



# *Help Create Tibetan Prayer Flags for Peace*

Work in a Tibetan Buddhist community part-time or full-time helping to create flags that fly for World Peace. Some sewing skills are helpful. People for grommeting and cutting are also needed.

Work in an environment of calm, surrounded by ancient symbolism. One need not be Buddhist, but must be respectful of tradition and our practices in handling sacred objects.

Vegetarian meals are provided. Basic meditation or Kum Nye relaxation (a Tibetan yoga) classes are available on Sunday mornings for part-time help.

Arrange an interview by contacting [prayerflags@nyingma.org](mailto:prayerflags@nyingma.org) or 510-540-7639  
See our other opportunities to volunteer at [www.nyingma.org](http://www.nyingma.org)

