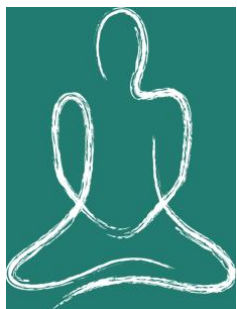


MMTCP Nov-Dec 2025 Pilgrimage



In the Footsteps of the Buddha: A Pilgrimage to the Source of Mindfulness
For the MMTCP Alumni Community

with Dharmacharya Shantum Seth
and supporting MMTCP teacher Anne Cushman
Sponsored by the MMTCP Alumni Association

November 30 - December 13, 2025
December 13 - 14, 2025 (Agra Option)
December 14-17, 2025 (Caves Option)

TEACHER BIOGRAPHY:

In the Footsteps of the Buddha: A Pilgrimage to the Source of Mindfulness for the MMTCP Alumni Community
with *Dharmacharya Shantum Seth* and supporting MMTCP teacher *Anne Cushman*



Dharmacharya Shantum Seth, an ordained dharma teacher in the Zen Buddhist lineage of Thich Nhat Hanh, is the foremost expert on sites associated with the Buddha and has been leading pilgrimages since 1988. He worked with the United Nations on volunteering, peace, and social development for more than 15 years, and was a Senior Advisor to the World Bank and on the Advisory board to India's Minister of Tourism and Culture, on pilgrimage tourism. He has co-authored books such as *Walking with the Buddha* and been a consultant for films like BBC-Discovery's *Life of the Buddha* and BBC-PBS's *The Story of India*. He is the founder of The Jamun Village Mindfulness Practice Centre in northern India and has been promoting Mindfulness in education and within the Indian police/paramilitary through the non-profit Ahimsa Trust.

<https://www.buddhapath.com/Shantum%20Seth.html>



Anne Cushman is a guiding teacher and mentor for MMTCP and a senior retreat teacher at Spirit Rock Meditation Center. She is the author of the India pilgrimage guide *From Here to Nirvana*, the novel *Enlightenment for Idiots* (set in India and California), the mindful yoga guide *Moving Into Meditation*, and the memoir *The Mama Sutra*. Her writings on spiritual practice in daily life have appeared in the *New York Times*, *Yoga Journal*, *O: The Oprah Magazine*, *Lion's Roar*, *Tricycle*, and many other publications. She mentors mindfulness practitioners and writers worldwide and leads retreats and classes both in person and online with a focus on creativity, embodiment, connection with nature, and daily life practice. She first went on pilgrimage to India with Shantum in 1993 and they have been friends ever since.
www.annecushman.com

[About the MMTCP Alumni Association](#) –

The [MMTCP Alumni Association](#) is run *by alumni, for alumni*. We are here to support alumni taking the teacher's seat with greater confidence as well as deepen personal practice through spiritual community. Membership is accessible to all MMTCP graduates (and MMTCP Mentors) and our offerings include:

- Member only speaker sessions with renowned teachers and MMTCP mentors to build topical knowledge and teaching skills
- Interest and affinity group Sanghas
- Opportunities to be in spiritual community virtually and in-person

Please contact parudesai@mmtcpalumni.org for more information