



A journey of unity between knowledge and action, a healing experience for body, mind, and spirit.

Programme initiated by the Rebong Thangka Art Museum, focuses on Thangka painting, Tibetan art history, ancient monastery exploration, Himalayan music, and cultural experiences. From the Rebong Valley on the Qinghai-Tibet Plateau, we embark on a journey to find inner peace.



Rebong - China's Hometown of Thangka Art

One in every four people is a Thangka painter. The altitude is only 2450 meters (compared to Lhasa's 3650 meters).

In this program, participants will immerse themselves in the art-rich atmosphere of the "Rebong Thangka Art Museum" and the 800-year-old Longwu Monastery. They will learn the entire process of Thangka creation, including canvas preparation, pigment development, sketching, coloring, shading, and gold outlining,

creating their own Thangka artwork. The program also includes professional cultural courses on Tibetan Art History, Rebong Thangka Art History, and Thangka Measurement Standards.

Besides Thangka painting, the program includes learning about and exploring local Rebong culture, spanning over 4,000 years of human civilization development. Before the 7th century, the Rebong area was originally Qiang Rong territory, and after over a thousand years of cultural integration among various ethnic groups, it formed a "tribe of convergence."



Participants will experience Himalayan chanting, establishing energy connections through Himalayan music. The local cuisine is diverse, including traditional intangible cultural heritage dishes, Rebong Tibetan cuisine, Northwestern folk delicacies, and grassland ecological ingredients. Highly recommended are Rebong earth bread, black yak yogurt, Amdo noodles, Qinghai beef noodles, and Longwu Town fermented skin. To better experience this ancient city's flavors, some meals are left for participants to choose freely based on personal preferences.

Creating Your Own Thangka

Through the program, participants will be guided by Rebgong Thangka artists to explore the mysteries of the colorful world within the intangible heritage of Thangka art.

This is a journey to explore the intangible heritage of Thangka art. During this study program, we will learn and experience the complete ritual of intangible heritage Thangka painting under the guidance of teachers from the Rebgong Thangka Art Museum, and explore several century-old intangible heritage ancient buildings in Tibet. Thangka artists will teach the Thangka painting process and Tibetan art history through verbal instruction.



This is also a historical tour of Tibet. Under the guidance of Mr. Lian, the executive curator of the Rebgong Thangka Art Museum, we will visit the century-old architectural art and historical cultural background of Qinghai Rebgong, experiencing traditional Tibetan wooden house culture and Tibetan folk cuisine in these century-old buildings.

Thangka Canvas Making:

Making the Thangka canvas is the most important work before starting to paint a Thangka. The craftsmanship of canvas making is exquisite. The white cloth should be selected from handmade pure cotton cloth, and gypsum is ground into white powder and baked. After multiple complex polishing processes, the canvas becomes extremely flexible and has good permeability. Participants will experience the process of making Thangka canvas under the guidance of professional Thangka painters, preparing canvas for their own Thangka.

Thangka Mineral Pigment Preparation:

Before painting a Thangka, pigments need to be prepared. All the colors needed for the Thangka must be mixed in advance, not only the main colors but also various mixed colors. If you can freely mix various combined colors and master their rules and characteristics, you can vividly express different local customs and seasonal differences. The preparation of pigments, coloring, and painting steps, even the place for painting Thangkas and the painters themselves, have specific regulations. When learning the color properties of Thangka, it must be clearly understood that Thangka coloring is not simply "coloring according to category."



Rebgong Thangka artists have developed a unique set of scientific methods for mixing, painting, and gilding through long-term artistic practice, using local cinnabar, copper ore, pyrite, and wood to produce more than 20 kinds of mineral painting pigments.

Exploring Rebgong's Ancient Architecture

"Tongren," colloquially known as "Rebgong" in Tibetan, means the golden valley where dreams come true. It is the only national-level historical and cultural city in Qinghai Province and the birthplace of Tibetan culture.

Tongren City in Qinghai Province, known as the "Hometown of Thangka," is also called "Rebgong" in Tibetan, meaning "Golden Valley" or "Place Where Dreams Come True" in Chinese translation. From the 11th century AD, the earliest Thangka painting tradition began here. In the 14th century, early Sakya school painting, mainly in Nepalese style, also flourished for a time.

