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World Focus
Tibetan Buddhism (also Indo-Tibetan Buddhism) is the form of Buddhism practiced in Tibet where it is the dominant religion. It is also found in the regions surrounding the Himalayas (such as Bhutan, Ladakh, and Sikkim), much of Chinese Central Asia, the Southern Siberian regions such as Tuva, as well as Mongolia. Tibetan Buddhism is a form of Mahayana Buddhism stemming from the latest stages of Indian Buddhism (and so is also part of the tantric Vajrayana tradition). It thus preserves "the Tantric