

Immediate Release: Monday, March 11, 2019

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Bardavon and O+ announces The Mystical Arts of Tibet, a rare performance by the monks of the Drepung Loseling Monastery at UPAC in Kingston October 13, a benefit for the 10th annual O+ Kingston festival.

The monks will also create a Sand Mandala at UPAC October 9-12 which will be free and open to the public.

Member on sale Thursday March 14 at 11am.

Public on sale Friday March 15 at 11am

The Mystical Arts of Tibet

Sunday, October 13 at 3pm at UPAC in Kingston

The Mystical Arts of Tibet: *Sacred Music Sacred Dance* performance comprises selections believed to generate energies conducive to world healing. Robed in magnificent costumes and playing traditional Tibetan instruments, the Loseling monks perform ancient temple music and dance for world healing. The program features authentic temple dances and multi-phonic chanting. This is a rare opportunity for a look into the Tibetan monastic culture as these pieces are rarely seen outside the monasteries in which they are performed. The Mystical Arts of Tibet is a world tour endorsed by His Holiness the Dalai Lama to promote world peace and healing.

The artists are monks from Drepung Loseling Monastery, which has been re-established in exile in South India. The performers on The Mystical Arts of Tibet tour are not full-time professionals; rather they are genuine monks who are taking time off from their life-long devotion to contemplation and study to participate in the tour. These monk artists consider it an honor to be selected to represent their monastery and share their cultural traditions on the tour, hoping that they will be able to make some small contribution toward world peace and toward greater awareness of the Tibetan situation. At the end of each tour the monks return to Drepung Loseling Monastery to continue their vocation.

Tickets: \$30 (\$50 for first 10 rows). All tickets include a three day pass/wristband to the 10th annual O+ Kingston October 11-13 allowing access to all festival weekend art, music and wellness events. For more information, visit opositivefestival.org/kingston

FREE SAND MANDALA CREATION:

In addition to the performance on October 13 the Monks will also create a Sand Mandala at UPAC from Wednesday October 9 thru Saturday October 12. The creation of the mandala will be free at open to the public each day. A spokesperson/translator will be on hand to answer questions and the community has the opportunity to engage in conversation with the monks and enjoy the impermanent artwork they are creating.