



United Kingdom
Shang Shung Institute

THE LONDON INSTITUTE OF TIBETAN STUDIES

ACTIVITIES REPORT
2010 - 2018



Shang Shung Institute UK Activities Report 2010 - 2018

Dear Friends,

The Shang Shung Institute UK (SSIUK) is pleased to present a summary of the activities that our team of dedicated staff, volunteers and supporters have carried out since its inception in May 2010 under the guidance and direction of Chögyal Namkhai Norbu. Our projects since 2010 are listed below as well as our forthcoming projects. This will give you an overview of our work in the past years.

Our heartfelt thanks go to Chögyal Namkhai Norbu. We would also like to express our gratitude to Dr Nathan Hill (SOAS) for his generous and untiring commitment and to the many supporters, volunteers and donors who graciously share their time, skills and resources to help the Shang Shung Institute UK (SSIUK) fulfill its mission to preserve, diffuse and promote Tibetan culture throughout the world. In particular, we would like to give thanks and pay our respects to the late Dominic Kennedy and Judith Allan who both played pivotal roles in the establishment of the Institute here in the UK.

The SSIUK is a nonprofit organisation that relies on your support to continue and develop. We hope that this report serves to inspire you, and we would like to invite you to actively participate in our work through donations, sponsorship and legacies. You can see details of how you may do this on the last page of this booklet.

With our very best wishes,

Julia Lawless - International Director of Tibetan Culture
Prof. Fabian Sanders - Academic Director
Anne Bancroft - Arts Director
Richard Steven - Company Secretary

London, October 2018



Summary 2010 - 2018

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SSIUK & SOAS Lecture Series

Sharing the Work of the Foremost Scholars and Experts in the Field

Background

- The SSIUK and SOAS lecture series are core activities of the SSIUK that have been made possible through close collaboration with Dr Nathan Hill in the Tibetan Studies department at SOAS (London University) and with Lekdanling Tibetan Cultural Centre in East London.
- The aim of the SSIUK & SOAS lecture series is to provide lectures with academics and experts in the field of Tibetan studies so that they may share their knowledge, and to make their work available to as wide an audience as possible via audio recordings and transcriptions that are published on our website www.shangshunguk.org

SOAS Lectures to Date

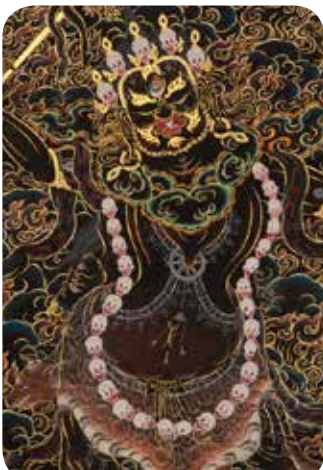
To date, we have offered 18 lectures that were free of charge to the public as part of the SOAS Lecture Series on a diverse range of subjects:



- 11th November 2010
The Place of Ritual Dance in Tibetan Tantric Practice with Dr Cathy Cantwell
- 21st January 2011
Tibetan Oracles and Himalayan Shamans with Dr Fabian Sanders
- 12th May 2011
Padmasambhava from the Early Sources, a Re-Examination with Dr Rob Mayer
- 27th May 2011
Tibetan Medicine and Dzogchen - A Perspective on Relaxation with Elio Guarisco
- 7th October 2011
Buddhism and a Sustainable World - Some Reflections with Prof. Geoffrey Samuel
- 3rd November 2011
The Five Aggregates and Primordial Wisdom with Dr Jim Valby
- 15th December 2011
Wrathful Deities and their Symbolism with Robert Beer
- 27th January 2012
Termas and Tertons: Refreshing the Teachings with Dr Fabian Sanders
- 23rd February 2012
Nourishment for the Dead - Early Buddhist Funeral Rites in Tibet with Dr Martin Boord
- 16th March 2012
Female Tibetan Masters with Prof. Paola Zamperini
- 26th April 2012
Indo-Tibetan Classical Learning according to Jamgon Kongtrul's Treasury of Knowledge with Dr Gyurme Dorje
- 4th October 2012
A Critical Passage: According to the Tibetan Book of the Dead with Elio Guarisco
- 26th October 2012
Women Lineage Holders in the Bonpo Tradition with Dmitry Ermakov



Tibetan Tantric Ritual Dance



Wrathful Deity

- 15th November 2012
The Legends of the 84 Mahasiddhas of early Indian Buddhism with Robert Beer
- 31st January 2013
18th - 20th Century Mongolian Buddhist Paintings and Appliques with Zara Fleming
- 28th February 2013
Himalayan Ascetics and Mystics with Dr Sondra Hausner
- 7th March 2013
The Origins and True Meaning of Om Mani Padme Hum with Dr Alexander Studholme

SOAS Lectures to Date contd.

- 9th May 2013
Tantric Arts and Crafts in Bhutan with Timea Tallian
- 14th November 2013
- The Art of Thangkas - From Monastery to Museums, an integrated approach to Conservation and Display with Teresa Heady
- 5th December 2013
Buddhism and Science with Prof. Geoffrey Samuel
- 6th February 2014
Buddhism in Modern Times with Lama Jampa Thaye
- 6th March 2014
The Power of Mindfulness with Maura Sills
- 20th March 2014
The Endurance of the Past in Modern Tibetan Literature with Lama Jabb
- 24th April 2014
“An illustrated Introduction to the Pema Kathang, or ‘Life and Liberation of Padmasambhava’, as revealed in a series of twenty-six wall paintings from Mindrolling Stupa in India.” with Robert Beer
- 12th June 2014
The Sku Bla and its Cult with Dr Nathan Hill
- 25th September 2014
Secret Wisdom’s Sea of Clouds: Apotropaic Magic in an Atiyoga Tantric Cycle with Cameron Bailey (Oxford University)
- 27th November 2014
Beyul - Hidden Valleys with Dr Fabian Sanders
- 29th January 2015
Cloth cleansed in fire, animals with incombustible fur, and how it all comes together in India and Eurasia with Dr Péter-Dániel Szántó (Oxford University)
- 26th March 2015
The fortunes and misfortunes of the Tibetan army’s reforms during the first half of the 20th century (1895-1951) with Alice Travers (CNRS, Paris)

SOAS Lecture Series Acknowledgements

We would like to thank Dr Nathan Hill for his support in offering this lecture series as well as Dr Cathy Cantwell, Prof. Robert Mayer, Elio Guarisco, Prof. Geoffrey Samuel, Dr Jim Valby, Robert Beer, Dr Fabian Sanders, Dr Martin Boord, Prof. Paola Zamperini, Dr Gyurme Dorje, Dmitry Ermakov, Zara Fleming, Dr Sondra Hausner, Dr Alexander Studholme, Teresa Heady, Lama Jampa Thaye, Maura Sills, Lama Jabb and Timea Tallian for sharing their work so generously. We would also like to thank Mike Farmer and Anne Bancroft (V&A Museum) for their continued enthusiasm and support for this project.



