



**FEBRUARY 1st – 11th - 2014, TENERIFE**  
**Traditional & Modern Tibetan Songs and Dance**  
**Activities for Children ages 7 to 12**  
**Tibetan Music Concert and more!!!**  
**COME AND ENJOY!!**

We are happy to announce the 4<sup>th</sup> edition of Tibetan Culture Event in Tenerife: This year's theme is focused on the Arts in Tibetan Culture, especially through Music and Dance and its transition through time, observing the past, present and future of Tibetan culture.

The importance of having an event such as this one is to recognize Tibetan Culture as part of the Cultural Patrimony of Humanity and how a culture evolves.

The island of Tenerife was chosen to house this event due to its multicultural qualities as well as its natural beauty and climate, as well as being the worldwide centre for the International Dzogchen Community, Dzamling Gar, a Tibetan Cultural Centre.

This year's edition will be held in Centro Cultural Adeje, in San Sebastian Plaza in La Caleta, in Dzamling Gar and culminating at the University of La Laguna.

We invite you to come, dance, sing, play, eat and experience a millenary culture and how it has evolved through time, yet keeping its essence and rich cultural expressions. By understanding other cultures we recognize our own and together can enjoy and leave a cultural legacy to the future generations of the world.





# Special workshop during 4<sup>th</sup> Tibetan Culture Week in Tenerife: Intensive Tibetan Traditional and Modern Song and Dance Workshop

with *Topgyal Gontse & Tsering Dolker*

**Workshop:** Feb. 1- 8, 10am - 1pm and 3pm - 5pm

**Presentation:** Feb. 9, 7pm

**There is no charge for this workshop.**

This workshop will be lots of fun and suitable for everyone, focusing on both traditional and modern Tibetan songs and dances. We will learn four traditional songs along with dances choreographed by Tsering Dolker and Topgyal Gontse. Topgyal and Tsering have been writing, choreographing and performing traditional Tibetan folk songs and dances for several years. Recently they have been travelling far and wide due to popular demand for their relaxed and joyful teaching style.

Please register your interest at: [tibetanculture@dzamlinggar.net](mailto:tibetanculture@dzamlinggar.net) or [culturatibetana2014@gmail.com](mailto:culturatibetana2014@gmail.com)

**Come along and enjoy!!**



**Topgyal Gontse** escaped from Tibet into Dharamsala in 1984 and grew up under the care of the Tibetan Children's Village School in Dharamsala where he finished his studies in 1993. He then completed his 12<sup>th</sup> grade from SOS TCV Bylakuppe School. From 1996 to 1998, Topgyal studied for his Bachelor's Degree in Commerce at Delhi College of Arts and Commerce. From 1999 to 2002, he worked in Namgyal Higher Secondary School in Nepal as Librarian and as part of the teaching staff.

Since 2003 Topgyal has worked for the International Shang Shung Institute in Italy and is particularly interested in preserving and teaching traditional Tibetan folk songs and dances. Topgyal was taught Tibetan Songs and dances at School and also privately from Mr. Dawa Tashi lak, Ex. Tipa, and presently Dance and Music Teacher at the Tibetan Children's Village.



**Tsering Dolker** "I am Tsering Dolker. My late grandmother was a very good singer in eastern Tibet and I learnt my first Tibetan song from her when I was five years old. I was very interested in singing and dancing in my childhood life and my late grandmother intensified this interest. In school I learnt more songs and dances and I always participated in the inter school songs and dance competitions.

In 2011, I went with my husband to India and we had intensive private training of classical Tibetan songs and dances from Mr. Dawa Tashi la. Our teacher, Mr. Dawa Tashi la, is working in Tibetan Children's Village Dharamsala as a performing arts teacher. He trains Tibetan children from abroad in singing and dancing in summer camps year after year. As for his qualifications, he graduated from TIPA (Tibetan Institute of Performing Art) and he has a BA degree from Delhi University. "



## **Thursday Feb. 6, Centro Cultural de Adeje**

**7pm**      **Song and Dance Performance,**  
Topgyal Gontse, Tsering Dolker and Sithar Sithar  
**Talk: Chögyal Namkhai Norbu**  
Past Present and Future of Tibetan Culture



**Chögyal Namkhai Norbu** Professor Emeritus Chögyal Namkhai Norbu is a Buddhist master, a recognised researcher and historian of Tibetan culture. He travelled to the West in 1960 at the invitation from the professor of eastern studies Giuseppe Tucci. He has since worked as a researcher and professor of Tibetan and Mongol languages and culture at the University of Eastern Studies in Naples (Italy) and has founded a

number of centres for the promotion of culture and knowledge forming part of the Tibetan cultural and historical legacy. These centres include the International Shang Shung Institute, the International Dzogchen Community and ASIA Onlus.

Chögyal Namkhai Norbu teaches courses and gives lectures all over the world, and has written numerous books – many of which have been translated into various languages.