By the 17th century, with the continuous growth of the Gelug school, the new Menthang style painting supported by the Gelug school occupied the mainstream position in style history. This tradition has endured for 300 years, forming the unique Qinghai Rebgong Thangka painting style.



Longwu Monastery

Longwu Monastery, whose full Tibetan name is "Longwu Deqin Qiongke'er Lin," meaning "Longwu Great Joy Dharma Wheel Island," is located at the foot of the western mountain in Siheji Village, Longwu Town, Tongren County, Qinghai Province.



It was founded in the fifth year of Dade in the Yuan Dynasty (1301) by Sandan Renqin. The entire monastery covers an area of 380 mu. Longwu Monastery has three major academies: Exoteric Buddhism, Esoteric Buddhism, and Kalachakra. Its affiliated monasteries include Nianduhu Monastery, Guomari Monastery, Wutun Upper Monastery, and Wutun Lower Monastery. It is one of the oldest Tibetan Buddhist monasteries in Qinghai and the largest Gelug monastery in southern Qinghai. Longwu Monastery is a magnificent hall integrating architecture, sculpture, and painting art, and is the birthplace of Rebgong art. It is also an important part of the historical and cultural city of Tongren. In the 38th year of Qianlong in the Qing Dynasty (1773), the third Xiari Cang Gendun Chilie Lajie established the Kalachakra Academy, developing it into a large Gelug monastery practicing both exoteric and esoteric Buddhism. At its peak, it had up to 2,300 monks and dozens of affiliated monasteries.

Nianduhu Monastery

Nianduhu Monastery, meaning "Nianduhu Auspicious and Prosperous Island," is located at the foot of the northern mountain in the government seat of Nianduhu Township, 1 kilometer north of Tongren County, Qinghai Province. According to the "History of Amdo Politics and Religion," Nianduhu Monastery was initially built by Danzhi Qin and became an affiliated monastery of Longwu Monastery during the time of the third Xiari Cang Gendun Chilie (1740-1794).

Nianduhu Village is the seat of Nianduhu Township government, located one kilometer north of Tongren County in Huangnan Tibetan Autonomous Prefecture. The area is often accompanied by blue skies and white clouds, with beautiful scenery. Nianduhu Village is a Tu ethnic village in the Tibetan area of Huangnan, where daily communication is in the Tu language, but they are also fluent in Tibetan and can communicate with the outside

world in Chinese. The village has an ancient city called "Nianduhu" city. It is one of the birthplaces of the renowned Rebgong art and is known as the "Embroidery Village."

Guomari Ancient Fort

Guomari Ancient Fort (Li Tun) is located in Guomari Village, 7 kilometers north of Tongren County, on the terrace of the west bank of the Longwu River, nestled between mountains and water. Also known as "Military Camp City," it is a "Chinese Historical and Cultural Village." In 1328 AD, Li Benjian Cuo, the head of the Guomari Qianhu, presided over the relocation to the current location of the ancient fort, which has a 700-year history.

The fort was built during the Ming Dynasty as a military settlement for frontier defense. The ancient fort is rectangular, 200 meters long from east to west, 180 meters long from north to south, covering an area of 36,000 square meters. The walls are rammed earth, 4 meters wide at the base, with a remaining height of 10 meters, and rammed layers of 13-15cm. It has three gates in the east, west, and south, with each gate being a two-story building, and mani rooms are also built.



Wutun Monastery

Wutun Monastery is located in Wutun Village on the east bank of the Longwu River in Tongren County, Huangnan Tibetan Autonomous Prefecture, Qinghai Province, 7 kilometers from the county town. It is divided into Wutun Upper Monastery and Wutun Lower Monastery. In Tibetan, it is called "Gadan Pengcuo Qu Lin" (meaning "Virtuous Perfect Dharma Island"), covering an area of about 50,000 square meters. Wutun Monastery, along with Nianduhu Monastery, Guomari Monastery, and Woke Monastery, is known as one of the "Four Fortress Monasteries of Longwu."

