

In an effort to help preserve Tibetan culture and traditions, we are hosting the Drepung Gomang monks. We are deeply honored to host the monks and hope you will take advantage of their time here in Canton to visit us and them.

ABOUT THE DREPUNG GOMANG MONKS:

They will offer authentic **Tibetan programs** that are a blend of ancient cultural, religious, and artistic expressions. Traditionally, these were secret practices, but now the monks want to share with the world their spiritual practices. They want to see you, teach about their history and practices, and spread peace and goodwill.

The monks are available to give talks on the main tenets of Buddhist philosophy and are happy to answer your questions about the Tibetan Buddhist tradition.

The monks offer prayers for your home, your well-being, for the clearing of karma, purification, world peace, individual or global healing, spiritual evolution, the development of wisdom, and the removal of obstacles.



The Drepung Gomang monks are renowned for the sacred art of sand mandala construction. They will be making a mandala during the time they are here.



The prayers are recited in the traditional overtone chanting, each monk singing a full chord of three notes—something Western musicians thought was impossible until encountering this practice in Tibet! The prayers are often accompanied by symbolic hand gestures, cymbals, drums, horns and flutes.

Some typical pujas are for:

- World Peace and Healing
- Purification
- House or Business Blessing

The monks are available to perform a puja (blessing) for your well-being, home or business. Please contact Bonnie, the liaison, at (330) 936-5712 for more information or to make an appointment.

ABOUT YOGA CENTRAL:

Yoga Central is a community project, encouraging a healthier and more positive way of living. It is an incubator to promote mindfulness in our lives and respect in our interactions.

Yoga Central is an offering to the area and the yoga community from The Yoga Place. It is another venue where we invite you to celebrate mind-body-spirit harmony.

Our website is up www.yogacentralohio.com.



YOGA CENTRAL
4626 Cleveland Ave NW
Canton OH 44709
(330) 499-2863



THE YOGA PLACE
6734 Wise Ave. NW
North Canton OH 44720
(330) 499-2863

Sacred Arts Tour 2023:

TIBETAN MONKS AT YOGA CENTRAL

November 6-12



SCHEDULE OF EVENTS

| Yoga Central Open House | Everyday | 10:00 - 5pm | |
|--------------------------|---|----------------|------|
| Monday, Nov. 6 | Open House/Mandala Construction/ by Donation | 10am - 4pm | |
| | Opening Mandala Ceremony / Donations | 10am - 11am | |
| Tuesday, Nov. 7 | Open House/Mandala Construction/Donation | 10am - 5:30pm | |
| | Restorative Yoga / Medicine Buddha Puja | 11am - 12:15pm | \$15 |
| | House Blessings - Call Bonnie 330-936-5712 | 12 - 4pm | |
| | Restorative Yoga/World Peace and Healing Puja | 5:30 - 6:30pm | \$15 |
| Wednesday, Nov. 8 | Open House/Mandala Construction/ Donation | 10am - 7pm | |
| | Restorative yoga / World Peace and Healing Puja | 11 - 12:15 | \$15 |
| | Sand painting | 2pm - 3pm | \$10 |
| | Restorative Yoga/Removal of Negativities & Obstacles | 5:30 - 6:30 | \$15 |
| | Lecture on History of DGCE Monastery and the Tibetan Monks in Exile with Geshe Lharampa Khenrap Chaeden and Mike Curtis | 7 - 8:30pm | \$10 |
| Thursday, Nov. 9 | Open House/Mandala Construction/ Donation | 10am - 7pm | |
| | Restorative Yoga/World Peace and Healing Puja | 11 - 12:15 | \$15 |
| | Arrival for Walk | 1:45 | |
| | Silent 2-mile walk with Tibetan Monks | 2 - 3pm | \$10 |
| | Singing Bowl with Nicole Schoeppner/Chanting with Monk Removal of Negativity and Obstacles Puja | 7 - 8:30pm | \$20 |
| Friday, Nov. 10 | Open House / Mandala Construction / Donation | 10am - 7pm | |
| | Restorative Yoga / Medicine Buddha Puja | 11 - 12:15 | \$15 |
| | House Blessings - Call Bonnie 330-936-5712 | 1pm - 3pm | |
| | Meditation / Four Noble Truths Lecture | 4:30 - 5:30 | \$10 |
| | Cultural Pageant | 7 - 8:30 | \$15 |
| Saturday, Nov. 11 | Open House / Mandala Construction / Donation | 10am - 7pm | |
| | Restorative Yoga / Green Tara Ritual | 11 - 12:15 | \$15 |
| | Momos to Go, 7 for \$10 - 16 for \$20 | 12 - 4pm | |
| | Karma Lecture / Meditation | 1 - 2pm | \$10 |
| | Stone Painting | 3:30 - 5:30 | \$10 |
| | Closing Ceremony | 7 - 8:30pm | \$15 |

