

## 5<sup>th</sup> Annual Mindfulness Retreat

For Tibetans Youths in North America

July 22 – 28, 2018 at DNKL, CT



The Tibet Fund, in collaboration with Online Tibetan Education (OTE) and Do-Ngak Kun-Phen Ling (DNKL), is organizing a week-long 4<sup>th</sup> Annual Mindfulness Retreat from July 22 – 28, 2018 at DNKL in Redding, CT for Tibetan youths 16 and over, residing in North America.

**Objectives of the retreat:** This week long retreat aims to provide young Tibetans, born and raised in the West, to focus on Tibetan Buddhism, History, Culture and Language. The retreat is structured in particular for youths to be able to grasp the basic foundation in pursuit of paving the way for future.

**Retreat Schedule:** The mindfulness retreat will be offered for seven days from July 22 – 28, 2018 and the participants will be awarded a formal certificate, honoring their participation. Students must report to DNKL, on Sunday, July 22, between 3pm to 4:30pm for registration and orientation at 5:00pm.

**Applicant Requirement:** Any Tibetan youth over the age of 15 years and born or raised in the US and Canada are qualified to apply for this program. The program instruction will be bilingual, English and Tibetan.

**Application Process:** Along with your Registration Form you need to write an essay not more than 150 words explaining your interest in attending the Mindfulness Retreat. The applicant and parents are required to sign the guidelines. Once the registration form and the fee are received, organizers will review your application and may interview the applicant before making the final decision. **The Registration Form is attached below.**

**Cost for the Retreat:** You are required to send in the discounted fee of **US\$135** for the seven-day Retreat. The fee includes a decent accommodation, food and tuition fees. We encourage

parents to bring camping tent for your children. All other cost associated in getting to DNKL and return has to be borne by the applicant. Please note the payment should be made in favor of "The Tibet Fund" with a note 5<sup>th</sup> Mindfulness Retreat at DNKL.

- Application withdrawn before July 16, 2018, will be given full refund.
- Application withdrawn after July 16, 2018, no refund will be made.

**Travel Assistance:** The participants are required to make your own arrangements for your travel. If you need any assistance, the Tibet Fund will be more than happy to guide you through the process or make arrangements. Travelling by car to the venue is most convenient. DNKL can also be reached via public transportation on Metro North to Bethel or South Norwalk train station. We can make arrangements for your pick-up from the train station to DNKL if needed.

**Registration Deadline:** This retreat will accept only 15 students on first-come first serve basis. Please apply immediately. The deadline for registration is on July 16, 2018.

## **PROGRAM CURRICULUM:**

The week-long Retreat will offer the following topics to enable a practical on-hand experience on the basics of Tibetan Buddhism, history, politics and Tibetan Language.

## **BUDDHISM**

- **Prayer and Meditation based on mindfulness:** Meditation can be as simple as focusing on the breath; this is an excellent antidote to a scattered mind. There are a wide range of meditation techniques and objects to be meditated on in this tradition, each eliciting various positive qualities. We welcome you to come and explore them here at DNKL.
- **Practice of daily Buddhist Rituals:** Explanation and practice of daily Buddhist rituals, including prostration, water offerings, offering of incense and lighting butter lamps etc.
- **Letter to a Friend by Nagarjuna - Path and Practice of Buddhism:** A highly accomplished Buddhist philosopher of the first century, Nagarjuna wrote his celebrated poem "Letter to a Friend" as an advice to his friend King Gautamiputra/Satavahana which gives a concise and comprehensive introduction to the entire path and practice of Buddhism. In particular, following specific topics will be emphasized:
  - Benefits of 'Generosity' and 'Moral Ethics'
  - Need to abstain from bad actions and embrace good upright characters
  - Practicing 'Patience' the antidote of Hatred and Resentment
  - Embracing good actions of body, speech and mind
  - To embrace meditative 'Concentration' by avoiding distraction
  - To renounce greed-attachment and practice ten virtuous action

- To familiarize with View of Karmic Action and Selflessness by practicing 'Listening and Contemplation'

## TIBETAN LANGUAGE

Tibetan Language Class students aim to read and write in Tibetan. This class is for beginners who want to explore the mysteries hidden in the original language of Tibetan Buddhist texts and prayers. Many words cannot be translated from Tibetan into English because we do not have the appropriate vocabulary. You can come to learn to understand the meanings of these words through familiarity with the Tibetan Language. Tibetan speaking and reading will be practiced through reading poems and proses and holding effective discussions.

