

WELLNESS • FITNESS • FOOD • ART • TIBETAN DANCE • GIFTS

# ELEVATE

A celebration of Tibetan culture, meditation, wellness and art.

Saturday, May 5, 9am-4pm

Proceeds benefit impoverished  
children and seniors in Tibet.

## PEACE • LOVE • YOGA

### Classes

Tibetan Chanting & Meditation  
by Sonam Rinpoche

Yoga by Shilpa Bhavsar

Traditional Medicine & Herbs

Tibetan & Indian Cuisine Lunch

Tibetan Slide Show and Talk  
Education at Elevationx

Tibetan Dancers

Stress Management

Yoga - Various Styles

Personal Wellness

Dawn's Healing Sound Bath  
by Dawn Torres

Early bird discounts, full class schedule, and tickets:  
[www.EducationAtElevation.org](http://www.EducationAtElevation.org)

Classes subject to change. Check website for details.

**Brightwater Center**  
22505 WA-9  
Woodinville, WA 98072



Education At Elevation is hosting a day of education, exploration, exercise, and relaxation for our local community.

Tickets (10 event vouchers):  
\$20 early bird, \$24 at the door

All proceeds provide:

- A safe haven for 35 nomad children.
- Housing renovation for seniors within the same village.
- High altitude school in Tibet.
- Teachers of Tibetan & Mandarin languages, and mathematics.
- Food, warm cloths, clean water and shelter.
- Beyond high school tuition for 2 nomadic women.

I enjoyed the day so much! The classes were interesting and I even got to experience a sound bath, something I've been curious about. I treasure the handmade jewelry and crystals I purchased from the vendors. All around, the day was wonderful. - Kelly

The venue was very nice and the event was well organized. We enjoyed being able to take informative classes, do some shopping, eat great food and watch cultural performances. We had a great time. - Elizabeth

I was fortunate to attend the first annual "Tibetan Medication - Mind, Body & Yoga" event on Mothers day in 2017 with my mother. Delicious food, live music and dancing, and an educational safety seminar taught by Patti Shelton, MD, followed by a nice relaxing Yoga Class. Great way to spend a spring weekend. - Dan

More event listings and info at:  
[www.EducationAtElevation.org](http://www.EducationAtElevation.org)  
Benefits impoverished people in Tibet