The monks are on tour to help their monastery raise funds to educate feed, house and care for about 2,000 exiled Tibetan Monks. Visit the Tibetan Monks at Yoga Central, 4626 Cleveland Ave. NW, Canton, OH, as, throughout the week, they create a sacred Peace Mandala made of sand. Come experience some of the many beautiful events. Consider scheduling the Monks to perform a private puja (blessing) for your well-being, home or business.



WWW.THEYOGAPLACEOHIO.COM



WWW.YOGACENTRALOHIO.COM



A Special Thanks to **Bonnie Paglialunga** for support and scheduling. Children 1-10 years old half price all events except children's program. Any donation will be accepted, no one will be turned away.

Or, buy an all-access pass for the entire week for \$100

OPENING CEREMONY

Nov. 6, Monday / 10 am - 11 am

During the *Opening Ceremony*, prayers and chants in Tibetan are conducted by the Tibetan Monks of Drepung Gomang Monastery to launch a 6-day visit and the building of a sacred sand mandala.

\$10 suggested donation



LECTURE

Nov. 8, Wednesday / 7 - 8:30 pm

Lecture on History of DGCE Monastery and the Tibetan Monks in Exile with Geshe Lharampa Khenrap Chaeden and Mike Curtis

\$10



NICOLE SCHOEPPNER

Chanting and meditation with the monks, plus an interesting soundscape from sound therapist Nicole Schoeppner. For this special event, you could sit, or lie down, or both.

\$20 suggested donation



MANI STONE PAINTING WORKSHOP

November 11, Saturday / 3:30 - 5:30 pm

The monks teach the students how to write in Tibetan their most known chant, "Om mani padme hum" or create other designs.

Materials provided: Acrylic Paint-red, blue, green, yellow, white & black, Paint Brushes, Small Bowls.

Participants: Please bring a few smooth surface stones, like river rocks, at least 4" or 5" across. You are also welcome to bring your own painting supplies.

\$10 online registration / Limit 24 participants



AUTHENTIC TIBETAN COOKING MOMOS TO GO

November 11, Saturday / 5:30 pm

"Momo" is a Tibetan name for dumpling. It is a traditional delicacy in south Asian countries, mainly Tibet, Nepal, Bhutan, and few northern states of India. The monks will be preparing momo for you to enjoy.

Join us for a special evening of food and conversation. Come learn and/or witness monks make Momo's and Naan. Please also bring a dish to share.

7 for \$10 - 16 for \$20



SILENT 2-MILE WALK

November 9, Thursday / 2 - 3 pm

Arrive for Walk 1:45
Silent 2-mile walk with Tibetan Monks

\$10 Suggested Donation



CULTURAL PAGEANT

November 10, Friday / 7 - 8:30 pm

Experience ancient *Tibetan cultural rituals* of dance in costume such as Black Hat dance, Yak dance, Snow Lion dance, Panda dance, Good Luck dance and sacred chants, prayers and debate as authentic Tibetan traditions come to life.

\$15 Suggested Donation

FOOD DONATIONS

Kindly consider donating meals for the monks during their stay. Please contact Bonnie to make arrangements:

330-936-5712



SAND PAINTING WORKSHOP

November 18, Wednesday / 2 - 3 pm

The monks teach you how to create designs using the same techniques used in creating a Sacred Sand Mandala.

Materials are supplied: Sand, chokpurs (tools used to paint with the sand), and white cardboard/foam board.

\$10 online registration / Limit 24 participants



MEDITATION ON THE FOUR NOBLE TRUTHS

November 10, Friday / 4:30 - 5:30

\$10 suggested donation

PUJA (Blessing)

The Tibetan Monks are also available to perform a puja (blessing) for your well-being, home or business. Please contact Bonnie for more information or to make an appointment at **(330) 936-5712**.



CLOSING CEREMONY

November 11, Saturday / 7 - 8:30 pm

During the *Closing Ceremony*, the monks dismantle the mandala, sweeping up the colored sands to symbolize the impermanence of all that exists. Small bags of sand may be distributed to the audience as blessings for personal health and healing.

\$15