SSIUK Lecture Series

In 2015, 'Lekdanling, Tibetan Cultural Centre' became the new home of the Shang Shung Institute UK, and because of the popularity of our lecture series, we continued with the programme as the SSIUK Lecture Series::

- 23rd April 2015
The Seductive Creativity of Ignorance - Delusion as away of life with James Low
- 26th November 2015
The Satanic Verses of Buddhism and how one Bhavyakīrti Chose to Defend Them with Dr Péter-Dániel Szántó (Oxford University)
- 28 January 2016
The life and the works of Zaya Pandita Lobzang Trinley, a 17th century Khalkha Gelugpa master with Sangseraima Ujeed
- 11th February 2016
An Illustrated Talk: The Geography of Paradise: Hidden-Lands in Himalayan Myth, History, and Buddhist Practice by Ian Baker
- 21st February 2016
Tibet's Secret Temple Exhibition Private Tour - Wellcome Collection Led by Ian Baker (co curator and images expert)
- 25th February 2016
Why Emptiness is Liberating with James Low
- 31st March 2016
The Tibetan practice of bcud len: Enhancing one's life force while on the path to Buddhahood. with Jamyang Oliphant (Oxford University)
- 5th May 2016
East and West: Dharma and Psychotherapy Working with Emotions - Transcending Mental Constructs with Nick Simmons
- 26th May 2016
Divination in Tibet: A Phenomenological Overview with Donatella Rossi
- 3rd November 2016
Stable Lands in Turbulent Times with Dr Fabian Sanders

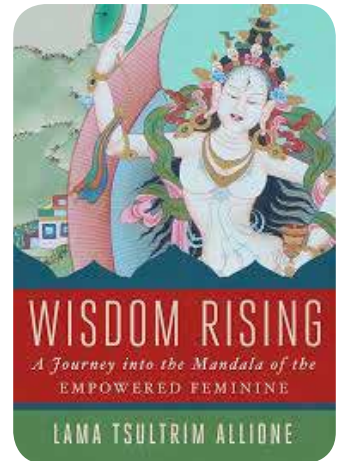


Shang Shung UK Lectures to Date contd.

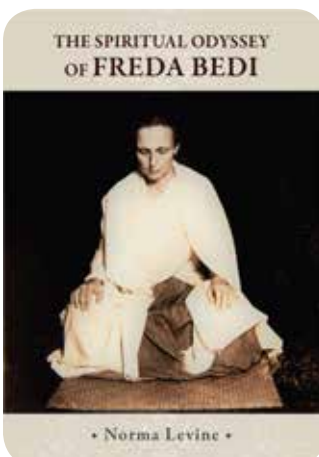


Yogic Symbolism

- 1st December 2016
Witches & Dakini's with John Reynolds
- 9th December 2016
Revelation in Tibetan Buddhism - The Terma Tradition with Michael Katz
- 19th January 2017
'The Art of Life: Balancing our Inner Elements' with John Renshaw
- 16th February 2017
Gentle Bridges' between the Tibetan & Western approaches to 'Lung' disorders with Dr Ekaterina Valeeva-Farrington
- 13th April 2017
Lucid Dreaming on the Spiritual Path with Charlie Morley
- 12th May 2017
'The Whispered Lineage: The Yogic Teachings of Tantric Buddhism as transmitted by the Mahasiddhas' with Ian Baker
- 26th May 2017
The Languages of Tibet & their Significance and Importance for Buddhist Practitioners with Dr Fabian Sanders
- 14th September 2017
Introduction to Tibetan Language with Fabian Sanders
- 26th October 2017
Nepalese Child Shamans and Other Guardians of the Lake with Premila van Ommen
- 16th November 2017
Shamanism with John Reynolds
- 19th January 2018
'Who am I? Buddhist approaches to the mystery of me being me with James Low
- 1st February 2018
The different Narratives of Bon & Buddhism on Early Tibetan Legends with Darig Thokmay
- 11th March 2018
The Basics of Tibetan Astrology with Dr Valeeva-Farrington
- 15th March 2018
Tibetan Oracles with Professor Fabian Sanders



Wisdom Rising Book Cover



Freda Bedi Book Cover

- 19th April 2018
Book Launch + SSIUK Lecture: 'The Spiritual Odyssey of Freda Bedi' With Naomi Levine
- 11th May 2018
'Mindfulness: Where has it come from and where is it going?' with Ian Baker
- 14th September 2018
Book Presentation - 'Wisdom Rising' by Naljyorma Tsulrim Allione
- 21st September 2018
Murals of Tibet with Jakob Winkler
- 11th October 2018
Luminous Emptiness - SSIUK Lecture with Francesca Fremantle



Short Courses

Based on the Five Traditional Fields of Knowledge

The Five Fields of Knowledge

Knowledge of Tibetan culture is traditionally classified into five great 'Fields of Knowledge' (rig gnas che ba Inga) or 'Five Sciences'. Arts, Languages, Medicine, Logic and Buddhist Studies / Meditation. The SSIUK: London Institute of Tibetan Studies offers courses related to these five Fields of Knowledge.

Short Courses Held to Date:

- 22nd January 2011
Introduction to Tibetan Civilisation, One Day Course
with Dr Fabian Sanders
- 12th - 13th February 2011
What is Buddhism?, The Value of the 7 Buddhist Mind Trainings (Lojong)
with Oliver Leick
- 4th - 6th March 2011
The Dance of the Six Spaces of Samantabhadra, Weekend Course
with Cindy Faulkner
- 30th April - 1st May 2011
The Tibetan Yoga of Movement: Yantra Yoga for Beginners, Weekend
Course with John Renshaw
- 28th - 29th May 2011
What is Tantra?: The Importance of the View in Mahayana,
Vajrayana & Ati with Elio Guarisco
- 25th - 26th June 2011
Tibetan Calligraphy, Weekend Workshop
with Tashi Mannox



Tibetan Calligraphy Course

Language, Arts, Inner Meaning, Medicine, Philosophy...

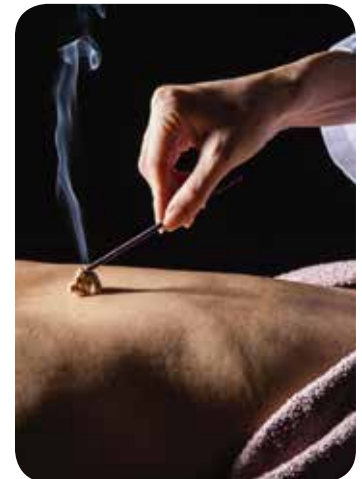
Short Courses to Date contd.



