

## **Kunsangar North, Russia**

October 13-20

Dakini Sinhamukha deepening practice with Michael Kazaryan

November 1-4

Yantra Yoga Base level with Yanina Bekshibeva

November 8-10

SMS Base mini retreat

November 12

Vajra Dance Day

November 15-17

SMS Base mini retreat

November 22

Anniversary of Adzom Drugpa

November 22-24

Pranayamas of Yantra Yoga with Viktro Krachkovky

November 29-December 1

SMS + Vaja Dance retreat with Vladislav Bepalov & Manidari Dobdonova

December 6-8

SMS practice retreat.

December 8

Anniversary of Chögyal Namkhai Norbu

December 12

Vajra Dance Day

December 20-22

Vajra Dance + Gomadevi retreat.

December 27 -January 2

SMS + Vajra Dance retreat with Alexander Pubans & Tatiana Pronicheva. Happy New Year Celebration.

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