



***Vajrayana Dharma Foundation***  
*Education – Roots to a Brighter Future*

April 2<sup>nd</sup>, 2008  
FOR IMMEDIATE RELEASE

**Explore Tibet - A Slideshow  
The People, Culture and Lifestyles**

**April 2, 2008** A Slideshow Exploring Tibet, presented by non-profit, Vajrayana Dharma Foundation (VDF), at Redmond Regional Library, in Redmond, Washington, will be held on April 27, 2008 at 2:00 pm in Room 2. The slideshow will cover a wide range of activities, from Potala Palace at the city of Lhasa, to trekking around the Holy Mountain, Mt. Kalashi, from exploring the Tibetan yak-hair tent, to spinning prayer wheels at the temple. Experience traveling on paved road in the city, and using 4WDs on dangerous, rocky hill roads in the country side. See how Tibetans live in rural areas, especially Eastern Tibet where mostly herders live a nomadic lifestyle. Also, see yaks in their natural habitat. Imagine the thrill of adventure, in hiking, in spiritual experience, and in cultural exposure all in the same afternoon.

Because of its spiritual culture and geographical features, Tibet is seen as a unique and mysterious place. Many are interested in Tibet due to the current events. Whether you're planning a trip to Mt. Everest, will be exploring the area, or, if you're just interested in learning about Tibet, there will be something for you.

Come join us for an afternoon of enlightenment, adventure, and a time to socialize. We've prepared **Tibetan Butter Tea**. Refreshments will be provided at no cost along with special give-a-ways. This adventure starts with your attendance to this **FREE** slideshow, so **RSVP** today. Walk-ins Welcomed. Come and explore.

The Vajrayana Dharma Foundation (VDF) mission is to provide a home and education opportunity for unfortunate children and elderly in Tibet. VDF is based in Woodinville, Washington and incorporated as a Non-Profit Organization, seeking to obtain 501(c)(3) status.

**Contact Information:**

Vajrayana Dharma Foundation (VDF)

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