



## Panjalu

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### BOROBUDUR MANOHARA PILGRIM PACKAGE

#### Sunrising Tour - Pj01

Duration 4 hour

Time	Programme
03.30 - 04.15 AM	Proceed from hotel to Borobudur
04.15 - 04.30 AM	Welcome drink
04.30 - 04.45 AM	Briefing Program activity then walk to foot of the temple / Meditation place
05.00 - 05.30 AM	Meditation and morning enlightenment conduct by biku
05.30 - 06.45 AM	Sun Rising and Relief - Over meditation feel the warm of sun rise then climb the temple conduct by professional guide.
06.45 - 07.45 AM	Breakfast and Ecological Orientation. Enjoy Javanese traditional food at Dagi hill.
07.45 - 09.30 AM	Back to hotel - End of service

#### Physical Buddhism Exercise Tour - Pj02

Duration 4 hour

Time	Programme
04.00 - 04.45 AM	Proceed from hotel to Borobudur
04.45 - 05.00 AM	Welcome drink
05.00 - 05.30 AM	Briefing at Manohara hotel then walk to foot of the temple
05.30 - 06.30 AM	Medical and program to live healthy.
06.30 - 07.30 AM	Visiting Borobudur temple conduct by Professional Guide.
07.30 - 08.00 AM	Back to Manohara hotel
08.00 - 08.45 AM	Breakfast with healthy menu by Buddhism
08.45 - 10.00 AM	Back to hotel - End of service

#### Meditation & Night at Borobudur - Pj03

Duration 5 hour

Time	Programme
15.30 - 16.30 PM	Proceed from hotel to Borobudur
16.30 - 16.45 PM	Welcome Drink
16.45 - 17.00 PM	Briefing Program
17.00 - 17.30 PM	Walk to foot of the temple then PRADAKSINA program - a clock wise circle from bottom of the temple to main Stupa conduct by Professional Guide
17.30 - 18.00 PM	Back to lower ground
18.00 - 18.50 PM	Meditation - Night Enlightenment Right at Bodi Tree a meditation program with purpose Enlightenment
18.50 - 19.00 PM	Back to Manohara hotel
19.00 - 20.00 PM	Dinner & Cultural Presentation Dinner serve at Manohara hotel and enjoy traditional dance (optional)
20.15 - 21.15	Back to hotel - End of service