

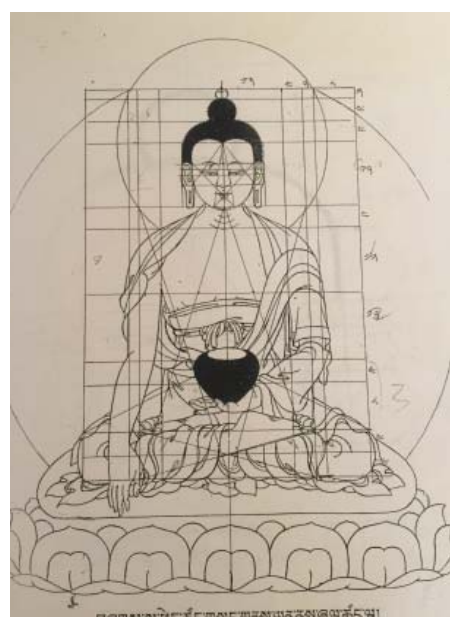
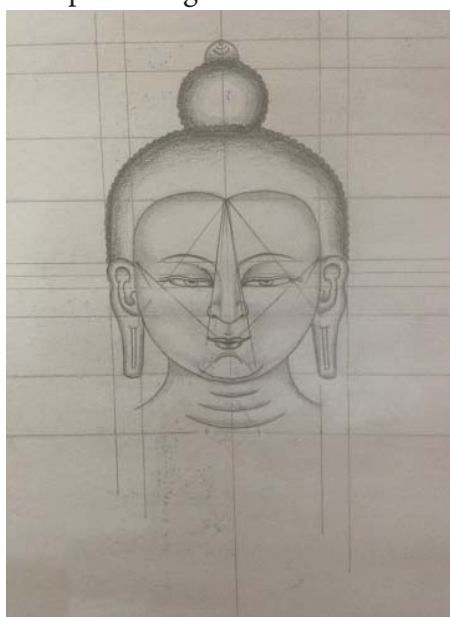
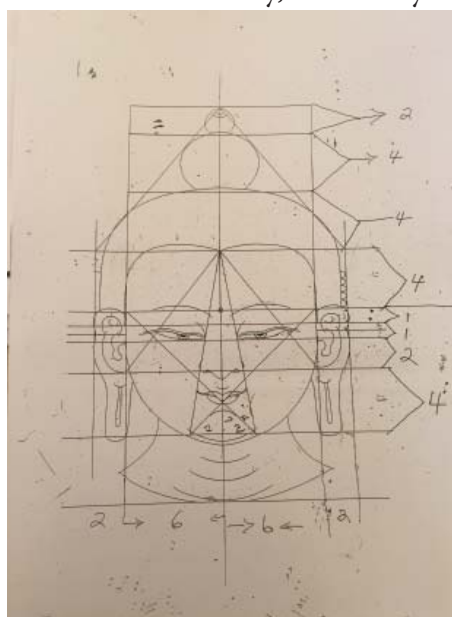
Thangka Painting is a Buddhist sacred art based on the proportions of deities as they are described in scripture. The exact representation of these deities, including specific colors and measurements for each part of the body, originate from the visions of great masters at moments of realization, and form the guidelines for Tibetan artists to follow. A thangka can be seen as a road map, guiding a practitioner back to the original realization of the master.

At Norbulingka, our students will be instructed according to an authentic tradition which honors this sacred art. Following is the curriculum for the thangka workshop, although, the actual time it takes to complete each task will depend on the individual student. It is not necessary to have any prior drawing experience.

1-5 days:

The first few days of this course is spent on learning the sacred proportions of the Buddha's face, body and the robes. Depending on any past drawing experience or the student's skill level, this could also be completed in 3 days.