Thangka Painting Workshop

- 24th - 25th September 2011
Yantra Yoga for Beginners with John Renshaw
- 8th - 9th October 2011
Pranayama & Yantra Yoga: a Means of Integrating Practice and Behaviour with John Renshaw
- 5th - 6th November 2011
Dzogchen Without Buddhism, Weekend Course with Dr Jim Valby
- 28th - 29th January 2012
Introductory course in Tibetan Language & Drajyor with Dr Fabian Sanders
- 4th - 5th February 2012
Tibetan Calligraphy for Beginners with Tashi Mannonx

- 18th - 19th February 2012
The Tibetan Yoga of Movement: Yantra Yoga for Beginner's with John Renshaw
- 18th March 2012
Female Tibetan Masters in Depth with Prof. Paola Zamperini
- 23rd - 25th March 2012
The Dance of the Six Spaces of Samantabhadra, Weekend Course with Cindy Faulkner
- 6th - 8th October 2012
Tibetan Moxibustion Diploma Course. Part I of III with Elio Guarisco
- 1st - 3rd June 2012
Tibetan Moxibustion Diploma Course. Part II of III with Elio Guarisco
- 22nd - 23rd September 2012
The Tibetan Yoga of Movement: Yantra Yoga for Beginners with John Renshaw
- 5th - 6th October 2012
Tibetan Moxibustion Course Part III with Elio Guarisco.
- 9th - 10th February 2013
Tibetan Calligraphy Workshop with Tashi Mannonx



Tibetan Moxibustion



Yantra Yoga

- 9th - 10th February 2013
The Tibetan Yoga of Movement: Yantra Yoga for Beginners with John Renshaw
- 26th - 28th April 2013
The Dance of the Six Spaces with Cindy Faulkner
- 18th - 19th May 2013
An Introduction to Traditional Thangka Painting and Tibetan Visionary Art at the V&A with Timea Tallian
- **3rd October 2013**
Public Talk and Book Launch with Chögyal Namkhai Norbu at Asia House
Light of Kailash Volume III
- 12th October 2013
Traditional Thangka Painting Workshop with Timea Tallian

Short Courses to Date contd.



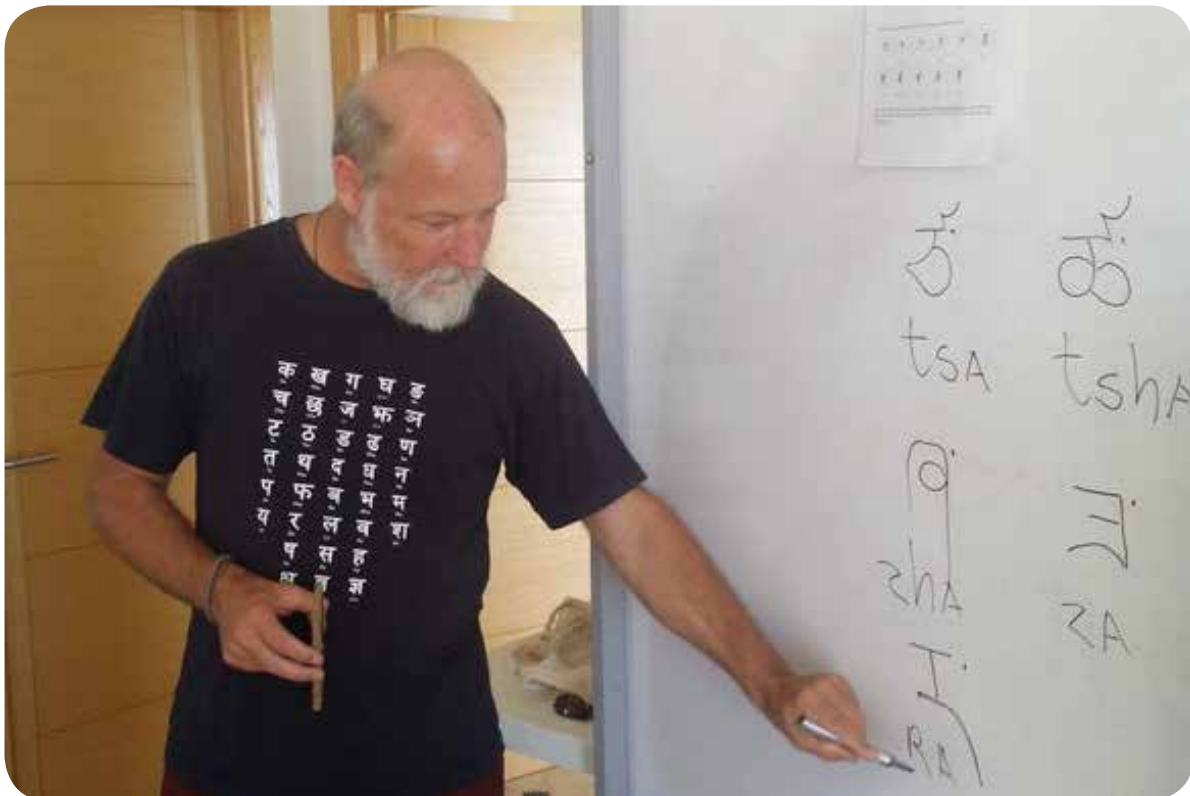
Professor Namkhai Norbu at Asia House - London

- 19th - 20th October 2013 & 1st - 2nd February 2013
The Tibetan Yoga of Movement: Yantra Yoga for Beginners with John Renshaw
- April - June 2014
Mindfulness Programme: The Heart of Mindfulness Parts I - III with Laura Donington and Jilly Warrick
- 24th June - 5th August 2014
The Tibetan Yoga of Movement: Yantra Yoga for Beginners 8 Week Course with John Renshaw
- 4th - 5th October 2014
The Tibetan Yoga of Movement: Yantra Yoga for Beginners with John Renshaw
- 8th - 15th January 2015
Basic Ku Nye Massage Diploma Training with Aldo Oneto
 - 4th - 6th March 2015
V&A: Thangka Conservation Masterclass with Teresa Heady
 - 7th - 13th May 2015
Basic Ku Nye Massage Diploma Training Part II with Aldo Oneto
 - 10th May
Newah Feast and Food Workshop - in aid of the Nepal earthquake disaster
- 13th - 14th June 2015
The Tibetan Yoga of Movement: Yantra Yoga for Beginners with John Renshaw
- 1st - 5th September 2015
Basic Ku Nye Massage Diploma Training Part III with Aldo Oneto



Short Courses to Date contd.

- 7th - 8th November 2015
The Tibetan Yoga of Movement: Yantra Yoga for Beginners
with John Renshaw
- 12th - 13th December 2015
Tibetan Calligraphy Course with Tashi Manno
- 22nd - 24th January 2015
Introduction to Tibetan Language Part I
with Dr Fabian Sanders
- 26th - 28th February 2016
Introduction to Tibetan Language Part II
with Dr Fabian Sanders
- 11th - 13th March 2016
Introduction to Tibetan Language Part III
with Dr Fabian Sanders



Professor Fabian Sanders

- 23rd - 24th April 2016
The Tibetan Yoga of Movement: Yantra Yoga for Beginners with John Renshaw
- 30th April - 2nd May 2016
Non Dual Contemplation & Yantra Yoga - With Fabio Risolo and John Renshaw (In association with the Dzogchen Community UK)
- 7th - 8th May 2016
Weekend Experiential Workshop: East and West: Dharma and Psychotherapy Working with Emotions - Transcending Mental Constructs
with Nick Simmons
- 16th - 18th September 2016
The Tibetan Yoga of Movement: Yantra Yoga for Beginners with John Renshaw

Short Courses to Date contd.

