



2018-19 Tashi Kyil Tour at Centered, Lexington's Holistic Center

Sunday, February 24, 2019

309 N. Ashland #108, Lexington, KY. 40502

Lauren Higdon: 859-351-2183

- 10:30** **Arrival & Tashi Sholpa Welcoming Dance**
- 11:00** **Yoga (Indian Style)**
- 12:00** **Short Break**
- 12:15** **Chenrezig Meditation Instruction/Session with Chanting of Om Mani Padme Hum**
- 1:00** **Lunch: Food Prepared by Vegan Nepal.**
- Shop at Merchandise Table**
- 2:30** **"Course in Happiness" with Q/A**
- 3:15** **Break**
- 3:30** **Welcoming His Holiness, Mandala Offering, and Instructions on Setting up an Altar**
- Sacred Dances: Black Hat Dance and Skeleton Dance**
- 4:00** **Art Workshop**
- 6:00** **Wrap Up**