

# Mahabodhi Yoga & Meditation Newsletter

Sambodhi Retreat Centre – Ladakh  
Monthly Newsletter | March 2026

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## Welcome to Our Community

Greetings from the serene Himalayas!

At **Mahabodhi Meditation & Yoga**, we continue our mission of spreading mindfulness, compassion, and holistic well-being through yoga and meditation. Our programs at the **Sambodhi Retreat Centre** offer a unique opportunity to practice in the peaceful landscapes of Ladakh while deepening inner awareness.

Every month we bring together practitioners, seekers, and teachers from around the world to explore the transformative power of yoga, meditation, and Buddhist wisdom.

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## Upcoming Highlights

### International Festival of Yoga & Meditation 2026

15 – 21 June 2026

Celebrate the **12th UN International Day of Yoga** in the breathtaking Himalayas.

Participants will experience:

- **Daily guided yoga sessions**
- **Meditation retreats** and silent practice

- Inspiring **spiritual talks**
- Cultural programs and community gatherings
- Opportunities to connect with global practitioners

This unique festival brings together spiritual teachers, wellness practitioners, and seekers from around the world to explore harmony between **mind, body, and spirit** in Ladakh's natural tranquility.

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## Featured Programs

### One-Month Yoga Instructor Course

Transform your practice and become a certified yoga instructor.

This immersive program includes:

- Yoga philosophy and foundations
- Asana practice and alignment
- Pranayama and breath awareness
- Meditation techniques
- Teaching methodology

Perfect for both **serious practitioners and aspiring teachers** seeking deeper knowledge.

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### Three-Day Meditation Retreat

Experience stillness and inner clarity.

During this retreat you will practice:

- Guided meditation
- Walking meditation

- Mindfulness training
- Yoga for relaxation
- Silence and reflection

Participants often describe the retreat as **life-changing and deeply peaceful**.

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## Words from the Community

Here is what participants say about their experience:

“Meditating on the top of the world has been a peak experience. The teachings here are filled with wisdom and compassion.”

“The three-day retreat helped me discover the power of silence and mindfulness in everyday life.”

Our community includes practitioners from **India, Europe, North America, and across Asia**, all coming together to learn and grow.

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## Our Mission

The Mahabodhi International Meditation Centre was founded in **1986 by Venerable Bhikkhu Sanghasena** to provide spiritual guidance and humanitarian service in Ladakh. The center has grown into a hub for meditation, education, social welfare, and cultural activities.

Our guiding philosophy:

**“Meditation in Action – Compassion in Action.”**

Through yoga, meditation, and service, we aim to cultivate **peace, awareness, and compassion for all beings**.

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## Practice with Us in Ladakh

Nestled among the majestic mountains of Ladakh, the Sambodhi Retreat Centre offers an environment ideal for deep spiritual practice and personal transformation.

Programs include:

- Yoga courses
  - Meditation retreats
  - Mindfulness workshops
  - Spiritual discourses
  - Customized yoga programs
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## Stay Connected

Be the first to hear about upcoming retreats, workshops, and events.

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Join our community and receive **mindfulness tips, retreat announcements, and spiritual insights** directly in your inbox.

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*May your practice bring clarity, compassion, and peace.*

**Mahabodhi Yoga & Meditation Team**

Sambodhi Retreat Centre, Ladakh