- 21st - 23rd October 2016
Ani Zamba: "The Cost of Illusion" - Weekend Teaching on the Nature of Mind
- 27th - 29th October 2016
Mindfulness and Meditation with Elio Guarisco
- 30th October
Momo Making Workshop in Collaboration with Yak Bites
- 4th November 2016 - 26th February 2017
Tibetan Language Programme Part I-III with Dr Fabian Sanders
- 3rd - 4th December 2016
Dzogchen and Tantra in Tibetan Buddhism with John Reynolds
- 11th - 12th February
Khaita Joyful Dances Weekend Workshop
- 12th March 2017
Khapsey and Losar Food Workshop in Collaboration with Yak Bites
- 8th - 9th April 2017
Yantra Yoga Introductory Course with Leo Isacchi



- 29th April - 1st May 2017
Introduction to Sacred Dance: The Vajra Dance that Benefits Beings
- 12th - 22nd May 2017
Ku Nye Tibetan Massage- Residential Training at Kunselling, Wales with Aldo Oneto
- 13th - 14th May 2017
Weekend Workshop: 'Manifesting Enlightenment: The Six Yoga System of Tantric Buddhism' with Ian Baker
- 27th - 29th May 2017
Intermediate Tibetan Language Course with Dr. Fabian Sanders
- 27th May - 1st June
Yantra Yoga Residential Retreat with John Renshaw
- 17th - 18th June 2017
Khaita Joyful Dances workshop with Lena Dumcheva
- 9th - 10th September 2017
Birth, Life & Death in the Tibetan Tradition – with Dr. Luigi Vitiello
- 15th - 17th September 2017
Beginners Course in Tibetan Language with Fabian Sanders
- 30th September - 1st October 2017
Yantra Yoga Beginners Weekend Course with John Renshaw
- 7th - 8th October 2017
Himalayan Arts Festival of Music and Dance



Short Courses to Date contd.

- 28th - 29th October 2017
Zen & Dzogchen with Igor Berkhin
- 18th - 19th November 2017
Dzogchen and the Tibetan Book of the Dead with John Reynolds
- 25th - 26th November 2017
Khaita Tibetan Circle Dances Workshop with Lena Dumcheva
- 15th - 17th September 2017
Beginners Course in Tibetan Language with Dr Fabian Sanders
- 1st January 2018
Beginners Course in Tibetan Language Part II with Dr Fabian Sanders
- 20th - 21st January 2018
'Who am I? Buddhist approaches to the mystery of me being me' with James Low
- 9th - 11th February
Beginners Course in Tibetan Language Part III with Fabian Sanders
- 18th February 2018
LOSAR: Prayer Flag Making Workshop for Children & Adults
- 16th - 18th March 2018
Beginners Course in Tibetan Language Part IV with Fabian Sanders
- 24th - 25th March 2018
Yantra Yoga Beginners Weekend Course with John Renshaw
- **25th March 2018**
BRITISH MUSEUM: Khaita Tibetan Dances Performance
- 16th - 23rd April 2018
Kunye Tibetan Massage Training Part II with Aldo Oneto



Khaita Tibetan Dances - British Museum

Helping to Keep Knowledge of Tibetan Culture
Alive and Available



Conferences

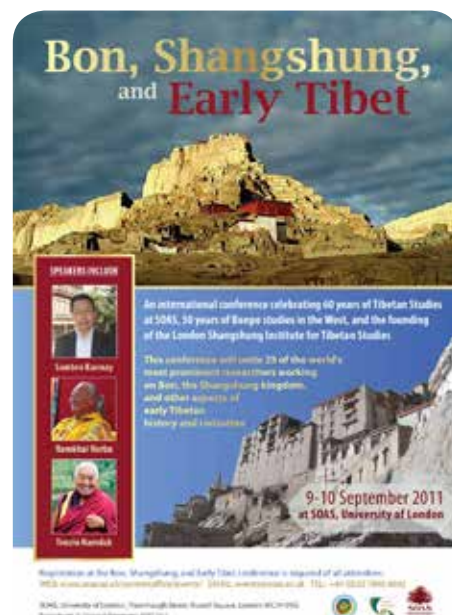
Groundbreaking International Conferences in Tibetan Studies

One of the principle activities of the SSIUK is the hosting of major conferences on the subject of Tibetan studies with the worlds foremost experts in the field.

Bon, Shang Shung and Early Tibet Conference - September 2011

In 2011 we teamed up with SOAS and jointly hosted the international conference on 'Bon, Shang Shung and Early Tibet'. This high profile two day conference included keynote speeches by Chogyal Namkhai Norbu, Samten Karmay and Lopon Tenzin Namdak, three of the world's leading scholars in the field of Tibetan studies. This conference provided an excellent forum for both scholars and students to mix and share their knowledge. Conference proceedings are available online from our website.

Other speakers included: Dr Charles Ramble (École Pratique des Hautes Études), Khenpo Tenpa Yungdrung (Triten Norbutse Monastery), Professor Zhaba (Central University for Nationalities), Professor Mark Des Jardins (Concordia University), Professor Geoffrey Samuel (Cardiff University), Dr Fabian Sanders (Università Ca' Foscari Venezia and International Shang Shung Institute), Dr Dan Martin (Tibetan Classics Project), Dr Hank Blezer (Leiden University Institute for Area Studies), Professor Shung Karma Gyaltzen (Institute of Tibetan Medicine and Astrology Naari Prefecture), Dmitry Ermakov (Oxford University), Dr Robert Mayer (The Oriental Institute, University of Oxford), Professor Donatella Rossi (Università di Roma La Sapienza), Dr Cathy Cantwell (The Oriental Institute, University of Oxford), Dr Sam van Schaik (International Dunhuang Project, The British Library), Dr Ronit Yoeli-Tlalim (Goldsmiths, University of London).



Conferences contd.

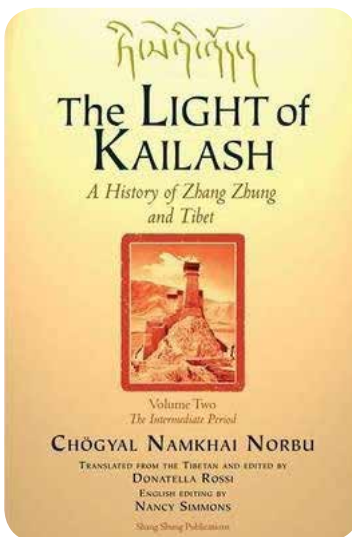
Dr Brandon Dotson (Institut für Indologie und Tibetologie, Ludwig-Maximilians-Universität München), Professor Tsering Thar (Central University for Nationalities), Professor Mark Aldenderfer (University of California, Merced), Dr Amy Heller (Centre de recherche sur les civilisations de l'Asie orientale, CNRS Paris). This conference provided an excellent forum for both scholars and students to mix and share their knowledge. Conference proceedings are published here: [Click Here](#)

Padmasambhava Conference: Different Aspects - September 2013

On the 14th September 2013 we held a one day conference on Different Aspects of Padmasambhava co-hosted once again with SOAS with a keynote speech by Chögyal Namkhai Norbu. Other speakers included Lama Jampa Thaye, Dr Gyurme Dorje, Mike Dickman, Dr Cathy Cantwell, Dr Rob Meyer, Dr Fabian Sanders, Dr Martin Boord, Dr Lewis Doney, Jamyang Oliphant.

