



## Pema Choling Canada

Education and Empowerment  
Improving the Lives of Women in Bhutan

1801 Fulford-Ganges Rd,  
Salt Spring Island, BC V8K 2A5

[www.pemacholing.ca](http://www.pemacholing.ca)

[christine@pemacholing.ca](mailto:christine@pemacholing.ca)

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*Thank you for your support and interest in the women and girls of Pema Choling Institute in Bhutan.*



Welcome to Pema Choling  
Photo Credit: Brent Olsen ©2013

### *Progress Report:*

Your donations continue to make a big difference in the lives of the women of Pema Choling.

In 2013 your donations helped to:

- Provide good nutrition and necessary educational supplies
- Install solar panels to improve and stabilize electrification
- Convert the kitchen from wood-burning to clean electrical power
- Continue the ongoing construction projects.

### *Current Construction:*

As well as classrooms, the Lhakang/Multipurpose Hall construction is underway. Seen as a very high priority, the Lhakang is a huge project; but once completed it will be the heart of Pema Choling and the surrounding community. It will house the main shrine and will be big enough for large events. Fundraising is necessary for the statues, murals, and other important art work integral to the Pema Lingpa lineage of the Nyingma school - the lineage of Pema Choling.



The Lhakang – Under Construction May 2013  
Photo Credit: Brent Olsen ©2013

### *Other Recent Projects:*

Pema Choling was the recipient of a new library funded by the Bhutan Nun's Foundation. This valuable and unique resource contains texts, books, and computers which enhance the education experience of the students.

There are preliminary plans for the nuns to go on a special pilgrimage to sacred Buddhist sites in India. This opportunity may also be available for supporters! More details will follow as they become available.



Inner courtyard – Anims with friends  
Photo Credit : Brent Olsen © 2013

### *Wish List:*

In addition to the ongoing needs and the construction projects, the anims (nuns) have a specific request. As part of their over-all daily schedule, a yoga program has been established to promote physical strength, flexibility and well-being. However, the girls and women do not have yoga mats for their practice. Most days they practice outside on the uneven stone ground. Support is necessary to

- Provide adequate numbers of yoga mats
- Fund the flooring of the old dining room to provide an indoor place to practice.

### *Your Continued Support is Important*

The girls and women of Pema Choling are pioneers in their country, inspiring others to reach their full potential. All donations are valuable and appreciated. Please make cheques payable to Pema Choling Canada send them to the address below. Tax receipts for (Canadian) mailed donations are issued by Pema Choling Canada in January 2014, or earlier by request.

Using your credit card online through our [CanadaHelps donation page](#) is an easy way to donate. Payments can be set up for a single donation or for automatic monthly donations and electronic tax receipts are immediately issued for Canadian donations. Go to [www.canadahelps.org](http://www.canadahelps.org) and search for Pema Choling Canada or use the Donate button on our website.

The students of Pema Choling are grateful beyond words for the opportunity to live and study at the Institute. Thank you for your generosity and for your part in the vision of Pema Choling: empowering girls and women in Bhutan.

With appreciation

Christine Arpita  
Pema Choling Canada  
1801 Fulford –Ganges Road  
Salt Spring Island, BC V8K 2A5

[christine@pemacholing.ca](mailto:christine@pemacholing.ca)  
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