

EXPERIENCE THE TIBETAN WORLD



CULTURAL TOUR

1 WEEK



HANDS-ON PROJECT

1 WEEK



EXCHANGE ACTIVITY

1 WEEK

3 WEEKS EXCHANGE PROGRAM

Explore, understand and experience the Tibetan culture, school, politics, religion, way of living, meditation, yoga, food, hands-on projects and much more in just three weeks.





www.tibethopecentre.com



SCAN TO KNOW MORE

 DHARAMSHALA | H.P | INDIA
 tibethopecentre@outlook.com

 T: +91 701-822-2814
 tibethopecentre.com

 NEW YORK
+1- 347-288-5644