## **Friday Feb. 7, Plaza San Sebastian, La Caleta**

7pm

**Brief presentation:** ASIA - ONLUS – Non-profit organization

**ASIA operates** in support of the preservation of the identity and historical heritage of the people of Asia, with particular attention to Tibet and the Himalayan region, and **promotes sustainable development processes centered on local communities** with their own human, cultural and environmental resources

<http://www.asia-ngo.org>

### **7:15pm Modern Dance Performance & Short Conference:**

Traditional and Modern Dances In and Outside Tibet, Adriana Dal Borgo

Adriana Dal Borgo was born and raised in Venice, Italy. She graduated in psychology in Padua, specializing in Gestalt Psychotherapy. She met Master Chögyal Namkhai Norbu and the Dzogchen Community in 1986 when she participated in retreats at Merigar, Italy at that time.

In the early '90s she received instructions on the practice of Vajra Dance directly from the Master and has since been authorized to give courses in various locations in the International Community. Since then she has travelled all over the world spreading knowledge of the Dance through basic and advanced courses. In addition to these courses, she now focuses mainly on the training of new teachers and currently leads the modern Tibetan dances.

### **7:30 Modern Dance Performance, Dzamling Gar dance group**

Modern Tibetan popular songs have a special value of communicating the feelings and aspirations of the Tibetan people. These beautiful musical expressions come from a culture with a direct connection to the authentic spiritual nature of Dzogchen, The Teaching of Total Perfection beyond limitation.





## **Saturday Feb. 8, Dzamling Gar**

**10am - 1pm**     **Activities for Children:** Storytelling, theatre and Tibetan dances  
age 7 to 12, Lourdes Velaochaga and collaborators

The purpose is to give children from the area the possibility of encountering a millenary culture such as the Tibetan, which they can recognize as part of the history of humanity.



Through creative and playful dynamics in a 3 hour workshop, various activities will be done such Tibetan storytelling, dances, paintings, photos of Tibetan children, their habitat, schools, flora, typical foods, animals from the area, etc.

By the participants having contact and interacting with such a culture, they may learn new ways of expression and communication. Through this experience they may recognize Tibetan culture as part of the cultural patrimony of humanity. Therefore, as a natural result, a learning of respect and collaboration between the children arises, so that in the future, they can educate their own children and contribute to the new generations of thinkers, orators and workers towards the evolution of interpersonal cultures, collaborating for a common purpose

**3pm**     **Tibetan games** at Delek Bar in front of Dzamling Gar

**7pm**     **Tibetan Music Concert**, Topgyal Gontse, Tsering Dolker and Sithar Sithar  
**Dances and celebration with Chögyal Namkhai Norbu**





## **Sunday Feb. 9, Dzamling Gar**

**11am - 12pm Kumar Kumari Yoga for children**

Kumar Kumari is unique in that it combines breathing and movement with sounds that have a powerful effect (mantras). Its beneficial potentiality promotes healthy development for the children who practice it. Chögyal Namkhai Norbu taught Yantra Yoga Kumar Kumari with specific consideration of children's physical dimension, energy, and breathing



**7pm**

**Traditional Tibetan Song and Dance Performance,**  
Presentation of the culture days workshop  
with Topgyal Gontse, Tsering Dolker, Sithar Sithar and participants





## **Tuesday Feb 11, Universidad de la Laguna**

### **"Tibetan Cultural and Spiritual Heritage"**

**Conference** with Chögyal Namkhai Norbu and  
**Round Table** with

**Lama Denys Rinpoche:** Lider of the Rime Sangha and Ex President of the Buddhist European Union

**Prof. Elias Capriles:** Ex Professor of Oriental Studies at Escuela de Educación, currently research –professor of the Centro de Estudios de África y Asia at Escuela de Historia Universidad de Los Andes en Mérida, Venezuela.

**Profa. Giacomella Orofino:** Professor of Tibetan Studies at Universidad “L’Orientale” of Naples.

**Prof. Alfonso García:** Alfonso García, Head Professor of the department of Infirmery Universidad de La Laguna. President of the Spanish Tanatoly Society.

**María Teresa Miró:** Head Professor of the Personality, Evaluation and Psychological Treatment Department of La Universidad de La Laguna

**Moderator:** Prof. Dr. Francisco Diez de Velasco: Professor of History of Religions of the Universidad de La Laguna.

Aula Magna Campus de Guajara

**8pm Short Presentation:** ASIA-ONLUS, ONG

## **Addresses and contacts:**

---

### **Centro Cultural Adeje:**

C/ Principe Pelinor nº18 Telf. 922 756 246  
Adeje, Tenerife

### **Plaza San Sebastian, La Caleta, Adeje**

Calle San Sebastian, La Caleta, Adeje

### **Dzamling Gar – International Dzogchen Community World Wide Centre**

Avda. Adeje 300 – Parcelas 12 y 13  
Esquina de Avda. Adeje 300 y Avda Playa Paraiso  
38670 Playa Paraiso, Adeje, Tenerife  
[www.dzamlinggar.net](http://www.dzamlinggar.net)

### **Universidad de la Laguna**

Aula Magna Campus de Guajara

[culturatibetanatenerife.es](http://culturatibetanatenerife.es)

[www.facebook.com/culturatibetanatenerife](http://www.facebook.com/culturatibetanatenerife)

[www.dzamlinggar.net](http://www.dzamlinggar.net)

[culturatibetanatenerife2014@gmail.com](mailto:culturatibetanatenerife2014@gmail.com)

[tibetanculture@dzamlinggar.net](mailto:tibetanculture@dzamlinggar.net)