Acknowledgements

We would like to thank Dr Nathan Hill at SOAS for his continued collaboration and support without which much of our programme would not be possible. We would also like to thank our donors for this project both past and future. In particular we would like to thank Oliver Leick (SSI Austria), Mike Farmer, Olga Komendantova, Wayne Hunt, Lucilla Baj, El'viye Izmailova, Alexandr Domozhirev, Satori Panagopoulus, Tina Ferragamo, Stefano Mori, Baz Hurrell, Joe Manger, William Mansfield, Amely Becker, Annelie Watson.

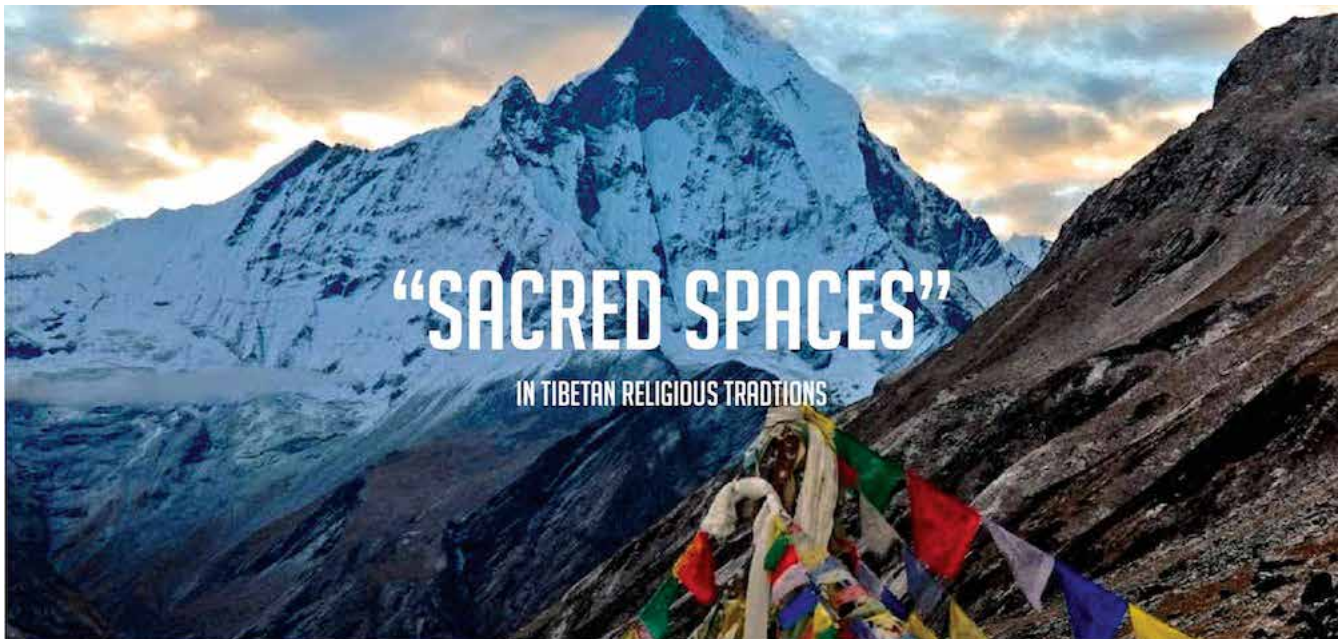


'The Light of Kailash' by Professor Namkhai Norbu at ASIA House

The third volume of 'Light of Kailash' was also launched in collaboration with SSIUK at SOAS in October 2015. We would very much like to thank Professor Namkhai Norbu for visiting London to deliver this lecture.

Connected to the conference on Padmasambhava, Professor Namkhai Norbu, one of the world's leading Tibetologists and an authority on early Tibetan history, delivered a keynote speech at ASIA House on the 3rd October 2013. The lecture was based on the second volume of his authoritative history of Tibet 'The Light of Kailash: A History of Zhang Zhung and Early Tibet'. This volume covers the time of Padmasambhava in Tibet.

The SSIUK depends on donations in order enable our projects. Without the generosity of our donors, this project and others like it would not be possible. We greatly value your continued support.



Sacred Spaces in Tibetan Religious Traditions Keynote Speaker: Ian Baker - October 2016

In this conference, we explored Sacred Spaces in the context of Himalayan culture. This conference will brought together some of the foremost active researchers on Tibetan religion, geography, art and culture to discuss the notions of what makes places and objects sacred. Practical demonstrations of yogic exercises and meditational dance under the guidance of leading practitioners were also included.

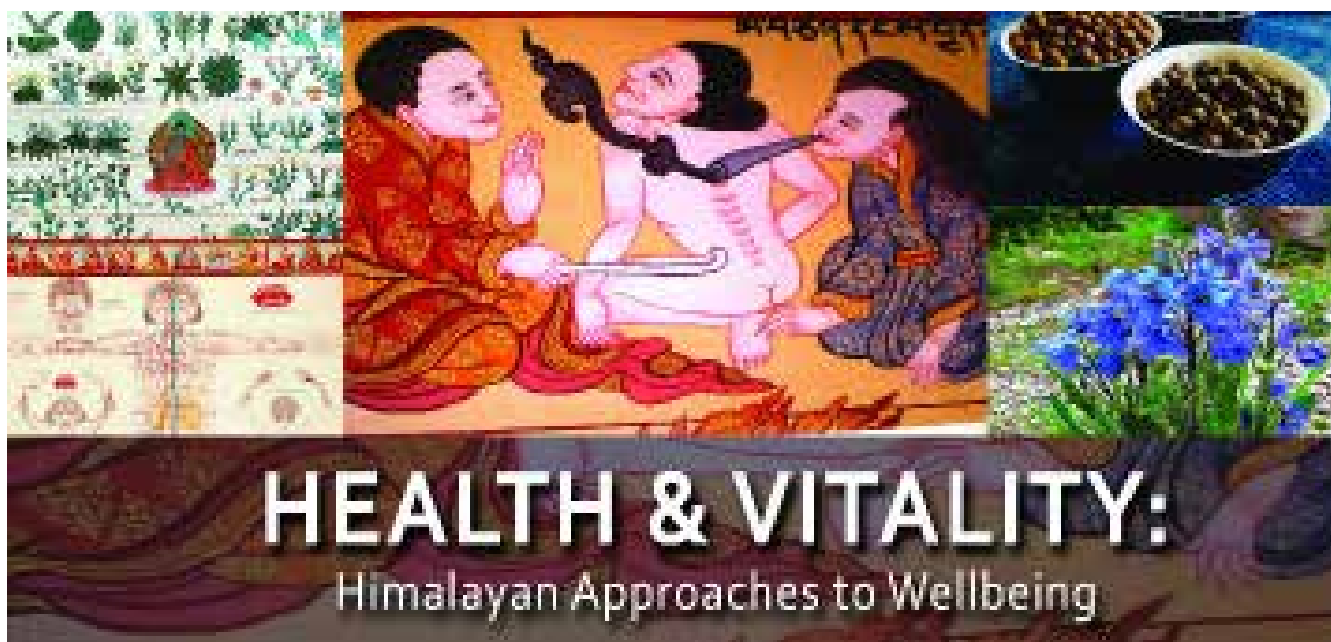
The talks and ensuing discussions will focused on a variety of topics; how a place may be intrinsically sacred through its geomantic or geographical attributes and how sacredness may also be created or embraced by consecration and propitiatory rites. Sacred landscapes and mandala art were also examined in depth.

