

Samtengar, Yichun, China - 2020 Spring and summer program

April 4-10

Yantra Yoga open course and intensive meditation with Tracy Ni

May 1-7

The core of the practice of Dzogchen with Wes Guo

June 5-7

Get back the vitality of your body with Boyan Lu

June 8-14

Yantra Yoga course of samyak-charitra (including the teaching of movements of levels 1 and 2, and the specific training about kumbhaka) and intensive meditation with Tracy Ni

July 1-7

Vajra Dance of the Song of the Vajra with Wes Guo

July 23-26

Kumbhaka course with Tracy Ni

July 11-13

Santi Maha Sangha course of Atiyoga with Wes Guo

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