

## The Mirror of the Mind in St. Petersburg with Elio Guarisco

Date : August 13, 2019



On July 27-28, 2019, in St. Petersburg (Russia), an open course “The Mirror of the Mind: Chögyal Namkhai Norbu’s advice on presence and awareness” with Elio Guarisco took place. About 250 people took part in the course, about 100 participants joining the webcast.



The course was held in the space of the Vasilievsky congress hall, which was particularly pleasant, because here, in 2010, our precious master Chögyal Namkhai Norbu conducted a retreat during his last visit to St. Petersburg. This course with Elio was held in a single breath and left the best impressions afterwards. A free offering made it possible to cover all expenses (including expensive hall rental) and to receive a small profit, which went to cover the [gönpa](#) rent for St. Petersburg Sangha Sangyeling.