The first day was dedicated to examining perceptions of sacred space in the Himalayan context, referring to specific power places & landscapes. We also learned how museums choose to acquire and represent sacred objects. the symbolism of the mandala and the specific architecture of the Lukhang Temple along with explanations of guardian deity rituals.

On the second day, we explored the interaction between the devotee & the sacred through exploring the nature of pilgrimage. We also learned about yogic practices & the meditative Dance of the Vajra. The sacred nature inherent in each of us, was also explored in the context of the ancient practice of Yantra Yoga. In the afternoon there was an introduction to the geography of Tibet and a case study of Pemako, a sacred 'hidden-land' (known to Tibetans as 'be-yul').

Acknowledgements

We would like to thank all of the speakers who participated in this conference: Ian Baker, Robert Beer, Professor Fabian Sanders (University of Venice), Anne Bancroft (V&A Museum), Dr Tim Myatt (University of Oxford), Cameron Bailey (University of Oxford), Naomi Levine (author), Cindy Faulkner, Mike Farmer, John Renshaw.



Health and Vitality: Himalayan Approaches to Wellbeing Keynote Speaker: Lelung Rinpoche - March 2017

In this conference, we explored the main principles underlying the therapeutic theory and practice of the Tibetan medical approaches to wellbeing. We explored the most important and efficient ways of maintaining optimum personal health and vitality and learned ways in which we can effectively cope with the everyday pressures of our modern lives.

Acknowledgements

We would like to thank our Lelung Rinpoche, Dr Ekaterina Valeeva-Farrington, Elio Guarisco, John Renshaw for their presentations and Dr Jamyang Oliphant (University of Oxford) for co-ordination.



Conferences contd.

Himalayan Music & Dance Festival - October 2017

In this weekend of Himalayan experience, we celebrated a variety of Himalayan and Mongolian dance and musical traditions with practical workshops including 'Meditation in Movement' through dance, 'Sacred Sound' and 'Mongolian Overtone Chanting' together with performances by Ngawang and the Namlo band and Tibetan dancers from the Tibetan Community in London.

Acknowledgements

Ngawang and the Namlo Band, Lena Dumcheva, Cindy Faulkner, Yak Bites, Premila Van-Ommen, The Tibetan Community of London dancers, Michael Orniston.



Festival of Mind: Mindfulness, Past, Present & Future - May 2018

Our first 'Festival of Mind' to examine mindfulness from a range of traditional & contemporary perspectives. We will look at the value of mindfulness and its possible future applications in the West with a panel of international experts including Ian Baker, Elio Guarisco, Igor Berkhin, Charlie Morley, Laura Donington and Paul Wielgus, by exploring such questions as: How can mindfulness help us to enrich our busy daily lives? What are the possible pit-falls of the modern mindfulness movement? Where will the potentiality of mindfulness take us in the future?

Events included:

SSIUK LECTURE: 'Mindfulness Now: Where Has it Come From; Where is it Going?' with Ian Baker

Elio Guarisco: 'Going Beyond Constraints: Mindfulness as a Relaxed Effortless Presence.'

Igor Berkhin: 'Mindfulness: Origins, Perspectives, Challenges.'

Ian Baker: 'Mindfulness in the Buddhist Tantras: Historical Challenges to Monastic-based Contemplative Practice & its Modern Manifestations'

Paul Wielgus: 'Mindfulness: The Attention Revolution'

Conferences contd. - Insight Tours

Laura Donington : 'Buddhism meets Psychotherapy: The Karuna Approach to Mindfulness'
Charlie Morley: 'Lucid Dreaming: Mindfulness of Dream & Sleep'

Practical Workshops

Elio Guarisco - 'Living with Mindfulness'
Igor Berkhin – 'What is Mind?'



Shang Shung Institute UK Insight Tours

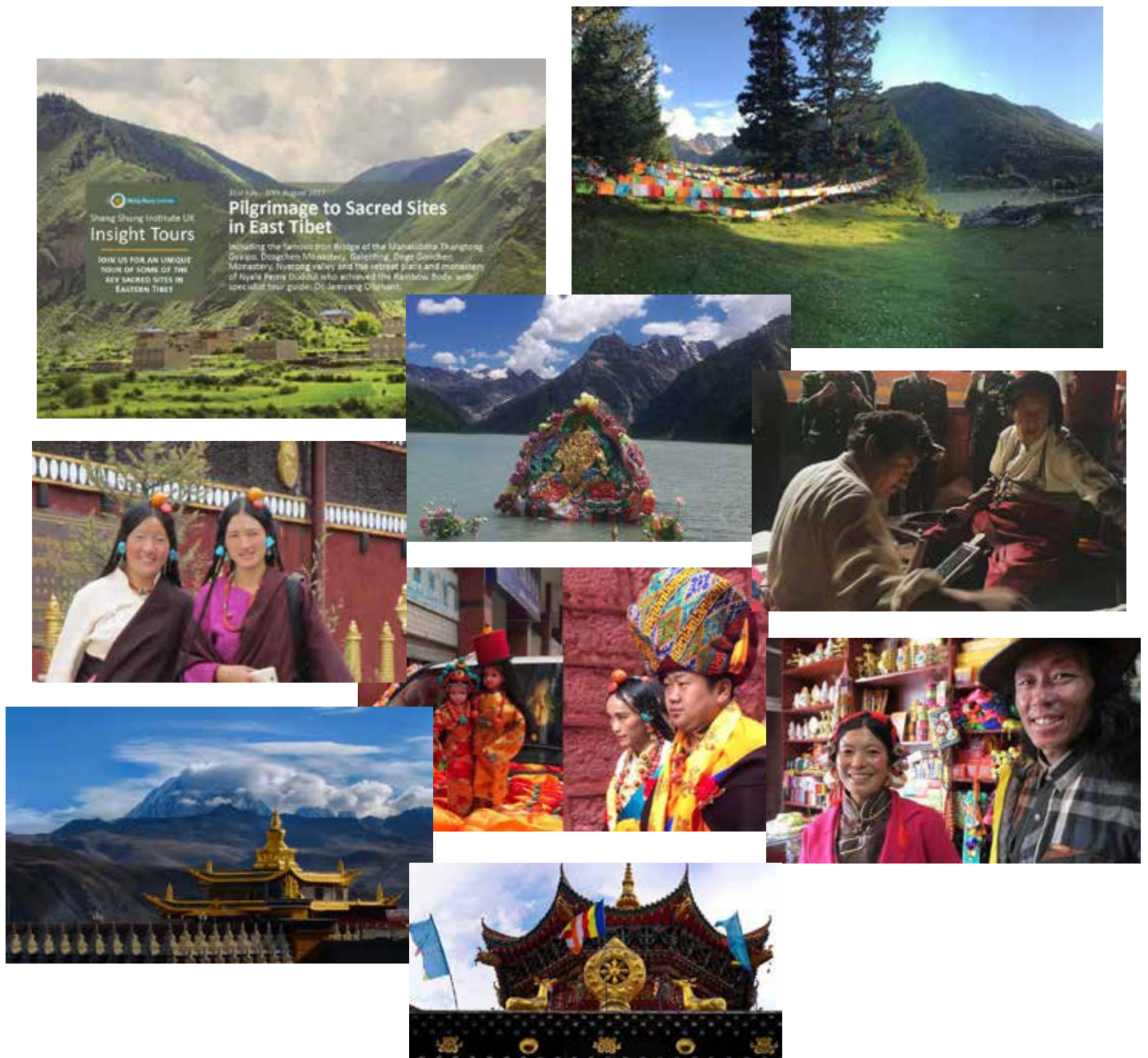
**Where Buddhist Culture
Comes Alive...**

