

Semdzin and Rushen Retreat with Elias Capriles 11-13 May

Date : May 18, 2018



Dear Vajra brothers and sisters,

From the 11th to the 13th of May a wonderful weekend with professor Elias Capriles took place in a rural house in the Catalonian mountains, near Camprodon, Spain.

The retreat was focused on the practical application of some of the most used Semdzins and Rushens, always explained before the practice and commented on in order to solve any doubts.

Elias Capriles introduced us to a variety of practices that he explained very well and he was a great inspiration to all the people who attended the course.

15 people attended the course and all were fully satisfied with Elias, the organizing team and the bucolic place chosen for that occasion.