

## 7th Lojong and Kumbhaka Retreats at Phendeling

Date : January 28, 2019



Retreat on 7th Lojong with Zoltán Cser at [Phendeling](#), Czech Republic 27-31 December 2018 and 12 hour Vajra Dance night until 1 January 2019.



Kumbhaka retreat with Fijalka Sable-Turzikova at [Phendeling](#), 17-18 November 2018.