

# In the Footsteps of the Buddha-A Pilgrimage Retreat through India

Led by Brother Phap Huu and other monastics from Plum Village and Dharmacharya Shantum Seth

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Peepal\* Pilgrimage Saturday January 31 to Friday February 13, 2026

Optional Extensions:

**Building Love - Agra (Taj Mahal and Agra Fort) February 13-14, 2026** (ending in Delhi)

**The Exquisite Caves- Ajanta & Ellora February 14-February 17, 2026** (beginning and ending in Delhi)

\*Peepal (*Ficus religiosa*) is the species of tree under which the Buddha awakened in Bodh Gaya

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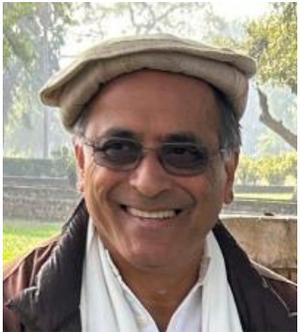
## TEACHER'S BIOGRAPHY:

The pilgrimage will be led by Plum Village monastics, including Brother Phap Huu and Dharmacharya Shantum Seth.

### Monastics of Plum Village



**Brother Phap Huu** is a senior teacher in Thich Nhat Hanh's international community and the abbot of the monks' community in Plum Village, the mindfulness practice center founded by Thich Nhat Hanh in southwest France. Born in Vietnam, he emigrated to Canada as a child. He began training with Thich Nhat Hanh at the age of thirteen, entering the monastery to become a monk. Thich Nhat Hanh gave him the name *Chân Pháp Hữu*, meaning "True Dharma Friend." For over 15 years, he accompanied Thich Nhat Hanh on international teaching tours as his attendant and assistant. Today, he is devoted to building community and continuing Thich Nhat Hanh's legacy. He co-hosts *The Way Out Is In* podcast.



**Dharmacharya Shantum Seth** was ordained and "Transmitted the Lamp" by Thich Nhat Hanh in 2001, receiving the Dharma name Satya Marg (True Path). The foremost expert on sites associated with the Buddha, he has been leading pilgrimages since 1988. He worked for over fifteen years with the United Nations on volunteering, peace, and social development, and later served as a Senior Advisor on pilgrimage tourism for both the World Bank and the Government of India. He has co-authored books such as *Walking with the Buddha* and *Volunteers Against Conflict*, and served as a consultant on documentaries including BBC-Discovery's *Life of the Buddha* and BBC-PBS's *The Story of India*.



**Jo Confino** is a leadership coach, facilitator, journalist, podcaster, and author working at the intersection of personal transformation and systems change. His coaching supports leaders addressing the climate crisis, biodiversity loss, and social injustice. He is co-founder and co-host of the Plum Village podcast *The Way Out Is In* and co-author of *Being With Busyness* and *Calm in the Storm*. His photography book *Between Earth & Sky* will be published in April 2026. Jo has interviewed Thich Nhat Hanh for *The Guardian* and supported the Plum Village community for 18 years. A member of the Order of Interbeing since 2020, he also serves on the Thich Nhat Hanh Foundation board.

*As we have both Brother Phap Huu and Jo Confino on our pilgrimage, we shall take the opportunity to record some episodes for 'The Way Out Is In' podcast that they co-host.*

At each pilgrimage site along the journey, Shantum will share stories from the Buddha's life and offer teachings to help us understand him as a real person, the drama of his life, and the significance of his teachings. We'll schedule time for daily sitting and walking meditation, sharings, and Q&A with the monastics of Plum Village, as well as personal contemplative time. Creating a traveling sangha will be an important aspect of this trip, fostering cohesion and providing support for those seeking to deepen their practice.