

Himalayan Health Exchange

Himalayan Anthropology Field Expedition

June 10 thru July 4, 2009

Himalayan Health Exchange (HHE) is organizing an anthropological field expedition to India in the summer of 2009. Through an independent study/fieldwork in a remote Himalayan Tibetan Borderland, HHE will offer students a practical approach to the study of India and the Himalayan culture in a socio-cultural, medical and religious context. During their journey, team members will have the opportunity to investigate local history, religious beliefs and practices, modern human adaptations, regional effects of globalization, monastic life and local healthcare. In addition, through trekking and camping in remote areas, they will participate in the interconnectedness of the magnificent natural environment with a daily local existence. This first-hand experience will be accompanied by daily academic lectures and research assistance.

Lecture topics will include: Cultural, Medical, Economic, Biological and Visual Anthropology, Religion & Philosophy, Cross-cultural healing, Ayurveda, Public Health, Buddhism, Hinduism, Indian and Tibetan history, High Altitude Adaptation, Psychology, Art/Fine Arts, Geography, Social Work, Sociology, Yoga and Meditation

Note:

This is a high-altitude expedition in rugged Trans Himalayan regions. Field camp elevations range between 8,000-15,000 feet, with higher pass crossings. As a participant, you must be in excellent physical shape and health and be willing to work in improvised field sites.

Locations

1) The first part of this anthropology field expedition takes us to India's highest, least populated, and most inaccessible area, Ladakh and the Chang Thang Plateau, located in the Western Himalayan Indo-Tibetan Borderlands. Our exciting journey through this remote part of the world provides an in-depth look at the local culture, Buddhist beliefs and social structure of Western Himalayan families and nomadic Tibetan tribes. After exploring Ladakh and The Chang Thang Plateau, team members will travel to Dharamsala, home to His Holiness and exiled Tibetans. Dharamsala is located in the North Indian state of Himachal Pradesh

Expedition fee: All-inclusive trip fee is US \$2,740 plus international airfare

International airfare \$1,700.00 from Miami, Atlanta, Washington DC, New York, Boston and Chicago.

Domestic airfare \$450.00 New Delhi-Leh-New Delhi

Total: U.S. \$4,890.00

(optional): 3 university credits from Northern Arizona University \$1310.00 Payable directly to NAU. For credit details contact Prof. Paul B Donnelly Paul.Donnelly@nau.edu

Application deadline: February 15, 2009: *****Please be advised that space is limited***

Program Coordinators:

Professor Paul Donnelly, Ph.D in Buddhist Studies & Associate Professor of Religious Studies at Northern Arizona University

Professor Denise Cucurny, M.A.s. in Anthropology and Legal Studies. Senior Full-time lecturer in Cultural, Biological & Medical Anthropology at California State University Long Beach and Laguna College of Art & Design.

Karlie Knudtsen, Hatha Vinyasa yoga teacher, Heart Shrine meditation instructor, Founder/Director Sadhana Yoga, Flagstaff, AZ

For details, please contact Ravi Singh, Founder: Himalayan Health Exchange:
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