

NGAWANG SENGE

PO Box 1443
1120 Shangrila Lane, Joshua Tree
CA, 92252
USA
442-799-8793

Skills Summary

I am fluent in Classical Tibetan, Colloquial Tibetan in various dialects from Central and Eastern Tibet and can both read and write.

I am also a long-time teacher of Hatha and Ashtanga yoga, pranayama, and meditation.

Education

I went to high school at Balmoral Secondary in North Vancouver and New West Secondary, but due to illness I didn't complete my final year in 1993.

From 1995-1999 I lived at a Tibetan Buddhist retreat center (Rigdzin Ling) in Northern California, where I studied Buddhism and Buddhist meditation.

In 2001-2002 I studied Ashtanga Yoga in Mysore India with Sri K. Pattabhi Jois and Lino Miele.

From 2004 to 2005 I studied colloquial Tibetan for some months in Darjeeling India at The Manjushree Institute.

From 2005-2007 I studied Buddhism at the Shechen Monastery Shedra in Kathmandu, Nepal.

Experience

From 1995-1999 I lived at a Tibetan Buddhist retreat center (Rigdzin Ling) in Northern California, where I worked as a cook, as well as building retreat cabins, and a temple.

In 2002-2004 I taught Ashtanga Yoga at various studios in London and Miami.

From 2007-Present I have worked as a translator of Tibetan and occasionally as an interpreter for Tibetan Lamas. I have translated many ancient texts into English from the original Tibetan.

From 2019 until present, I have been helping Buddhist retreatants with their personal practice as well as giving teachings on Buddhist philosophy and meditation in The United States, Canada, Austria, and Nepal.