

Samtengar, China

Program 2020

1–3 January

The Dance of the Vajra that Benefits Beings and the Dance of the Three Vajras with Wes Guo

21–23 February

Kumbhaka with Tracy Ni

24 February – 9 March

Mandarava retreat (practice, Chudlen and Sogthig breathing) with Wes Guo

4–10 April

Yantra Yoga Open Course (Tsjjong, Lungsang and Tsadul) with Tracy Ni

1–7 May

The core of the practice of Dzogchen with Wes Guo

5–7 June

Get back the vitality of your body I with Boyan Lu

8–14 June

Yantra Yoga Course (series I & II) with Tracy Ni

16–30 June

Tibetan language (basic reading, writing and speaking) with Xingxing Zhang

1–7 July

Vajra Dance of the Song of Vajra with Wes Guo

8–10 October

SMS course – Essence of the nine vehicles and Rushen with Wes Guo

31 October – 10 November

The acupuncture and fire therapy of the Dakini of Medicine Buddha with Dr. Phuntsog Wangmo

12–16 November

Diet & Lifestyle in Tibetan Medicine II with Dr. Phuntsog Wangmo

20–22 November

Get back the vitality of your body II with Boyan Lu

24–30 November

Yantra Yoga Course (series III, IV, V) with Tracy Ni

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