot go away empty handed," said the monk, and he gave the thief his clothes.

Alone, the monk sat sipping water from an earthen cup when suddenly he saw the mountains and the sky and the beauty of this surroundings reflected in the water he was sipping. "Poor thief," said the monk to himself. "I could not give him this."

has begun on the compounds of Sangchen Rabten Norbuling (Serang Monastery). In order to contribute to this project **the net income of this seminar will be donated to the Serang Primary School. For details please refer to www.human-care-education.com**

Day 13 – 17: 17th – 21st Oct. Trek to the pass (3.800m) and down to Ghap village (3.000 m) and all the way back to Soti Khola (last night on the trek)

From Ghap to Kathmandu, the trail is a rather exciting visit of rain forest, then descends into the valley through oak and rhododendron forests, with some pine at lower altitudes. Visit old villages and agricultural sites (wheat, corn, rice and barley).



The result

You will be able to harness this power for yourself and you can expect these results:

- Heightened physical, emotional and spiritual vitality and awareness
- Release from old, subconscious patterns of failure and low self-esteem
- Increased clarity about your life purpose and the means to accomplish it
- Renewed vigour and excitement about all facets of your life
- A stimulating, potent surge of creativity and conviction
- Enhanced and expanded connection to your spiritual core, the ultimate source of personal power

Day 18: 22nd Oct.

Drive back to Kathmandu by local bus.

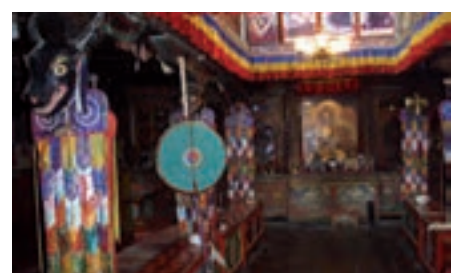
Day 19: 23rd Oct. Kathmandu

In Kathmandu; closing program.

Day 20: 24th Oct. Departure

Depart for home

Serang Primary School will be able to actualize its vision of offering a holistic education in languages, basic mathematics, sciences and the arts to these underprivileged children. The opportunity to receive education will make a lasting difference to these children's lives. You will be able to stay in the Monastery and enjoy the amazing hospitality of the monks and nuns as well as the amazing agility and joy of the 40 children in the newly built primary school.



Program may be subject to changes due to weather conditions/force majeure/acts of god without prior notice.