Insight Tours

Our travel venture bringing you to the most important Buddhist sites around the world

In January 2015, recognising a need to facilitate travel to important Buddhist locations, we started Insight Tours. The aim of Insight Tours is to provide guided expeditions to all of the the key international Buddhist locations at a competitive price. All our trips are led by experienced tour guides who have a personal knowledge and insight into the significance of each specific Buddhist location. There are many iconic and fascinating Buddhist sites around the world which are instilled with the 'siddhi' or power of spiritual practice. Spending time at these important places in person, can help us connect directly with the rich history of Buddhist culture and the highly realised individuals who practiced there.

Insight Tours Contd.



Tours so far...

- 15th - 24th January 2015: Buddhist Burma Tour
- 19th - 25th August 2015: Ladakh 2015 Tour
- 2nd - 10th January 2016: Cambodian Adventure
- 17th - 26th February 2017: Natural Wellbeing in Nepal
- 31st July - 10th August 2017: Pilgrimage to Sacred Sites in Eastern Tibet
- 3rd - 17th August 2018: Kham 2018 - Pilgrimage to Sacred Sites

Upcoming tours will continue to focus of the Himalayan region, Nepal and Tibet.



Lekdanling Tibetan Cultural Centre: Our New London Home

In collaboration with the Dzogchen Community UK, after a hugely successful fundraising campaign, in the Autumn of 2015, Lekdanling Tibetan Cultural Centre became the new home for the Shang Shung Institute UK.

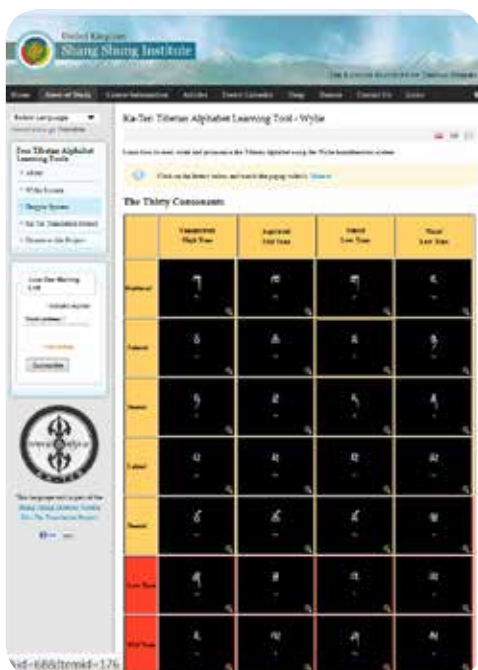
This versatile space houses a therapy room, workshop space and our bookshop. We have already held many courses in yoga, dance & language in this venue, as well as our SSIUK lecture series and weekend workshops plus hosting several conferences.

Lekdanling is a beautiful space where we can house our onsite shop and hold all of our courses and events.



Online Tibetan Language Learning Tools

Audio, Video & Graphics Tools for All



In January 2011, Richard Steven of the SSIUK web development team started a collaboration with the Ka Ter translation project of the Shang Shung Institute Austria and Dr Fabian Sanders (University of Venice) to produce a set of online Tibetan language learning tools that had been developed over several years by Dr Sanders.

The project consists of a collection of audio, visual and text materials for the study of various aspects of the Tibetan Language – reading and writing, grammar and translation. The materials for these tools have been gathered from Tibetans in various monasteries across the Himalayan region.

The first stage of this project is now 'live' in the form of a Tibetan Alphabet Learning Tool for both Wylie and Drajyor transliteration systems (See www.shangshunguk.org). This consists of a set of videos that contain pronunciation by native speaking Tibetan monks, images of each character and video footage depicting how to write the characters using calligraphy in Uchen script. This initial phase of the project will be followed by similar tools for learning grammar and sentence construction.



About the Ka Ter Translation Project



The Ka-Ter Translation Project is co-ordinated by the Shang Shung Institute in Austria and has been endorsed by HH XIV. Dalai Lama. It is a very important project designed to serve people who are interested in the Buddhist Teachings and Tibetan culture in general. Without precise and correct translations of traditional Tibetan texts, it is not easy for the ancient knowledge of Tibetan culture to be understood by non native speakers. The Ka-Ter Translation Project takes important steps in this direction:

- Provides training for translators from Tibetan into other languages for beginners, intermediate and advanced students
- Translation and publication of the Dzogchen Tantras
- Tibetan language study courses including courses on the phonetical transcription system Drajyor and online language courses
- Project for the preservation of the Terma teachings of the great Tertön Changchub Dorje and others

Articles Repository

Student and Academic Resources



Since its inception, the SSIUK has been accumulating a wealth of material that we are gradually making available as an online resource to all those who are interested in Tibetan culture. This resource so far includes transcriptions by volunteers of our own lectures and articles submitted to us by experts in the field. There is also a range of audio recordings of our lecture series and various weekend courses that we have made available as downloads via our online shop. In future we would like to add video and interactive material, growing the archive so that it becomes a 'go-to' place for anyone studying the culture of Tibet and its related Himalayan context.