- **History of Tibetan Language:** Participants will learn about the origin and history of the Tibetan language as well as various usages of the language across the world and the importance and preservation of it.
- **Introduction to Tibetan Language:** Participants will receive a session on basic Tibetan grammar such as the alphabets, vowels, prefix, suffix, post-suffix, etc which may be a refresher for some-and an important foundation on Tibetan language for others.
- **Discussions/Presentations:** In order to improve anything, one needs practice. Through group discussions and presentations in Tibetan, participants will be able to practice the language and build on Tibetan vocabulary. Fun activities geared towards language learning will also be on the agenda to provide the space to use the basics that have been taught and hence enhance language learning experience.

## TIBETAN HISTORY AND POLITICS

- **Basic Introduction to Tibetan History:** Participants will be introduced to important phases of Tibetan history, including the reigns of Tibetan religious kings, era of fragmentation after the collapse of the Tibetan Empire and reign of His Holiness the Dalai Lamas. Participants will receive articles or information on Tibetan history in advance to prepare for the class discussions. To make this session interactive, the lecture will be limited to 15-20 minutes and a group of three students will be asked to make presentations on what phases of Tibetan history that they consider outstanding and why.
- **Tibet, China and International Community:** Where does Tibet stand in terms of global recognition and support on the Tibet issue? Will the hardline policies of the Chinese government on Tibet ever change and what are the obstacles in finding an amicable solution? Students will understand the fundamentals of China's position and policies on Tibet and the reasons why Tibet issue remains unresolved. They will also be being introduced to the prevalent international support for the Tibetan cause.

Following the lecture, students will take part in a discussion on how best to move forward to find a speedy and strategic solution to the protracted Tibet issue.

- **Role of Democracy in Tibetan Society:** Democracy is considered a cure for many ailments in a society. For Tibetans, democracy plays an even greater role in ensuring the continuity of our freedom struggle and sustainability of a robust Tibetan community. Participants will not only be introduced to the democratic institutions in exile but also the significant contributions these institutions have made in gaining credibility to our just cause. They will be given exercise on what form of democracy suits best for the Tibetan people and what challenges do we face with the current democratic system.

#### **OTHER ACTIVITIES**

- **Evening Activities:** The Retreat will include extra activities to further enrich participants with Tibetan culture such as: Tibetan Circle Dance; singing Tibetan Song; Quiz; Field Trip; cooking Tibetan food etc.

#### **ABOUT THE ORGANIZATIONS**

**The Tibet Fund:** The Tibet Fund's mission is to preserve the distinct cultural and national identity of the Tibetan people. Since 1981, under the patronage of His Holiness the Dalai Lama, The Tibet Fund has been the primary funding organization for health care, education, refugee rehabilitation, religious and cultural preservation, elder care, and community and economic development programs serving more than 140,000 Tibetan refugees living in India, Nepal, and Bhutan. The Tibet Fund aim is to promote self-reliance and help sustain the cohesiveness of our exile community.

**Do Ngak Kunphen Ling (DNKL):** DNKL promotes Universal Peace through Tibetan Buddhist teachings in order to create enlightened world citizens who work to end the suffering of all beings. DNKL offers classes and training in Buddhist moral discipline, meditative concentration, and transformative wisdom.

**Online Tibetan Education:** Founded in 2011, Online Tibetan Education (OTE) is a non-profit, volunteer driven group dedicated to imparting basic Tibetan education to Tibetan people in general and Tibetan youngsters in particular, by means of the internet. OTE runs the weekly weekend programs Online Buddhism Class (OBC) and Tibetan Language Class (TLC).