Wutun Monastery is the most concentrated and typical repository of Rebgong art, with many Rebgong art masterpieces stored in this monastery. The murals, embroidery, colored paintings, and sculptures in the monastery are vivid in shape, exquisite in technique, and brilliant in color, fully demonstrating the fluency and rhythm of lines. Wutun Monastery is one of the monasteries in Qinghai Province that has preserved the most precious cultural relics.



Instructors

Wang Rui, Executive Curator of Rebgong Thangka Art Museum (to be confirmed) //
Gengzang, Chief Lecturer of Rebgong Thangka Art Museum //
Huadan Cairang, Qinghai Province Arts and Crafts Master //
Jiume, Rebgong Thangka Inheritor // Gongba Jia, Rebgong Thangka Inheritor

Organizers:

Rebgong Thangka Art Museum

Since its establishment, the Rebgong Thangka Art Museum has received close attention and strong support from the Tongren City Culture, Sports, Tourism, and Radio and Television Bureau and the Tongren City Civil Affairs Bureau, as well as the recommendation and approval of the Tongren City Government of Huangnan



Prefecture. The museum currently collaborates deeply with the China Cultural Relics Exchange Center and many national and provincial-level Thangka painting masters, possessing strong execution, research, and Thangka painting capabilities. The museum's business scope includes, but is not limited to: art collection and protection, Thangka restoration, and Thangka authentication.

ComMAground Hong Kong

A Hong Kong Cultural and Art organization focuses on exhibition, cultural sharing workshops and overseas art experience. We held our exhibition "2020 Neo-Anthropocene" at K11 Art Mall. Taking the initiative to gather youth power and recall social issues with art practice. "Condition...To Meet" we bring together student with philosophy, art and cultural study background to have a symposium in the Cattle Depot and "Life with elephant", carrying out community sound mapping in six districts, together with Artist in residency in South Africa 2023 (Ceramic), Artist in residency in South Africa 2024 (mural art), journey brings along discern of our relationship with this land.

Programme Itinerary

Participants travel independently by flight or high-speed rail from Hong Kong to Xining Airport.

Reference: (Flights approximately \$2xxx-5xxx; 7 hours or more)

Reference: (High-speed rail approximately \$4xx-12xx; 14 hours or more)

Day 1: Journey to the "Golden Valley" Rebgong

- Airport pickup in Xining, transfer to Rebgong, check-in at local hotel
- 19:30 Welcome dinner and opening ceremony at the hotel. Rebgong is translated as "the place where dreams come true," and our Thangka study camp begins in Rebgong!

Day 2: Immersive experience at Longwu Monastery, absorbing the historical and cultural essence of Rebgong Thangka

- Morning visit to Longwu Monastery (founded in 1301), smoke offering blessing, and visit to Geshe (schedule may be adjusted according to the Geshe's availability)
- Lunch (included)
- Afternoon courses (Rebgong Thangka Art Museum)
- "Rebgong History and Culture" by Rebgong history expert - Zhaxi
- "History of Tibetan Buddhist Painting" by Academic Curator of Rebgong Thangka Art Museum - Liu Tong
- Dinner featuring Rebgong Amdo-style Tibetan cuisine

Day 3: "Ancient Thangka Mural Appreciation" and Thangka line drawing and coloring

- Morning visit to Nianduhu Monastery to appreciate murals. Nianduhu Village is mainly inhabited by Tu ethnic people, who communicate daily in the Tu language but are also fluent in Tibetan and can communicate with the outside world in Chinese. The village has an ancient city called "Nianduhu" city.
- Lunch at your own choice (not included)
- Afternoon course "Color Healing Course" (Mother Earth System)
- Dinner featuring Rebgong yak meat hot pot buffet or traditional Qinghai cuisine

Day 4: Learning and exchange at Thangka artist's home

- Hotel breakfast → Morning trip to Baoquan Township (15km) to visit the home of a Rebgong Thangka inheritor, observe traditional Tibetan wooden houses, and attend courses on Thangka canvas making, mineral pigment preparation, and brush making (Rebgong Thangka inheritor Jiume, Teacher Yilao)
- Lunch experience of Tibetan cuisine in a traditional Tibetan wooden house, including yak meat, Tibetan buns, Amdo tsampa, Zeku yogurt, etc. (optional hands-on experience)
- Afternoon courses (Rebgong Thangka Art Museum)
- "Appreciation of Ancient Thangka Works" (Teacher Liu Tong) | "Thangka Coloring and Pigment Use" (Auspicious Thangka artist Huadan Cairang)
- Return to Rebgong Thangka Art Museum, evening self-study of Thangka line drawing and coloring (optional)
- Dinner at your own choice (not included)

