

In an effort to help preserve Tibetan culture and traditions, we are hosting the Drepung Gomang monks. We are deeply honored to host the monks and hope you will take advantage of their time here in Canton to visit us and them.

ABOUT THE DREPUNG GOMANG MONKS:

They will offer authentic **Tibetan programs** that are a blend of ancient cultural, religious, and artistic expressions. Traditionally, these were secret practices, but now the monks want to share with the world their spiritual practices. They want to see you, teach about their history and practices, and spread peace and goodwill.

The monks are available to give talks on the main tenets of Buddhist philosophy and are happy to answer your questions about the Tibetan Buddhist tradition.

The monks offer prayers for your home, your well-being, for the clearing of karma, purification, world peace, individual or global healing, spiritual evolution, the development of wisdom, and the removal of obstacles.



ABOUT YOGA CENTRAL:

**Yoga Central** is a community project, encouraging a healthier and more positive way of living. It is an incubator to promote mindfulness in our lives and respect in our interactions.

**Yoga Central** is an offering to Stark Co. and the yoga community from The Yoga Place. It is another venue where we invite you to celebrate mind-body-spirit harmony.

Our website is up [www.yogacentralohio.com](http://www.yogacentralohio.com).



**YOGA CENTRAL**  
4626 Cleveland Ave NW, Canton OH 44709 • (330) 499-2863



The Drepung Gomang monks are renowned for the sacred art of sand mandala construction. They will be making a mandala during the time they are here.

Some typical pujas are for:

- World Peace and Healing
- Purification
- House or Business Blessing

The monks are available to perform a puja (blessing) for your well-being, home or business. Please contact Bonnie, the liaison, at (330) 936-5712 for more information or to make an appointment.



*Sacred Arts Tour 2025:*  
**TIBETAN MONKS AT YOGA CENTRAL**  
*March 31st - April 5th*



*The monks are on tour to help their monastery raise funds to educate, feed, house and care for about 2,000 exiled Tibetan Monks. Visit the Tibetan Monks at Yoga Central, 4626 Cleveland Ave. NW, Canton, OH, as they share their art and culture, and create a Peace Mandala made of sand. Come experience some of the many beautiful events. Consider scheduling the Monks to perform a private puja (blessing) for your well-being, home or business.*



[WWW.YOGACENTRALOHIO.COM](http://WWW.YOGACENTRALOHIO.COM)

*A Special Thanks to  
**Bonnie Paglialunga**  
for support and scheduling.*

Children 1–10 years old half price all events except children's program.  
Any donation will be accepted, no one will be turned away.  
Or, buy an all-access pass for the entire week for \$150



SCHEDULE OF EVENTS

Yoga Central Open House	Everyday	10:00 - 5pm	
<b>Monday, March 31</b>	Open House / Mandala Construction / Donation	10am - 4:00pm	
	Opening Mandala Ceremony / Mandala Construction Begins	10am -11am	
	Open House \ Donations		
	House / Business Blessings \$100 Call or Text Bonnie to schedule 330.936.5712	1pm - 3:00pm	
<b>Tuesday, April 1</b>	Open House / Mandala Construction / Donation	10am - 5:30pm	
	Restorative Yoga / Medicine Buddha Puja	11am - 12:15pm	\$15
	House / Business Blessings \$100 Call or Text Bonnie to schedule 330.936.5712	1pm - 4:00pm	
	Restorative Yoga / World Peace and Healing Puja	5:30 - 6:30pm	\$15
<b>Wednesday, April 2</b>	Open House / Mandala Construction / Donation	10am - 7pm	
	Restorative Yoga / World Peace and Healing Puja	11 - 12:15pm	\$15
	House / Business Blessings \$100 Call or Text Bonnie to schedule 330.936.5712	1pm - 4pm	
	Introductions to Buddhism/Meditation	5:30 - 6:30pm	\$10
	Sound Bath with Nicole Schoeppner / Chanting with Monk	7 - 8:30pm	\$25
	Removal of Negativity and Obstacles Puja		
<b>Thursday, April 3</b>	Open House / Mandala Construction / Donation	10am - 7pm	
	Restorative Yoga / World Peace and Healing Puja	11 - 12:15pm	\$15
	Sand Painting / Prayer Flag	2pm - 3:30pm	\$15
	Restorative Yoga / Removal of Negativities and Obstacles	5:30 - 6:30pm	\$15
	Lecture on History of DGCE Monastery and Tibetan Monks Exile with Geshe Lharampa Khenrap Chaeden / Mike Curtis	7 - 8:30pm	\$10
<b>Friday, April 4</b>	Open House / Mandala Construction / Donation	10am - 7pm	
	Restorative Yoga / Medicine Buddha Puja	11 - 12:15pm	\$15
	Momos Pre-Order Ends	2pm	
	For House Blessings Call or Text Bonnie 330.936.5712 to schedule	1 - 3pm	
	Impermanence Lecture / Meditation	4:30 - 5:30pm	\$10
	Experience a captivating call-and-response chant with the monks, accompanied by Joe Culley and Lana Sugarman. Jasmine from Frugal Civilization will create an intuitive expressive painting, which will be auctioned at the end of the event.	7 - 8:30pm	\$25
<b>Saturday, April 5</b>	Open House / Mandala Construction / Donation	10am - 7pm	
	Restorative Yoga / Tara Ritual	11am - 12:15pm	\$15
	Pre-Ordered Momos Pick-Up 7 \$10, 16 \$20	12 - 4pm	
	Guided Relaxation with Hoop Drumming / Reiki with MJ Healing Puja	1 - 2:15pm	\$15
	Stone Painting / Prayer Flags	3:30 - 5:30pm	\$15
	Closing Ceremony	7 - 8:30pm	\$15