Thanks to our Volunteers

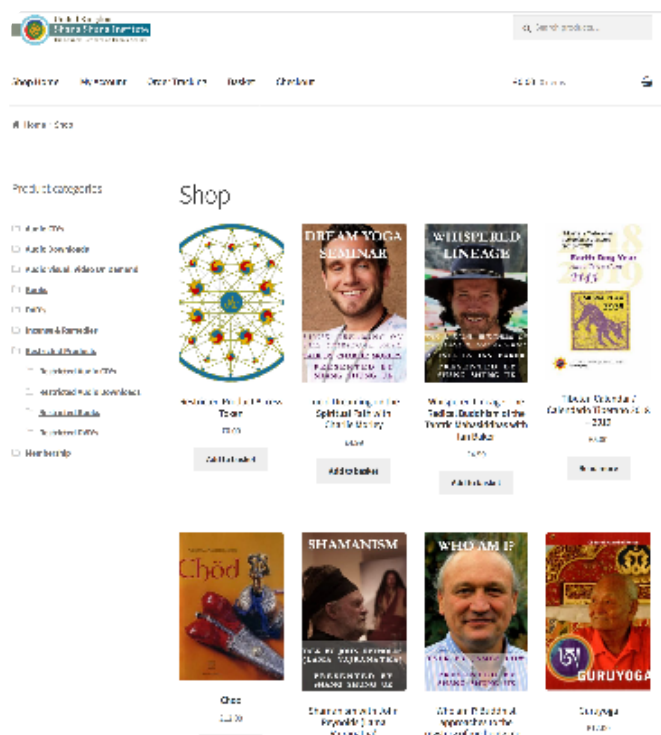
We would like to say a special thank you to our transcription volunteers, Emiliano Diego-Franceskides and Barry Patterson who have painstakingly sieved through hours of audio recordings and rendered them into the written format that is presented on the articles section of our website.

Making resources on traditional Tibetan culture easily available for all while supporting our activities.

Online Shop

The online shop of the SSIUK offers books, audio downloads, audio recordings, video streaming and DVDs on all aspects of Tibetan culture including many of our SSIUK Lectures. There are also various games and some traditional items available. It is also a service for members of the International Dzogchen Community who need practice materials, most of which are published by Shang Shung Publications and Shang Shung Edizioni in Italy.

The shop provides one of the main income streams of the SSIUK which helps towards allowing us to continue our other activities. In March 2018 we significantly expanded and upgraded our online shop.



Fundraising Activities

We depend on fundraising activities and the generosity of our donors in order to continue our work

Losar Lungtas

Losar, or Tibetan New Year is an important time for purification and activities associated with with Long Life and generating good causes for the coming year. The hoisting of Lungtas or Prayer Flags, usually in a number that corresponds with a persons age is a practice that harmonises that five elements of the individual, is a purification and generates merit by spreading special Mantras into the wind.



Every year, we offer Lungta hoisting service in sacred places in Nepal. People are given the opportunity to order Lungtas online and our intrepid fundraiser Jamyang Oliphant travels to Nepal to purchase and arrange for the flags to be empowered and hoisted in collaboration with local Buddhist Sangha's. Each year we raise around £5000 in this way.

Vesak Animal Release

For the first time in 2016, in collaboration with the Sangha of Chatral Rinpoche in Nepal, we gave people the opportunity to purchase animals online to be released from slaughter in Nepal and freed into places where they are not endangered. This is a practice that is performed traditionally on Vesak or Buddha's day. It is a way for people to generate merit, and also to generate the causes health and long life. Through this activity, we were able to raise 2000 Euros respectively for the Shang Shung Institute UK, and also the Sangha of Chatral Rinpoche. Thanks to Jamyang Oliphant for coordinating this auspicious activity. In 2017 we were able to raise over £12000 and released over 19000 fish. Thank you to everyone who took part!



How can you help?

The Shang Shung Institute UK is a nonprofit organisation that relies largely on the support of donors and sponsors in order to continue and improve its work committed to the preservation, study and diffusion of Tibetan culture.

1. Become a SPONSOR for our ongoing activities and to support Tibetan Culture (contact Julia Lawless for more details on this, see below)
2. Buy our products and attend our courses and events
3. Volunteer to collaborate in our activities. Email: info@shangshunguk.org
4. Make a donation to the Institute in general or for a specific project
 - SSIUK Lecture Series
 - Short Courses
 - Conferences and Conference Proceedings
 - ONLINE CLASSICAL TIBETAN: Tibetan Language Learning Tools
 - ART / CALLIGRAPHY / EXHIBITION PROJECT
 - FESTIVAL OF MIND: INTERNATIONAL CONFERENCE PROJECT

Donations and membership payments:

By PayPal Account: shop@shangshunguk.org (secured credit card payments). See also the donations section of our website www.shangshunguk.org/support

Bank Transfer

Bank Name: HSBC
A/C Name: Shang Shung UK LTD
Sort Code: 40-03-36
A/C Number: 21333585
IBAN: GB40MIDL40033621333585
BIC: MIDLGB2140V

Leaving a Legacy to the Shang Shung Institute UK

If you believe in the importance of preserving Tibetan heritage and culture, and you feel that our work is valuable, we would like to invite you to consider leaving a legacy to the Shang Shung Institute UK, so that your support for Tibetan culture may live on after you have passed away. Please don't let your support die with you! If you have not previously considered making a will, there is an information sheet on the 'Donate' section of our website www.shangshunguk.org. You can also contact Julia Lawless for more information: julia.lawless@shangshunguk.org

SSIUK Management Team

Julia Lawless – Director of Tibetan Culture (SSIUK / Ati Yoga Foundation)

Prof. Fabian Sanders - Academic Director

Anne Bancroft – Arts Director

Richard Steven - Company Secretary

With the support of our invaluable Team:

Jamyang Oliphant - Insight Tours / Fundraising, Premila Van Ommen - Events and Online Promotion, Russell Pond - Book Keeping, Maciek Sikora – Social Media, Mike Gilmour – Bookshop, as well as the many volunteers who help run our events and tirelessly contribute their time and energy.

A Big Thank You to our Donors & Sponsors for your Continued Support

Chögyal Namkhai Norbu

Oliver Leick of the Shang Shung Institute Austria

Dzogchen Community UK

Brian Wright and the Clear Light Trust

SOAS for the use of their facilities.

Lucilla Baj, David Mayer, Dorothee Von Greiff, Mike Farmer, Olga Komendantova, Wayne Hunt, El'viye Izmailova, Alexandr Domozhurov, Satori Panagopoulos, Tina Ferragamo, Stefano Mori, Baz Hurrell, Joe Manger, William Mansfield, Amely Becker, Annelie Watson, Ben Cox, Andrew Clegg, Magdalena Kovacs, Andrew Hutson, Ermano Perinotto, Roberto Lilla, Martin Swain, Ivan Kuzmin, Max Corradi, Ana Sanchez, Maria Herrera, Nigel Wellings, Alexander Studholme, Robert Russell, Ben Ash, Gabriele Kern, Michael Visschers, Nancy Paris, Ann Pickering, Bingqin Huang, Iwana Zagroba, Robert Czabański, Amare Pearl, Anastasia McGhee, Maggiorina Capelli, Lorraine Gaultier, Elise Stutchbury, Stoffelina Verdonk, Catherine Markey, Lauri Marder, Maciek Sikora, Ronan O'Brien

Shang Shung Institute UK

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Facebook: [@shangshunguk](https://www.facebook.com/shangshunguk)

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