

SACRED ARTS OF TIBET TOUR



DECEMBER 15 - DECEMBER 20, 2025

Carlsbad, Encinitas, Oceanside and Vista



**SCAN QR CODE
TO LEARN MORE
ABOUT EACH
EVENT & RSVP**



PHES Gallery
2633 State Street,
Carlsbad, CA 92008
(760) 696-3022
www.phesgallery.com



TOUR HIGHLIGHTS

**SACRED SAND MANDALA
DHARMA TEACHINGS
GUIDED MEDITATIONS
PRIVATE AND GROUP HEALINGS
FAMILY EVENTS
SOUND BATH CONCERT
PET BLESSINGS
HOUSE, Land and
BUSINESS BLESSINGS**

**To Schedule a Personal Healing
Land or Business Blessing
Text or Call Suzen @ (760) 815-2229**

**All funds raised will benefit the
1700 monks @ the monastery**



**CommuniTea Yoga and
Meditation**
Call or Register Online for
location: (760) 499-0066
www.comuniteayoga.com



Ocean Acupuncture and Massage
1826 S. Coast Hwy
Oceanside, CA 92054
Suzen @ (760) 815-2229
www.oceanau.com

Nicole @ (858) 1818



SACRED ARTS OF TIBET TOUR AT PHES GALLERY

WED. DEC. 17 - 20, 2025

2633 STATE STREET
Carlsbad, CA 92008

SCAN or CLICK ON LINK TO
RSVP OR REGISTER
CALL (760) 696-3022 FOR
GALLERY QUESTIONS



TIBETAN BUDDHIST MONKS OF THE
HISTORIC GADEN SHARTSE MONASTERY

TOUR INFO: WWW.SACREDARTSOFTIBETTTOUR.ORG

17
DEC

OPENING CEREMONY: 6:30PM

JOIN THE MONKS AS THEY SANCTIFY THE GALLERY FOR THEIR PEACE-FILLED SACRED SAND MANDALA .

The public is warmly invited to view the mandala at no charge during these four great days. Registration is recommended for the Teaching on Impermanence, Tibetan Cultural day, and Closing Ceremony

18
DEC

VIEW THE MANDALA: 9AM - 5PM

OBSERVE THE MONKS MEDITATIVE WORK AS THEIR ANCIENT SPIRITUAL ART UNFOLDS ONE GRAIN AT A TIME.

Sit with the Lama for a guided loving-kindness meditation at 12:00pm and do your holiday shopping at the monks arts and crafts Tibetan Market

19
DEC

TEACHING ON IMPERMANANCE: 12:30PM

Following the 12PM Loving-Kindness Meditation, the Lama will offer a special teaching on how embracing the reality of constant change allows us to see each moment as precious and unique. Questions are welcomed. Come early or stay late to shop at the monk's Tibetan market. Suggested Donation: \$20

20
DEC

TIBETAN CULTURAL DAY: 10AM DISSOLUTION CEREMONY: 1PM

Join us for the closing day. Learn about the monk's culture and listen to a talk on the meaning of the Sand Mandala. Following the talk, the mandala will be swept up in a formal ritual, and the sand taken to the beach as a blessing for peace. Donation: \$20

All Funds Raised will Benefit the 1700 Monks Living at the Monastery
Text Suzen: (760) 815-2229 to schedule a personal healing with the lama

SACRED ARTS OF TIBET TOUR



DECEMBER 15 - DECEMBER 20, 2025

Carlsbad, Encinitas, Oceanside and Vista



**SCAN QR CODE
TO LEARN MORE
ABOUT EACH
EVENT & RSVP**



PHES Gallery
2633 State Street,
Carlsbad, CA 92008
(760) 696-3022
www.phesgallery.com



Nicole @ (858) 1818

TOUR HIGHLIGHTS

**SACRED SAND MANDALA
DHARMA TEACHINGS
GUIDED MEDITATIONS
PRIVATE AND GROUP HEALINGS
FAMILY EVENTS
SOUND BATH CONCERT
PET BLESSINGS
HOUSE, Land and
BUSINESS BLESSINGS**

**To Schedule a Personal Healing
Land or Business Blessing
Text or Call Suzen @ (760) 815-2229**

**All funds raised will benefit the
1700 monks @ the monastery**



**CommuniTea Yoga and
Meditation**
Call or Register Online for
location: **(760) 499-0066**
www.comuniteayoga.com



Ocean Acupuncture and Massage
1826 S. Coast Hwy
Oceanside, CA 92054
Suzen @ **(760) 815-2229**
www.oceanau.com



SACRED ARTS OF TIBET TOUR

CHANTING AND TEACHINGS ON WISDOM AND COMPASSION

WITH THE MONKS OF GADEN SHARTSE MONASTERY

Join the Tibetan Monks of Gaden Shartse Monastery for a Rare and Sacred Manjushri Empowerment, a Blessing Ceremony that Awakens Inner Wisdom and Helps Purify Negative Thoughts. Through Sacred Chanting, Visualization and the Recitation of the Manjushri Mantra, This Ritual Supports Clarity, Insight, and Peace of Mind.