OPENING CEREMONY

March 31, Monday / 10 am - 11 am

During the *Opening Ceremony*, prayers and chants in Tibetan are conducted by the Tibetan Monks of Drepung Gomang Monastery to launch a 6-day visit and the building of a sacred sand mandala.

\$10 suggested donation



LECTURE

April 3, Thursday / 7 - 8:30 pm

Lecture on History of DGCE Monastery and the Tibetan Monks in Exile with Geshe Lharampa Khenrap Chaeden and Mike Curtis

\$10



NICOLE SCHOEPPNER

April 2, Wednesday / 7 - 8:30 pm

Chanting and meditation with the monks, plus an interesting soundscape from sound therapist Nicole Schoeppner. For this special event, you could sit, or lie down, or both.

\$25 suggested donation



MANI STONE PAINTING \ PRAYER FLAG WORKSHOP

April 5, Saturday / 3:30 - 5:30 pm

The monks teach the students how to write in Tibetan their most known chant, “Om mani padme hum” or create other designs.



Materials provided: Acrylic Paint-red, blue, green, yellow, white & black, Paint Brushes, Small Bowls.

Participants: Please bring a few smooth surface stones, like river rocks, at least 4” or 5” across. You are also welcome to bring your own painting supplies.

\$15 online registration / Limit 24 participants



AUTHENTIC TIBETAN CUISINE: MOMOS TO GO

April 5, Saturday / 12 - 4:00 pm (Pre-ordered Momos Pick-Up)

“Momos” is a Tibetan name for dumpling. It is a traditional delicacy in south Asian countries, mainly Tibet, Nepal, Bhutan, and few northern states of India. The monks will be preparing momos for you to enjoy.

Pre-order only by Friday, April 4th at 2:00 pm

7 for \$10 - 16 for \$20

April 4, Friday

7 - 8:30 pm

Experience a captivating call-and-response chant with the monks, accompanied by Joe Culley and Lana Sugarman. Artist Jasmine Barrino will create an Intuitive-expressive painting, which will be auctioned at the end of the event.

\$25

JOE CULLEY



Joe Culley is an artist in the world of sound and in the visual world. His art is currently on the walls at Yoga Central. He is Ohio’s best tabla player and you can hear him on April 4th accompanying the Tibetan monks.

LANA SUGARMAN



Lana Sugarman is a lover of movement, music, and creative expression. Originally from Canada, she has been practicing yoga for 25 years and teaching for 15. Lana has shared mantra internationally, including collaborations with many great musicians.

JASMINE BARRINO



Jasmine Barrino’s artwork explores self-expression, identity, and cultural storytelling. Jasmine has made a name for herself with her striking murals, fine art pieces, and innovative projects that blend traditional and digital mediums. Through her brand, Frugal Civilization, she continues to push boundaries, making art accessible and impactful.



LECTURE ON IMPERMANENCE, PLUS MEDITATION

April 4, Friday / 4:30 - 5:30

\$10 suggested donation

PUJA (Blessing)

The Tibetan Monks are also available to perform a puja (blessing) for your well-being, home or business. Please contact Bonnie for more information or to make an appointment at (330) 936-5712.



SAND PAINTING \ PRAYER FLAG WORKSHOP

April 3, Thursday / 2 - 3:30 pm

The monks teach you how to create designs using the same techniques used in creating a Sacred Sand Mandala.

Materials are supplied: Sand, chokpurs (tools used to paint with the sand), and white cardboard/foam board.

\$15 online registration / Plus Prayer Flags



CLOSING CEREMONY

April 5, Saturday / 7 - 8:30 pm

During the *Closing Ceremony*, the monks dismantle the mandala, sweeping up the colored sands to symbolize the impermanence of all that exists. Small bags of sand may be distributed to the audience as blessings for personal health and healing.

\$15