

Santi Maha Sangha at Dejamling

Date : June 7, 2016



Dejamling Gönpa for the SMS course with Arnaud Coquillard in May 2016

At [Dejamling](#) in the South of France, May 28th and 29th, 2016 were dedicated to practicing the 7th Lojong included in the [Santi Maha Sangha](#) curriculum (SMS).

We were roughly a dozen participants with Arnaud Coquillard, a French SMS instructor who lives in Australia.

The program included Kumbhaka exercises, breathing combined with visualizations, and discussions with questions and answers.

The teaching was both intense and enriching. A shared good mood pervaded the studios atmosphere, even with new participants, who were able to benefit from the familial atmosphere that reigned over the weekend.

With the clement weather, we were able to dance [Khaita](#) dances on the mandala. Some also danced [Vajra Dances](#), accompanied by Nicki, Arnaud's partner, who is a Vajra Dance instructor.

A big thank you to all for the wonderful moments shared, and to Arnaud and Nicki!

Mireille C.