

Celebrating Women in Photography Today

THE KUNG FU NUNS

Safeena Chaudhry

“We are nuns of the Drukpa lineage, a thousand year old Buddhist tradition that began in the Himalayas when the founder, The Gyalwang Drukpa, witnessed the miraculous flight of nine dragons into the sky. We believe we are returning to our true spiritual roots by championing gender equality, physical fitness, environmentally-friendly ways of living, and respect for all living beings. We began learning Kung Fu for self-defense and for building our inner and outer strength, and it has helped us with meditational focus, staying strong, and working hard for others.

Most of us are from the Himalayas, a culturally diverse mountain range that stretches throughout Asia. More than half of us are from the Northern Indian region of Ladakh, a place sometimes called “The Crown Jewel of India.” These days, most of us stay and train at Druk Amitabha Mountain Nunnery in Nepal, but many of us also live in Ladakh, Delhi, and beyond. Each of us has a unique story about why we wanted to become a nun, and we all share the common belief that we are here to help others....

see more at www.kungfununs.org

Safeena Chaudhry is a London based photographer who is inspired to capture stories of strength, determination and passion from all over the world.

In April 2018, she travelled to Nepal to meet women who fight against crimes. In Ramkot, Nepal, she visited the Drukpa Monastery where she met the Kung Fu Nuns. They are the first order of their kind as Kung Fu was traditionally only taught to Monks. The nuns travel the world and hold workshops in self-defence. They raise awareness of violence against women, human trafficking and promote environmental education. As well as being proficient in martial arts and meditating, many of the nuns are trained in carpentry, electrical fitting, typing, plumbing and languages.

It was during her first exhibition, Women Against Crimes, last year, that Safeena found out about 100 Heroines and is now an active member of The Royal Photographic Society.

To enquire about the purchase of a print which can be framed and signed, please contact Safeena Chaudhry on 07956 068 952 or email Proximitypicturesltd@gmail.com

25% of the profit from each print sold in the Kung Fu Nuns series will go to the charity, Live To Love International.

Printing by Michael Hall of www.invisibleprintstudio.co.uk

MORE INFO

Facebook:	facebook.com/WomenAgainstCrimesExhibition
Instagram	instagram.com/Ms.chaudhry
Twitter:	twitter.com/Safeenaclay
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About the Kung Fu Nuns:	www.kungfununs.org
About the charity:	www.livetolove.org