FRI. DECEMBER 19TH

6:00PM-8:00PM

**ON THE
YOGA DECK**

**Suggested
Donation: \$35-55**

**To schedule a Personal Healing Appt.
Call Suzen at (760) 815-2229**

A personal healing with a Tibetan Buddhist Lama helps to restore balance and promote well-being of mind, body and spirit in a nurturing and compassionate environment.



All funds raised benefit the 1700 monks who live at the Gaden Sharte Monastery
www.sacredartsoftibettour.org

**COMMUNITY YOGA AND MEDITATION
RETREAT CENTER**

**THIS EVENT IS LOCATED NEAR DOWNTOWN VISTA
PLEASE REGISTER AT:
WWW.COMMUNITEAYOGA.COM
OR CALL: (760)499-0066**

**Scan to
RSVP**





SOULFUL SAGES

Presents:

Death and Dying Panel & Indian Lunch

10 AM - 12:30 PM
16 DECEMBER



GESHE PHUNTSHO

Touring Tibetan
Buddhist Monk of the
Gaden Shartse Monastery



**REV. CHRISTIAN
SORENSEN, D.D.**

Spiritual Leader of Seaside
Center of Spiritual Living



NICOLE SOARES

Death Doula, Educator, &
Funeral Director of
EcoLove Transitions



Tuesday, December 16th



10:00 AM – 11:30 AM • Panel Discussion



11:30 AM – 12:30 PM • Monk's Vegan Indian Lunch

All funds donated support the monastery

Seaside Center for Spiritual Living

1613 Lake Drive, Encinitas, CA 92024

Questions:

**TEXT NICOLE@
858-815-1818**

Registration:

RSVP

SACRED ARTS OF TIBET TOUR

OCEANSIDE ACUPUNCTURE
AND MASSAGE
1826 S. Coast Hwy,
Oceanside, CA 92054



TIBETAN BUDDHIST MONKS OF THE HISTORIC GADEN SHARTSE MONASTERY IN SOUTHERN INDIA

Thursday, December 18, 2025
7:30 p.m.



In conjunction with their Sacred Arts of Tibet Tour, the Gaden Shartse monks will offer a spiritual healing and purification ritual event at Oceanside Acupuncture and Massage. It will feature the Tibet Buddhist Vajravajra practice focusing on cleansing, protection, and removal of negative energies. Suggested Donation \$20

TO SEE THE COMPLETE TOUR SCHEDULE: WWW.SACREDARTSOFTIBETTTOUR.ORG
FOR QUESTIONS PLEASE CALL SUZEN @ (760) 815-2229

SACRED ARTS OF TIBET TOUR

CHANTING AND TEACHING
ON WISDOM AND COMPASSION

WITH THE MONKS OF GADEN SHARTSE MONASTERY

JOIN THE LAMA FOR AN INSPIRING TEACHING THAT EXPLORES THE DEPTH AND
UNDERSTANDING OF WISDOM AND COMPASSION THAT LEADS TO A MORE
BALANCED, ETHICAL AND FULFILLING LIFE.

FRI. DEC. 19, 2025

6:00PM-8:30PM

ON THE
YOGA DECK

Suggested

Donation: \$35-55

www.communitateayoga.com

Come early to reserve your spot
And shop at the monk's
Tibetan Buddhist Market

To schedule a Personal Healing Appt.
Call Suzen at (760) 815-2229

*A personal healing with a Tibetan Buddhist
Lama helps to restore balance and promote
well-being of mind, body and spirit in a
nurturing and compassionate environment.*



All funds raised benefit the 1700
monks who live at the Gaden
Sharte Monastery
www.sacredartsoftibettour.org

COMMUNITY YOGA AND MEDITATION
RETREAT CENTER

THIS EVENT IS LOCATED NEAR DOWNTOWN VISTA
PLEASE REGISTER AT:

WWW.COMMUNITEAYOGA.COM

OR CALL: (760)499-0066

Scan to
RSVP



SACRED ARTS OF TIBET TOUR

MANJUSHRI EMPOWERMENT- PURIFICATION RITUAL

Join the Tibetan monks of Gaden Shartse Monastery for a rare and sacred Manjushri Empowerment, a blessing ceremony that awakens inner wisdom and helps purify negative thoughts. Through sacred chanting, visualization, and the recitation of the Manjushri mantra, this ritual supports clarity, insight, and peace of mind.

GADEN SHARTSE TIBETAN MONKS TOUR

SAT. DEC. 20TH

6-8PM

**ON THE
YOGA DECK**

Scan to learn
RSVP

**SUGGESTED
DONATION: \$35-55**

**All funds raised benefit the 1700
monks who live at the Gaden
Sharte Monastery**



**THIS ANCIENT EMPOWERMENT INVITES PARTICIPANTS TO CONNECT
WITH MANJUSHRI, THE EMBODIMENT OF TRANSCENDENT WISDOM
IN TIBETAN BUDDHISM. THE CEREMONY OFFERS A PROFOUND
OPPORTUNITY TO RELEASE MENTAL OBSTACLES, DISSOLVE
CONFUSION, AND OPEN THE HEART AND MIND TO DEEPER
UNDERSTANDING.**

COMMUNITY YOGA AND MEDITATION RETREAT CENTER

THIS EVENT IS LOCATED NEAR DOWNTOWN VISTA

PLEASE REGISTER AT:

WWW.COMMUNITEAYOGA.COM

OR CALL: (760)499-0066