**For more information, please contact:**

**The Tibet Fund**

**Attn: Rigi Philip**

**241 E. 32nd Street, New York, NY 10016**

**☎ 212.213.5011; 212.213.1219**

**rigiphilip@tibetfund.org**

**5<sup>th</sup> Annual Mindfulness Retreat Registration Form**  
**July 22, - 28, 2018 at DNKL, CT**

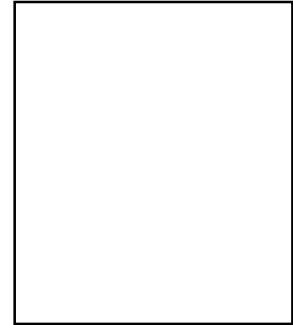
Full Name: \_\_\_\_\_

DoB: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade: \_\_\_\_\_

E-mail: \_\_\_\_\_ Cell #: \_\_\_\_\_

Father's Name: \_\_\_\_\_

Mother's Name: \_\_\_\_\_



Parent's Cell #: \_\_\_\_\_ Parent's E-mail: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

**Dietary Restrictions:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

**Health Insurance Info:** Company Name: \_\_\_\_\_  
 \_\_\_\_\_

Insurance ID #: \_\_\_\_\_ Contact Number: \_\_\_\_\_

How would you gauge your understanding of on the following topics?

Good    OK    Bad <b>Tibetan Buddhism</b>	Beginner    Intermediate    Advance <b>Tibetan Language</b>	Good    OK Bad <b>Tibetan History</b>
--	--	--

Submitting this application form does not confirm your participation. Please submit an essay not more than 150 words describing your interest in attending the mindfulness retreat. The applicant and parents are required to sign the attached agreement. Once the application is received the organizer may interview the applicant before making the final decision.

\_\_\_\_\_  
 Signature of the participant

\_\_\_\_\_  
 Signature of the parent / Legal guardian

\_\_\_\_/\_\_\_\_/\_\_\_\_\_  
 Dated: (MM/DD/YYYY)

**Please mail your application along with the fee to:**  
 The Tibet Fund  
 Attn: Rigi Philip  
 241 E. 32<sup>nd</sup> Street; New York, NY 10016  
 212.213.5011 & rigiphilip@tibetfund.org

## Guidelines for the 5<sup>th</sup> Annual Mindfulness Retreat

The participant and the undersigned parent/legal guardian agree with the following terms and conditions, including the set of rules to maintain good discipline throughout the retreat.

1. The participants to abide by the rules and regulations of the Retreat, in particular the sanctity of the Dharma Center - DNKL.
2. Smoking, drinking or the use of drugs in any form is prohibited at the Retreat. In the event the applicant is found violating any of them, the parent/legal guardian will be notified to pick you up. Taking drugs or offering drugs to other is a criminal offence and therefore, the organizers have the right to report such incident to local law enforcement.
3. In the event a student needs emergency medical attention, local emergency services will be called and taken to the nearest hospital. The parent/legal guardian will be informed immediately of the situation.
4. The organizers have the right to inspect the personal bags and belongings of the participant whenever necessary in the presence of the participant.
5. Students are required to participate in all retreat activities and maintain a good discipline throughout the duration of the Retreat. All activities are mandatory, including early morning session before the breakfast.
6. Participants are not allowed to come in shorts inside the temple.
7. Students are not permitted to visit main floor of the dharma center (prayer hall, the kitchen and others) after 10pm.
8. Fighting is strictly prohibited. Any incidence of bullying or cause of fighting will not be tolerated.
9. Depending on the severity of violations of rules, the organizers may immediately suspend or remove the student from the program and parent/legal guardian will be asked to pick the participant.
10. All the participants are required to arrive on time for all sessions. Cell phones will be collected at the start of the morning and after sessions and given back to participants at lunch break and after the day's last session.
11. Students are expected to go to bed latest by 10:30pm.

---

Signature of the participant

---

Signature of the parent/Legal guardian

\_\_\_ / \_\_\_ / \_\_\_\_\_  
Dated (MM/DD/YYYY)