

**TENTATIVE SCHEDULE FOR TLCC SUMMER CAMP 2019-
FUNDED BY TIBET FUND, NY**

TUESDAY, AUGUST 6th

- 09:30 AM MEET AT SAKYA MONASTERY
ACTIVITIES INCLUDES; PRAYER RECITATION, PROSTRATION AND YONCHAP
TALK BY KHENPO JAMPA
- 10.30 AM INRODUCTION TO BUDDHISM BY KHENPO JAMPA
- 12:00 LUNCH (PIZZA LUNCH)
- 01:00 PM TRADITIONAL TIBETAN MEDICINE INTRO - AMCHI YANGCHEN DROLKER
- 02:00 PM BREAK
- 03:00 PM ASTROLOGY CLASS WITH HANDS ON ACTIVITY - AMCHIN YANGCHEN
DROLKER
- 05:30 PM END OF DAY 1

(PARENTS DUTY: NAMGYAL TSEDUP, NYIMA YANGKEY, PASSANG BHUTI,)

WEDNESDAY, AUGUST 7th

- 09:30 AM MEET AT SAKYA MONASTERY
- 10:30 AM TIBETAN BREAKFAST LESSON AND PAK MAKING LESSON BY LAMA KALSANG
- 11:00 AM TIBETAN CULTURE PRESERVATION IN THE WEST BY TSERING YUTHOK AND
TSEWANG CHAMATSANG
- 12:00 LUNCH (MOMO MAKING)
- 02:00 PM INTRO TO TIBETAN GAMES AND SHO PLAYING- PASSANG GHONGPA
- 04:00 PM TRIP TO MAGNOLIA POOL
- 05:30 PM END OF DAY 2

PARENTS DUTY: TENZIN GALPO, LOBSANG TSERING, TRINLAY

THURSDAY, AUGUST 8th

10:00 AM THANGKHA PAIING LESSON BY LAMA MIGMAR

11:00 AM BREAK

11:15 AM TIBETAN INSTRUMENT LESSON BY GEN LHARIK

12:30 PM LUNCH (TINGMO AND PHHINGSHA)

02:00 PM GORSHAY LESSON BY GEN LHARIK

03:00 TRIP TO ZOO OR LYNNWOOD SWIMMING POOL

05:00 PM END OF DAY 3

PARENTS DUTY:, TSE LHAMO, RINCHEN, KELSANG, THINLAY, CHIME

FRIDAY, AUGUST 9th

10:00 AM TRIP TO MOUNT RAINIER

1100 AM LUNGTA AND SANGSOL AT THE BASE
LOBSANG TSERING, TLCC TEACHER

1:00 PM LUNCH

2:00PM VISIT THE NATIONAL PARK

PARENTS: ALL PARENTS (JOB DESCRIPTION TO BE GIVEN LATER)

SATURDAY, AUGUST 10TH

10:00 AM MEET AT CROMWELL PARK, SHORELINE
PRAYERS & 7 STPES MEDITATION LESSON LED BY TULKU YESHI

11:00 AM INTRO TO SEE LEARNING BY TASHI NAMGYAL

12:00 HOT DOG AND SANDWICH AT THE PARK

02:00 PM CALLIGRAPHY WORKSHOP BY LAMA MIGMAR AND LAMA KALSANG

04:00 PM GROUP MEETING GAMES AND DRAWING LESSON

05:00 PM END OF CLASS