

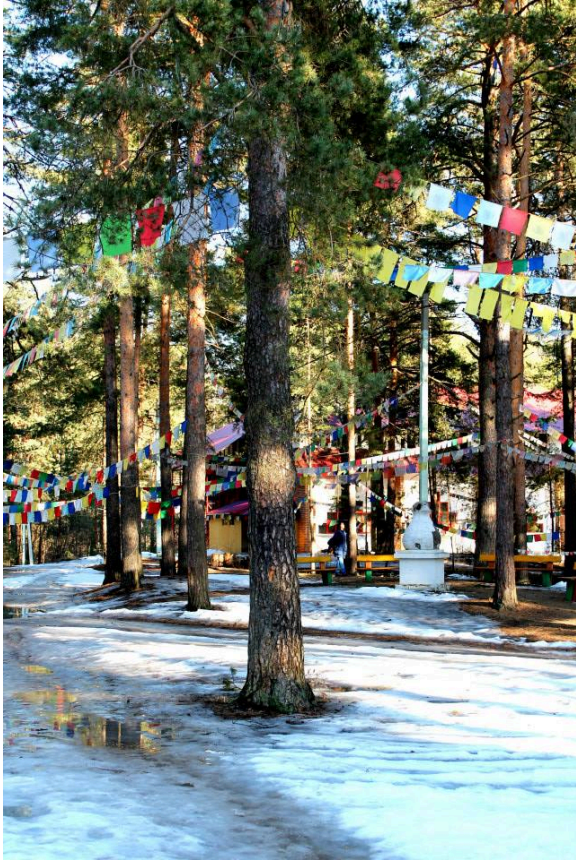
Events at Kunsangar N & S

Date : March 19, 2014

Kunsangar North

SMS Level One Meditation Retreat





On the 8-10 March 2014 we had a practice retreat “Ati Yoga Meditation from the SMS 1st level” with SMS teacher Igor Berkhin. There were about 60 participants, and the program was quite intensive – 16 hours of explanations and practice, plus daily webcasts of Rinpoche’s teaching from Meriling. For those who wanted even more there was also daily practice of Yantra Yoga, Vajra Dance and Mandarava Chudlen. Thanks to Igor and to all participants for these three days full of bright sun, spring inspiration and joyful experiences!

Vajra Dance Retreat



photo by Dmitry Vaganov

Kunsangar South, Karmaling, Ukraine



SMS base and 1st level retreat with Alexander Gomonov 8-18 January 2014 at Karmaling, Kharkov DC, Ukraine.