

## **Dzamling Gar, Tenerife, Canary Islands, Spain**

October 18 - 20

Vajra Dance Open course - Six Spaces

November 1 - 3 November

Enjoy Tibet in Dzamling Gar Tibetan Culture Event

November 8 - 14

Vajra Dance of the Song of Vajra - part 2

November 15 - 17

Contemporary Buddhism in Photography

November 18 - 22

8 Movements and Kumbhaka

November 24 - 29

Deepening All Vajra Dances for instructors and experts with Prima Mai

November 30 - December 6

Khaita course with Adriana Dal Borgo to prepare the dances of latest Barsam collection for 8th December Anniversary and Khaita's instructors meeting.

December 8

Anniversary of Chögyal Namkhai Norbu

Khaita: presenting Rinpoche's latest unreleased Barsam collection of songs and dances many of which we will sing and dance for the very first time.

December 9 - 13

Explanations and practices related to Dzogchen

Only for students with transmission of Guru Yoga from ChNN

December 14 - 15

Advanced course on Vajra Dance of Space of the Song of Vajra with Prima Mai

Only for students with transmission of Guru Yoga from ChNN

December 16 - 20

Translating Khaita songs and basic colloquial Tibetan with Lobsang Zatul, mornings only (Public course)

Continuation of the Khalong course with Prima Mai in the afternoon (Requires transmission)

December 21 - 23

Sache (Tibetan geomancy) with Migmar Tsering

Public course

December 24 - 26

Dynamic Space of Elements with Migmar Tsering

Public course

December 27 - 31

Kumbhaka and all Pranayamas of Yantra Yoga with Fabio Andrico

Only for students with transmission of Guru Yoga from ChNN

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