

## **Tashi Kyil Monks Visit Silver Hill Hospital**

**203 Valley Road, New Canaan, CT 06840**

**January 14, 2019 to January 29, 2019**

**Contact: Susannah Lewis – 201-801-3435**

### **Friday, January 25<sup>th</sup>**

- 9:30 to 11 am      Opening Ceremony for World Peace Mandala,  
Power Point Presentation: Buddhism/Course in Happiness,  
Tashi Sholpa Dance and Monk Introductions (Staff and Adult TLP)
- 11:15 to 1:15 pm      Tibetan-American Cooking Class (Steward House, 2 Monks)
- 9:30 to -5 pm      3 Monks work on World Peace Mandala
- 2:00 to -3 pm      Butter Sculpture Workshop (M1, Lodge inpatient/ 2 monks)
- 3:30 to 4:pm      Adolescent TLP patients visit mandala w/staff and 2 monks
- 4:00 to -5 pm      Sand painting workshop (Adolescent TLP, 2 monks)
- 5:00 -6 pm      Yoga for hospital staff (1 monk)

### **Saturday, January 26<sup>th</sup>**

- 9:00 to 5 pm      3 Monks work on World Peace Mandala work
- 10:00 to -11 am      Yoga (M1/Lodge inpatient, 1 monk)
- 11:00 to -12 noon      Yoga (ACU, 1 monk)
- 10:00 to -12 noon      Prayer Flags Workshop and Sanskrit Meditation Practice/Meditation with  
Sacred Mantras (Adult TLP, 2 monks)
- 1:00 to 4 pm      Community Event: Tashi Sholpa Dance and Introductions  
Chod Meditation  
Teaching on Four Noble Truths  
Debate Demonstration

Mandala observation, Sand painting/Mani Stones/Prayer Flag workshops (all monks)

4:15 to 5:15 Yoga (Hospital Alumni and Community- 2 monks)

**Sunday, January 27<sup>th</sup>**

9:00 to -5 pm 3 Monks work on World Peace Sand Mandala

10:00 to 11 am Butter Sculpture Workshop (Adolescent inpatient, 2 monks)

11:00 to -1 pm Tibetan-American Cooking Class (Michael's House, 2 monks)

1:30 to 2:30 pm Monks participate in Interfaith Chapel Service (All TLP, 2 or 3 monks)  
Programming: Pujas, Setting up a Buddhist Altar and Welcome Ceremony,  
Blessing of the Chapel

4:00 to -5 pm Yoga (Adolescent Inpatient, 1 monk)

Yoga (Adolescent TLP, 1 monk)

**Monday, January 28<sup>th</sup>**

9:00 to -3 pm 3 Monks work on World Peace Sand Mandala

10:00 to -11 am Butter Sculpture Workshop(ACU, 2 monks)

11:00 to -12 noon Yoga (Adult TLP, 2 monks)

1:00 to -3 pm Meditation with Sacred Mantras and Mani Stone Workshop (Adolescent  
TLP, 2 monks)

3:30 to 4:30 pm Mandala closing ceremony (All TLP, all monks)

5:00 to -6 pm Staff Yoga (1 monk)

5:00 to -7 pm Tibetan America Dinner (All TLP, all monks, 1 joins at 6:00)