



GYUTO MONKS OF TIBET

HAPPINESS TOUR OF AUSTRALIA 2008

in collaboration with

JOURNEY OF THE SPIRIT EXHIBITION

OPENING WEDNESDAY 3RD 6.00 - 8.00PM

BONDI BEACH PAVILION 4TH - 14TH DECEMBER 2008



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OPEN 11AM - 6PM DAILY
& EVENINGS AS SCHEDULED

PROGRAM SUMMARY

DAILY

11AM MORNING MEDITATION

12PM CULTURE FOR KIDS

1PM MEDITATION CLASS

3PM HAPPY HOUR TALKS

**4PM TANTRIC ART CLASS
(WEEKDAYS)**

**4PM JAB KHURU CEREMONY
(WEEKENDS)**

5.30PM EVENING MEDITATION

EVENINGS

7.30PM PUBLIC TALKS (4TH/5TH/8TH/10TH)

**8PM GYUTO MONKS OF TIBET
'CALMING GLOBAL FEARS'**

**HARMONIC CHANTING
PERFORMANCE.**

ADMISSION \$20

HIGH TIDE ROOM.

**TICKETS AT GALLERY
OR AT DOOR ON NIGHT**

**5.30PM ZHAMBALA WATER
CEREMONY FOR**

PROSPERITY (SAT 13TH)

**6PM DISSOLUTION OF THE
MANDALA & PROCESSION
TO THE SEA (SUN 14TH)**

THURSDAY 4TH DECEMBER

11AM - 9PM THEATRE

11 - 11.30 Morning Meditation

12 - 1 Culture for Kids -
Monks Rope Tricks

1 - 2 Smile Meditation -
Seizing the Day

3 - 4 Happy Hour Talks

4 - 5 Tantric Art Class -
Friendship Bracelets

5.30 - 6 Evening Meditation

7.30 - 9 Public Talk with Gen Lama
'Self- Perfection'

FRIDAY 5TH DECEMBER

11AM - 9PM GALLERY

11 - 11.30 Morning Meditation

12 - 1 Culture for Kids -
Monks Magic Books

1 - 2 Smile Meditation 'Calm Awareness'

3 - 4 Happy Hour Talks

4 - 5 Tantric Art Class Wisdom Wheels

5.30 - 6 Evening Meditation on the Beach

7.30 - 9 Public Talk with Gen Lama
'Forgiving Oneself and Others'

SATURDAY 6TH DECEMBER

11AM - 6PM GALLERY

11 - 11.30 Morning Meditation

12 - 1 Culture for Kids -
Tibetan Prayer Poles

1 - 2 Smile Meditation -
'Reprogramming Depression'

3 - 4 Public Talk with Gen Lama
Relationship'

4 - 5 Jab Khuru Ceremony

5.30 - 6 Evening Meditation

SUNDAY 7TH DECEMBER

11.30 - 4PM SEAGULL ROOM

11.30 - 12 Morning Meditation

12 - 1 Culture for Kids Mandala Hangings

1 - 2 Smile Meditation Series
'Dissolving Hurt and Loss'

3 - 4 Public Talk with Gen Lama
'Belonging'

4 - 5PM ON THE GRASS

4 - 5 Jab Khuru Ceremony with Gen
Lama

5.30 - 6PM GALLERY

5.30 - 6 Evening Meditation

MONDAY 8TH DECEMBER

11AM - 5PM	OCEAN ROOM
11 - 11.30	Morning Meditation
12 - 1	Culture for Kids - Compassion Flowers
1 - 2	Smile Meditation Series 'Healing with Reason'
3 - 4	Happy Hour Talks
4 - 5	Tantric Art Class 'Protection Talismans'
5.30 - 9PM	GALLERY
5.30 - 6	Evening Meditation
7.30 - 9	Public Talk with Gen Lama 'Friendly Fire'

TUESDAY 9TH DECEMBER

11AM - 5PM	OCEAN ROOM
11 - 11.30	Morning Meditation
12 - 1	Culture for Kids – Spinning Stars
1 - 2	Smile Meditation Series 'Becoming Assertive'
3 - 4	Happy Hour Talks
4 - 5	Tantric Art Class 'Wish Fulfilling Jewel on Cloth'
5.30 - 6PM	GALLERY
5.30 - 6	Evening Meditation

WEDNESDAY 10TH DECEMBER

11AM - 9PM	GALLERY
11 - 11.30	Morning Meditation
12 - 1	Culture for Kids – Sand Sculpture
1 - 2	Smile Meditation Series 'Healthy Attitude'
3 - 4	Happy Hour Talks
4 - 5	Tantric Art Class 'Tibetan Xmas Trees!'
5.30 - 6	Evening Meditation
7.30 - 9	Public Talk with Gen Lama 'Interconnectedness'

THURSDAY 11TH DECEMBER

11AM - 5PM	OCEAN ROOM
11 - 11.30	Morning Meditation
12 - 1	Culture for Kids – Ritual Torma Statues
1 - 2	Smile Meditation Series 'Happiness on the Inside'
3 - 4	Happy Hour Talks
4 - 5	Tantric Art Class 'Auspicious Symbol Decorations'
5.30 - 6PM	GALLERY
5.30 - 6.00	Evening Meditation

FRIDAY 12TH DECEMBER

11 - 11.30AM	GALLERY
11 - 11.30	Morning Meditation
11AM - 10PM	HIGH TIDE ROOM
12 - 1	Culture for Kids – Tibetan Peace Weaving
1 - 2	Smile Meditation Series 'Life is to Die For'
3 - 4	Happy Hour Talks
4 - 5	Tantric Art Class 'Mani Stone Painting'
5.30 - 6	Evening Meditation
8 - 10	GYUTO MONKS OF TIBET 'CALMING GLOBAL FEARS' Harmonic Chanting Performance
	Book at Gallery or tickets at the door on night. Admission \$20.

SATURDAY 13TH DECEMBER

11AM - 5PM	GALLERY
11 - 11.30	Morning Meditation
12 - 1	Culture for Kids – Wisdom Wheels
1 - 2	Smile Meditation Series 'Cultivating Fearlessness'
3 - 4	Public Talk with Gen Lama 'Enemies and Friends'
4 - 5	Jab Khru Ceremony with Gen Lama
5.30 - 6.30PM	BEACH
5.30 - 6.30	Zhambala Water Ceremony for Prosperity

SUNDAY 14TH DECEMBER

11.30 - 4PM	SEAGULL ROOM
11 - 12	Morning Meditation
12 - 1	Culture for Kids – Mani Stone Art
1 - 2	Smile Meditation Series 'The Habit of Smiling'
3 - 4	Public Talk with Gen Lama 'The Happiness Connection'
4 - 6.30PM	ON THE GRASS
4 - 5	Jab Khru Ceremony with Gen Lama
6 - 6.30	Dissolution Ceremony of the Mandala & Procession to the Sea

SAND MANDALA OF YAMANTAKA DAILY IN GALLERY



ENQUIRIES

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**ENTRY BY DONATION. PLEASE GIVE GENEROUSLY.
PROCEEDS TO GYUTO MONASTERY IN INDIA.**