



THE 'ABSOLUTE HAPPINESS FOUNDATION' PRESENTS
**A LIFETIME EXPERIENCE
 FOR NEPALESE EDUCATORS**



3rd V-Star Nepal Educator Fellowship in Thailand
 8th – 19th October 2014



1

**AN OUTSTANDING
 OPPORTUNITY TO...**

- Discover inner peace and happiness through meditation
- Understand how to instill Universal Goodness; namely Cleanliness, Organisation, Punctuality, Politeness and Meditation within the 5 room model
- Learn what is necessary to implement with your students the V-Star Nepal Program within your school and get effective results on your students

**SESSIONS
 TO INVIGORATE
 YOUR BODY...**

- Morning yoga
- Creative games
- Outdoor meditation
- Swimming in the ocean
- Thai food; vegetarian and non vegetarian



2



3

**SESSIONS
 TO INVIGORATE
 YOUR MIND...**

- Sessions to invigorate your mind...
- Introduction to meditation; what, why, how...
- Scientific benefits of meditation
- How to begin the day
- Spreading loving kindness
- How to resolve problems in meditation
- Candle lantern lighting ceremony



4

**WISDOM THAT WILL
 INSPIRE YOUR LIFE
 AMBITIONS...**

- Powerful guided meditation
- The nature of body and mind
- Action and consequences, the law of Karma
- Origins of humans habit and ideal habits
- 5 room theory of self development

**MASS
 MEDITATION AT WAT
 PHRA DHAMMAKAYA**

- Visit the largest school for the development of morality in Thailand
- Participate in the mass meditation ceremony with over 100,000 participants



5



EXCURSIONS

Sightseeing in Bangkok
Shopping at Pratunam & MBK



Date	Activity
8th October 2014	Arrival in Bangkok
9th October 2014	Sightseeing in Bangkok
10th October 2014	Mass meditation ceremony at Wat Phra Dhammakaya
11th October 2014	Shopping in Bangkok (Pratunam & MBK)
12th - 16th October 2014	Retreat at Mooktawan (Meditation & V-Star Workshop)
17th October 2014	Boat trip to infamous Unseen Thailand Koh Hong Island
18th October 2014	Closing ceremony & certificate award
19th October 2014	Return to Kathmandu



THE WORKSHOP FOR NEPALESE EDUCATORS IS DESIGNED AND INSPIRED BY VENERABLE DHAMMAJAYO BHIKKHU.

'When the teachers minds become bright, the students minds will also become bright, when the students minds become bright the parents minds will thus become bright too. Eventually the whole of Nepal will become bright restoring morality and bringing about true inner peace and happiness for the country at large.'

Dhammajayo Bhikkhu
Abbot, Wat Phra Dhammakaya
23 April 2013

'It has taken me 37 years to unravel the teachings taught by the Lord Buddha and simplify it for daily practice within the 5 room theory of self development. It is now time for me to return this invaluable knowledge to where it originated from, Nepal.'

Dhattajivo Bhikkhu
Vice Abbot,
Wat Phra Dhammakaya
15 April 2012



Venerable Pasura Dantamano or known to us as Luangpi Pasura will be giving you first hand theoretical and practical experience on how to achieve inner peace and happiness through meditation.

Chief, International Relations Department, Wat Phra Dhammakaya

Professor at Kasetsart University, author of numerous books and lecturer at countless education reform seminars, Dr. Somsuda will be sharing her invaluable insights from a teacher's perspective on the topic of developing Universal Goodness within academic institutions.

Teacher to Teacher Talk by Dr. Somsuda



3RD V-STAR NEPAL EDUCATOR FELLOWSHIP IN THAILAND

SPONSORSHIP TERMS AND CONDITIONS

BUY OWN RETURN THAI AIRWAYS AIR TICKET KATHMANDU - BANGKOK - KATHMANDU

Outbound 8th October	TG320 Departing Kathmandu 13.30, Arriving Bangkok 18.15
Inbound 19th October	TG319 Departing Bangkok 10.15, Arriving Kathmandu 12.25

- To qualify for full local expense sponsorship from the Absolute Happiness Foundation valued at 25,000 Thai Baht per person, one must complete and submit application form (downloadable at www.vstarnepal.com) by the 20th September 2014 to events@vstarnepal.com with a valid passport, Thai visa and proof of air ticket purchase. Limited to the first 100 applicants only.
- Local expenses inclusive of all local cost in Thailand – hotel accommodation, food & drinks, local transportation – bus and boat transfers, training facilities & equipment.
- If you arrive before the 8th August and depart after the 19th August you will be responsible for all your additional incurred expenses. Additionally if you prefer to choose another flight or airline then it will be your responsibility to commute and join the group on your own.

WE LOOK FORWARD
TO WELCOMING YOU TO THE LAND OF SMILES...
...ON THE 8TH OCTOBER 2014



To register visit www.vstarnepal.com
and email us your application form at
events@vstarproject.com