

PROGRAM

TIBETAN CULTURAL EXHIBITION

With the participation of the artist Tashi Gentsen

Location : Pavillon de l'Indochine Paris 12th quarter

Dates : Saturday June 17th to Sunday June 25th 2023

Opening Hours : 10:30 AM/6 PM

*Registration is obligatory for some activities,
the hall can only accommodate a limited number of people*

Every week-end starting at 10:30 AM : A sand mandala carried out by Honourable Lobsang Tharchin.

Saturday, June 17th 2023 :

11 AM/12:30 PM : Yoga class and initiation with Ngawang Tsephel.

Registration is obligatory : lhakarfrance@gmail.com.

Please bring your personal yoga mat.

1 PM/2 PM Lunch Break : Dhondup Ranyatsang will serve momos, a traditional Tibetan dish, with Tibetan tea.

2 PM/3:30 PM : Screening of « Zanskar les promesses de l'hiver » by Caroline Riegel, followed by a session of questions and answers. Duration: 52 min.

4 PM : Conference by Alain Griet on the benefits of sound in the context of meditation, mantras and Tibetan sacred sounds.

A relaxation to the sound of gongs and singing bowls will follow.

Registration is obligatory : lhakarfrance@gmail.com.

Please bring your personal yoga mat.

Sunday, June 18th 2023 :

11 AM/12 PM : Puja with Venerables Pema Dhondup, Lobsang Dorjee and Ngodup Tsering, three monks coming from India.

Registration is obligatory : lhakarfrance@gmail.com.

2:30 PM/4 PM : Pierre-Antoine Donnet will be signing his latest books « Le dossier Chinois » and « Confucius ». Colloquium with Dilnur Reyhan, president of the European Uyghur Institute and Tibetan Deputy Thupten Gyatso.

4 PM/5 PM : Uyghur poet Merdan Ehet'Elî offers us Uyghur poetry in his native language, poems that will be translated into French by Dilnur Reyhan.

Saturday, June 24th 2023 :

11 AM/12:30 PM : Preview showing of « L'espoir d'un Tibet libre », a documentary by Migmar Jannot, followed by a session of questions and answers with Ugen-Tenzing Noubpa, one of the protagonists of the film.

12:30 PM/13:30 PM : Lunch break.

3 PM/5 PM : Conference by Venerable Phakyab Rinpoché : Training in compassion, love and kindness, followed by a session of questions and answers.

Registration is obligatory : lhakarfrance@gmail.com.

5 PM/6 PM : Song and dance CHAM (sacred dance), plus Tibetan Folkloric dances with Tshering Wangdu, Lobsang Chonzor and Döndrup Gönpö.

Sunday, June 25th 2023 :

11 AM/12 PM : Human rights situation in Tibet - Colloquium with Mélanie Blondelle, Policy and Advocacy Officer at International Campaign for Tibet.

12:30 PM/13:30 PM : Lunch break.

3 PM/5 PM : Conference by Venerable Phakyab Rinpoché : Preparing for meditation, followed by a dedication of his book « Meditation saved me ».

Registration is obligatory : lhakarfrance@gmail.com.

Around 5 PM : Sand mandala dissolution with Honourable Lobsang Tharchin in your presence.

*** Opening hours are not changing during the week.
Activities will be proposed only during the week-ends.**