

Kunsangar Dance Courses

Date : December 5, 2016

Khaita Joyful Dances for Beginners at Kunsangar North



Khaita Joyful Dances for Beginners took place at Kunsangar North, Russia, led by Julia Petrova 25-27 November 2016.

Vajra Dance and Khaita Joyful Dances at Kunsangar South, Russia 3-16 November 2016

In November a retreat to learn the second part of the Vajra Dance with authorized instructor Ruslan Kim was held. The whole week was dedicated to learning integration in the sound of the Song of

Vajra and the movements. With great attention and in detail Ruslan explained step by step the value of the mudras and integration with the Song in every movement. The following day we studied in depth the full Vajra Dance.



One day we practised outside the Gönpa in small mountain town called Naychniy. The observatory of the Krym is located there. We brought our practice to this place for the benefit of all beings.



In the evenings we enjoyed Khaita Dances with authorized instructor Vita Adamenco.