Day 5: Immersion in "Century-old Intangible Cultural Heritage House" and experiencing the charm of Thangka painting

- Morning visit to Guomari Ancient Fort to see the "Intangible Cultural Heritage House" century-old residence, traditional lunch at the ancient fort. Guomari Ancient Fort was completed in 1333 and has over 700 years of history. It is the oldest castle in the Qinghai region and is still in use today.
- Learn Thangka line drawing and basic measurement techniques
- Dinner at your own choice (not included)

Day 6: Visit to Rebgong Cultural Park pedestrian street to learn about Amdo costumes and agricultural products shopping:

- Kangle Market is a cultural pedestrian street in Rebgong that concentrates on shopping and leisure, including dining, coffee shops, cinemas, and other recreational places, as well as Amdo Tibetan costumes and some agricultural products
- Lunch
- Afternoon at Rebgong Thangka Art Museum: Thangka coloring, shading, and dotting practice (Auspicious Thangka artist Huadan Cairang)
- Dinner at your own choice (not included)

Day 7: Wutun Lower Monastery

- Morning visit to Rebgong Wutun Lower Monastery; visit and exchange at Longzhu Thangka Academy
- Lunch at your own choice (not included)
- Afternoon at Rebgong Thangka Art Museum
- Thangka coloring, shading, and dotting practice (Auspicious Thangka artist Huadan Cairang)
- Dinner at your own choice (not included)

Day 8: Shopping at Dehelong Road Commercial Street

- Dehelong Road Commercial Street is the closest commercial street to Longwu Monastery, covering many religious artworks and local intangible heritage craftsmen
- Lunch at your own choice (not included)
- Zhongshan Market, also known as the Himalayan Market, is the main market for local Rebgong people to buy daily necessities, covering Amdo Tibetan clothing, accessories, cultural and creative products, fruits and vegetables, and other agricultural products
- Dinner

Day 9: "Thangka Eye-Dotting Ceremony," Experience Camp Assessment and Certificate Awarding Ceremony

- Morning: Pre-painting ritual, completion of Thangka painting (Rebgong Thangka inheritors Huadan Cairang, Gongba Jia, Jiume)
- Lunch at your own choice (not included)
- Experience Camp Assessment and Certificate Awarding Ceremony
- Thangka Art Experience Camp Closing Banquet

Day 10: Blessed return journey, safe arrival at Xining Airport.

* Spring Festival Activities *

- 13th day of the first lunar month: Start of Buddha worship
- 14th day: Buddha sunning
- 15th day: Fireworks celebration, Maitreya Buddha's chariot turns at Tara Square
- 16th day: Vajra Dharma Assembly

* Note: 1. There are many festival activities in the Rebgong area during the Spring Festival. The organizers will adjust the planned itinerary temporarily to allow team members to experience local customs in depth. 2. Some itinerary arrangements will be adjusted according to transportation, festivals, and unforeseen events.

☆ Programme Details: ☆

- History Course on Tibetan Buddhist Thangka
- Mandala Thangka creation (canvas, mineral-grade pigments, genuine gold paint, brushes, etc.) 35*35cm
- Experience the Culture of Rebgong's historical architecture, ancient houses, temples, and traditional cuisine
- Color Chakra Therapy Workshop
- Himalayan Music Performance
- Participation in grand Tibetan folk festivals, please check the itinerary for details.

The fee includes: Round trip from airport to hotel and transportation within the itinerary; the only four-star hotel in the area (double room is preset, if you need a single room extra fee needed); eight meals (including special Tibetan banquets and local Qinghai cuisine) ; Thangka teacher; Thangka painting art teacher; color therapy workshop; Thangka painting materials; Thangka guided book; attractions tickets; graduation certificate; application for admission to the tibet ; travel insurance within the itinerary.

🎓Certificate: After students pass the assessment and attendance, will receive a Thangka painting course completion certificate issued by the Regong Thangka Art Museum and the ComMAground.