



* SCHEDULE OF EVENTS *

Tibetan Monks Visiting Frankfort!

Monday Nov 2nd:

2:30-4:30pm Tibetan Cooking Class, Church of the Ascension-Episcopal, 311 Washington St., \$45 (includes ticket to Tibetan Dinner). Call 502.330.1201 to sign up. Pre-registration required.

6pm-8pm Traditional Tibetan Dinner and Interfaith Gathering, Church of the Ascension, 311 Washington St., \$15, tickets available downtown at The Light Clinic, Poor Richard's Books on Broadway, or at the door.

Tuesday Nov 3rd:

9 am-4pm World Peace Sand Mandala creation begins. A large, sacred sand painting that takes the monks 4 days to make. 305 St. Clair St. Drop by and watch anytime! Suggested \$5 donation.

11-11.50am Tibetan Yoga with Monks at Frankfort Yoga Studio, 306 W. Main St., Suite 300. Suggested \$5-\$10 donation.

5.15-6.15pm Monks attend Silent Service at Church of the Ascension, 311 Washington St., and close with sacred Tibetan mantras.

6.15-7.30pm History of Tibet and Tashi Kyil Monastery, presented by the monks at Church of the Ascension, Suggested \$10 donation.

Wednesday Nov 4th:

9am-6pm World Peace Sand Painting, monks continue work, 305 St. Clair, Drop by and watch anytime. Suggest \$5 donation.

6-7 pm Tibetan Buddhist Dharma Teaching at The Light Clinic, 306 W. Main St., Suite 609, Suggested \$10 donation.

Thursday Nov 5th:

9am-8pm World Peace Sand Painting creation continues. Candlelight Tour Open House in evening, 305 St. Clair St., Suggested \$5 donation.

1-2 pm Tibetan Yoga at Frankfort Yoga Studio, 306 W. Main St., Suite 300, Suggested \$5-\$10 donation.

5-8 pm Children's Art Workshop and Candlelight Tour Open House with Monks at The Light Clinic, 306 W. Main St., Suite 609. Suggested \$5 donation for workshop.

Friday Nov 6th:

9am-8pm Completion of World Peace Sand Painting and Candlelight Tour Open House in evening, 305 St. Clair St.

5-8 pm Children's Art Workshop and Candlelight Open House with Monks at The Light Clinic, 306 W. Main St., Suite 609, Suggested \$5 donation for workshop.

8:30pm Sand Mandala Closing Ceremony and Walk to Kentucky River. Meet at 305 St. Clair St. and have walking procession with candles.

Also available:

Home blessings and divinations (call 502-330-1201 to schedule an appointment); fire puja, debate demonstration. Tibetan goods for sale, including prayer flags, prayer beads, singing bowls, clothes, bags, jewelry and more.

FOR MORE INFORMATION: CALL
502.330.1201 OR ONLINE AT
www.thelightclinic.org



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