



Ladies Lunch...



and A Cultural Tour

Our August get together took us on a fantastic tour of Tibet and India - well for a few hours anyway! Our morning started with a visit to Sacred Citadel, a cool and peaceful sanctuary in Bangsar that specialises in unique Tibetan and Himalayan arts and crafts.

The owner Dr. Premendra Y Verma (Prem) greeted us all as we arrived and gave us time to wander around his beautiful shop before taking us on a tour of the paintings, artifacts, meditation bowls and furnishings he has personally sourced.

Prem himself is a fascinating man. Originally from India, for many years he was based in Washington DC where he was a Visiting Professor/Scholar in Residence of American Foreign Policy at Georgetown University. After moving to KL three years ago with his wife and son, Prem decided to change direction and follow his passion - Tibetan and Himalayan arts and crafts.

Sacred Citadel is like a museum and art gallery - only you can take pieces home and enjoy them forever. What truly makes Sacred Citadel unique is the fine quality of the pieces and Prem's knowledge of the stories and history behind each one. It is the only shop in this region that has the blessing of the Dalai Lama and Prem works through the Dalai Lama's office to source the artisans who produce all items. These artists are some of the very best and most sought after in Tibet and India - producing not only for the Dalai Lama but also customers worldwide.

Treasures to be found at Sacred Citadel include many exquisite paintings of Buddha

with intricate detail in 24 carat gold, brightly coloured paints made from vegetables and stones such as lapis lazuli, all framed with the most beautiful quality brocade. Other stunning pieces are 100% raw silk bedspreads and cushion covers that have been appliquéd using a technique over 1,200 years old, ornately carved teak furniture, and large made to order Tibetan floor rugs made from either yak or NZ merino wool, Tibetan prayer wheels, detailed bronze Buddha statues, Tibetan singing bowls, semi-precious jewelry, silk clothing and scarves as well as tribal artifacts from India also fill the store.

Our group seemed especially taken in by the large bedspreads/wall hangings from India, and no doubt there were a few sales made. Prem also offers MANZA members a 20-30% discount on all items which is fantastic.

We finally managed to tear ourselves away from Sacred Citadel and head off to Saravanaa Bhavan for a delicious vegetarian feast. The restaurant was nice and quiet - not that we probably were - with very attentive service. Over lively conversation we were treated to the SPL Executive Lunch which I highly recommend next time you are hungry or have guests visiting. Soup, roti, rice, pappadums and a great selection of dipping sauces all finished off with creamy almond ice-cream. Fabulous and very filling!

Being a newcomer to MANZA - if this is a taste of the Ladies Lunch every month - it will be an event I definitely won't be missing!

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