

## Chöd Retreat with Nina Robinson in Czech Republic

Date : October 30, 2015



***There was a Chöd Retreat with Nina Robinson from October 24 – 28, 2015 in Phendeling, Czech Republic. We spent a wonderful time with Nina, listening to her explanation and practicing Chöd together. On October 27th we practiced Mandarava and concluded that day with Mandarava Ganapuja. Every morning we had also chance practice Yantra Yoga led by first level Yantra Yoga instructor Marc van Westreenen from Netherlands. We thank Nina for coming to Czech and to all who helped us with the organization of this wonderful retreat.***