

Dzamling Gar, Tenerife, Canary Islands, Spain

2020 Program

January 2 – 9

Ancient practices for discovering Rigpa, SMS Base retreat

January 10 – 12

Free and Empower your Voice, Golden Bridges Voice Work with Dr. Ekaterina Valeeva-Farrington

January 13 – 18

Eight Movements Teacher Training, part one, with Fabio Andrico

January 24 – 26

Breathing with Presence with Fabio Andrico

January 31 – February 2

Diet and Lifestyle 1st level

February 7 – 14

First Level SMS Dzogchen Practice with Elio Guarisco

February 7 – 9

Diet and Lifestyle 2nd level

February 10 – 17

Harmonious Breathing Teacher Training with Fabio Andrico

February 18 – 22

Diet and Lifestyle 3rd level

February 24

Losar

February 24 – March 9

Mandarava Retreat with Fabio Andrico, Elio Guarisco, Nina Robinson

March 9

Worldwide Guruyoga of Garab Dorje

March 10 – 11

Drajyor Course with Fabian Sanders

March 12 – 18

Khaita School, first week with Adriana Dal Borgo

March 10-15

Eight Movement Teacher Training, 2nd part with Fabio Andrico

March 13

Dance of the Song of the Vajra, deepening course with Adriana Dal Borgo

April 9 – 14

Introduction to the practice of contemplation practice retreat with Elio Guarisco
(Date to confirm)

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