



Tibetan Language and Cultural Class Summer-Camp Program
August 16th - 20th, 2017
Program Funded by Tibet Fund, New York

Wednesday, August 16

- 09:30 AM Opening ceremony: Chief Guest H. E. Dagmo Kusho Sakya
at Sakya Monastery
Prayer and Meditation – Instructor: Lama Kalsang
- 10:00 AM Meaning of OM MANI PADME HUM – Instructor: Lama Kalsang
- 10.30 AM Daily Tibetan Book Club – Instructor: Tenzin Chokey
- 11:00 AM Daily Tibetan Conversation and Vocabulary practice – Instructor: Lobsang Tsering
- 12:00 PM LUNCH BREAK
- 02:00 PM Introduction to Tibetan Buddhism and Culture – Instructor: Rigzin Tingkey
- 03:00 PM BREAK
- 03:30 PM Monastery clean-up drive.
- 04:00 PM Swimming Lesson (Green Lake)
- 05:30 PM End of day 1

Thursday, August 17

- 09:30 AM Meet at Sakya Monastery
Prayer recitation and meditation class – Instructor: Khenpo Jampa
- 10:30 AM Yonchap: Water offering lesson and deity introduction - Instructor: Khenpo Jampa
- 11:00 AM Introduction to Tibetan Culture and Livelihood - Instructor: Yuthok Tsering
Choedon
- 12:00 PM LUNCH BREAK (Kids will learn how to make momo and will serve community grandpa and grandma)
- 02:00 PM Daily conversation and vocabulary practice – Instructor: Tashi Tsering
- 02:30 PM Daily Tibetan Book Club – Instructor: Tenzin Chokey

- 03:00 PM Tibetan Handwriting lesson – Instructor: Lobsang Tsering
- 03:30 PM Trip to the beach (games and water play)
- 05:30 PM END OF DAY 2

Friday, August 18

- 10:00 AM Prayer and Meditation Class – Instructor: Lama Migmar
- 11:00 AM Tibetan Thangka Painting Class – Instructor: Lama Migmar
- 12:00 PM LUNCH BREAK (Tingmo & Alu Phingsha)
- 02:00 PM Daily Conversation and Vocabulary Practice – Instructor: Chime Ohdon
- 02:30 PM Introduction to writing Tibetan poems – Instructor: Kunchok Wooser
- 03:00 PM Tibetan Music Class: Basic Gorshey steps – Instructor: Passang Ghongpa
- 03:30 PM Monastery clean-up drive
- 04:00 PM Trip to the Museum
- 06:00 PM End of day 3

Saturday, August 19

- 10:00 AM Trip to Whidbey Island. Visit to Tibetan Stupa at Earth Sanctuary.
- 11:30 AM History of Stupa and painting of Stupa, mindfulness (yoga) by Lobsang Tsering
- 12:00 PM LUNCH BREAK (Brown bag or BBQ at Whidbey beach)
- 03:00 PM Whidbey Beach / Deception Pass tour
- 05:30 PM End of day 4

Sunday, August 20

Morning Session at Cromwell Park, 18030 Meridian Ave N, Shoreline, WA 98133

- 10:00 AM Structure of Tibetan Government-in-exile by Tashi Namgyal

10:30 AM Tibetan Calligraphy by Drolkar Tsekyi - Calligrapher

12:00 PM LUNCH BREAK

Afternoon Session at Shoreline Lake Forest Park Senior Center, 18560 1st Ave NE, Shoreline, WA 98155

02:00 PM Music and Gorshey Lesson by parents

03:30 PM Evaluation class and suggestions

04:00 PM Closing ceremony and Certificates

05:00 PM Dinner (Community Potluck)

06:00 PM End of Summer Camp, Parents pick-up kids