

Kunsangar South, Crimea

2020 Program

There are no events planned this winter at the Gar, except for webcasts and Losar practices, because few people visit the Gar in winter. The program starts in the spring.

May 2-5

Retreat of Vajra Dance of Space, Khalong Dorje Kar
with International instructor of Vajra Dance Prima Mai.

May 7

Practicing Khalong Dorje Kar with Prima Mai

May 8-10

Practice of Gomadevi with Vajra Dance with other instructors.

To participate in the retreat it is necessary:

- to have received transmission of Guru Yoga from Chögyal Namkhai Norbu;
- be a Dzogchen Community member;
- it is better if you know one of the Vajra Dances;
- you need to know the Song of the Vajra by heart and be very familiar with it.

The retreat will be held on the principle of a free offering, but we very much ask everyone to take part in sponsorship according to one's possibility in order to reduce the burden on the sponsor of the retreat, since the retreat is quite expensive to organize.

If you want to make a sponsorship donation for retreat organization please contact: kunsangar.yellow@gmail.com

June 17-28

Retreat with a Second Level SMS instructor Elio Guarisco.

Methods of Tsalung from the book Yoga of Prana for Clarity and Emptiness and the Tummo Mandarava.

Terms of participation:

To participate is necessary to have a transmission of Guru Yoga from Chögyal Namkhai Norbu and be a member of the Dzogchen community.

July 11-16

Retreat on 7th Lojong with the International instructor of Yantra Yoga and Base Level SMS instructor Fabio Andrico.

7 Lojong includes two aspects of practice: SMS and Yantra Yoga. In this retreat, you will be able to combine both aspects, since Fabio Andrico is both an International Yantra Yoga instructor and Base Level SMS instructor.

Terms of participation:

To participate is necessary to have a transmission of Guru Yoga from Chögyal Namkhai Norbu and be a member of the Dzogchen community.

July 25-31

In-depth Training in Yantra Yoga led by Fabio Andrico.

Terms of participation:

- all Yantra Yoga practitioners are invited to participate in the training, but especially we invite instructors;
- To participate is necessary to have a transmission of Guru Yoga from Chögyal Namkhai Norbu and be a member of the Dzogchen community;
- participants should have studied and practiced at least the Base of Yantra Yoga.

September (dates to be confirmed)

Dzogchen Camp with Second Level SMS instructor Igor Berkhin.

Terms of participation: to participate it is necessary to have transmission of Guru Yoga from Chögyal Namkhai Norbu.

Second half of September (dates to be confirmed)

Gomadevi Practice with the Vajra Dance of the Song of the Vajra
With Second Level Vajra Dance Instructor Ruslan Kim

Sponsorship

We will try to organize all retreats on the principle of free offering or, if possible, reduce the size of the recommended offering.

If you would like to give a sponsorship donation for retreat organization please contact: kunsangar.yellow@gmail.com

Contact: kunsangar.blue@gmail.com

Website: <http://south.kunsangar.tilda.ws/>