

## SMS Rushen & Semzin Course with Elias Capriles at Kundusling

Date : May 16, 2018



The weekend of 5-6 May we enjoyed the Santi Maha Sangha Rushen and Semzin course with Elias Capriles at [Kundusling](#) in Barcelona. It was a nice experience to learn with Elias those important practices that help us to stabilise our understanding of our primordial state by having experiences that allow us to recognize our real nature. Thank you Elias! It was a pleasure to have you at Kundusling!

From Kundusling with love