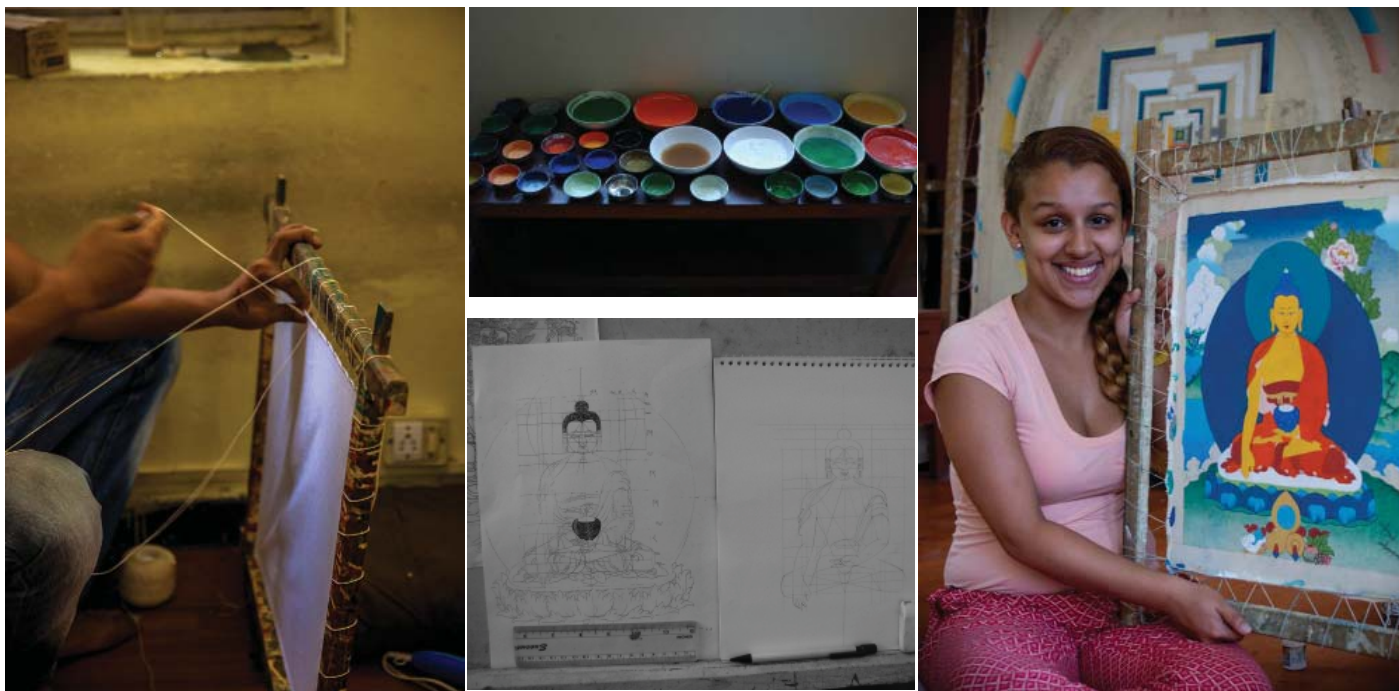
Please note, the first 5 days is only sketching exercises and one can only go to painting stage in the second week. We also offer half day, or one day workshop learning to sketch Buddha's face.



2-3 weeks:

For the 2-3 weeks program, there are two options. Students can either continue learning the iconography of another deity - White Tara/Green Tara/Vajrapani OR start working on small store-bought canvas to create a painted Buddha using poster color. A student can finish a painted Buddha's face in the 2 weeks program and complete Buddha in the 3 weeks program.





5-6 weeks:

Students taking a one-month course will skip the painting on store-bought canvas and start work directly on a traditional canvas using traditional mineral pigments. During this, the student will make his/her own canvas, make the colours and also learning the process along the way. The student will receive instructions from the master artist in every step. A 15inches Buddha thangka with a simple background could be completed.

7 weeks:

An additional week will allow time to complete the Buddha thangka with instructions on how to add and paint landscape elements and ornaments details.

Those staying longer can choose to either perfect the above curriculum or start on another deity, with a specific focus on learning how to complete every aspect of the thangka independently, such as the face and details in clothing.