

## **Year 2021 with Shang Shung Institute UK**

**Date :** January 5, 2021



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## ***The year ahead with SSIUK January 2021***

Dear Friends,

We would like to wish you a happy 2021! We start this year at Shang Shung Institute UK with a number of exciting programs. We will begin with a new series of online monthly events based on 'The Four Practice Periods described by the Buddha: Sleeping, Sitting, Eating and Walking'. The first course in this series is on January 9th with Michael Katz who will give a lecture on Dream Yoga and Lucid Dreaming for the first session, from 4:00pm-6:00pm GMT time. The second session, 7:00pm-9:00pm GMT time, will consist of practical instructions for developing lucid dreaming and dream yoga.

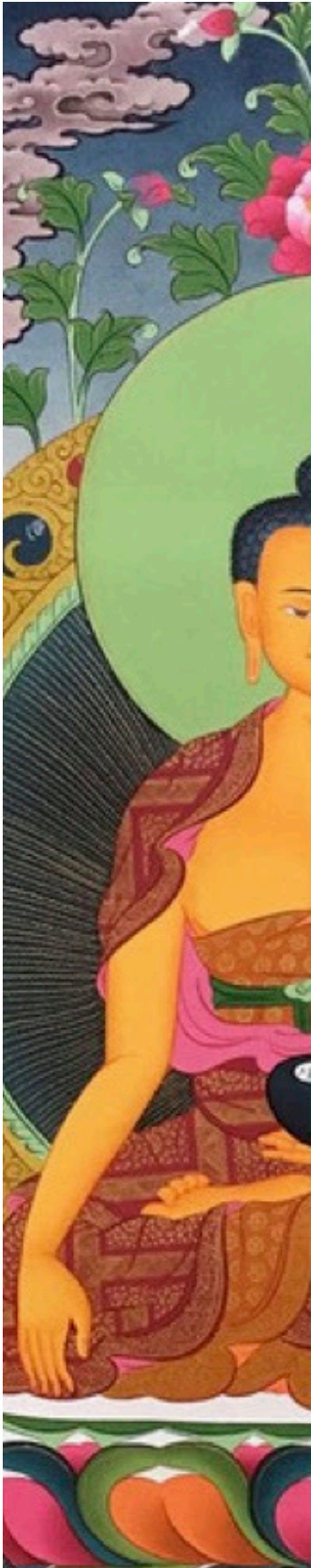
From January 14, we have a fresh new beginners Yantra Yoga classes every Thursdays with John Renshaw. On 6 February we will have a practical online workshop in making Chudlen (Tibetan medicine) with Menpa Phuntsog Wangmo. We are also pleased to announce we will be hanging your Losar prayer flags as usual in Nepal in 2021 on 12th February for the new Metal Ox year. Please click on images below for further details of our activities coming up in the months ahead.

In addition, we invite you to subscribe to our YouTube channel to catch up on any talks you have missed. Help us by [subscribing to our channel](#) so that we may reach 1000 followers to be eligible for the YouTube partnership programme and be able to develop more free material for the public. Please also visit our [website](#) to view other digital materials available on demand.

A big thank you once again for supporting our activities throughout 2020 and we wish you all good health and happiness this new year.

Warmly,  
Shang Shung Institute UK

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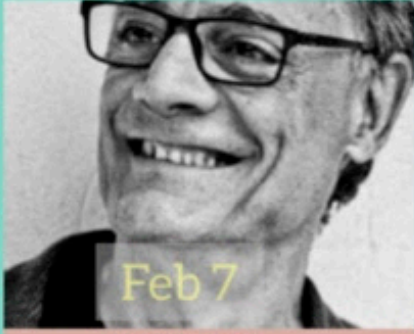
# Sleeping, Sitting, Eating, Walking

2021 ONLINE COURSES:  
THE FOUR PRACTICE  
PERIODS BY THE  
BUDDHA



Jan 9

**SLEEPING and DREAMING**  
with  
**MICHAEL KATZ**



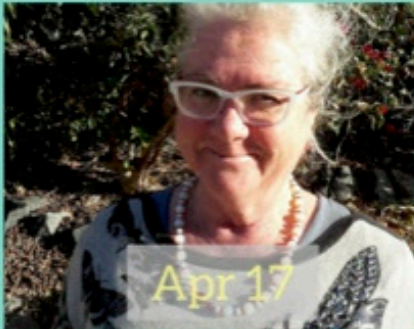
Feb 7

**RESPIRA**  
WITH  
**Fabio Andrico**



Mar 21

**EATING AND NUTRITION**  
WITH  
**Michele Schulz**



Apr 17

**WALKING and MOVING**  
with  
**STOFFIE VERDONK**

## SCHEDULE

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### **ONLINE WORKSHOP** **Sleeping and Dreaming with Michael Katz**

**SATURDAY 9th JANUARY 2021**  
**See schedule and booking details below**  
**(UK Times)**

The first part of our series of courses on 'The Four Practice Periods described by the Buddha: Sleeping, Sitting, Eating and Walking'



In the first part of this course (4:00pm-6:00pm GMT), Michael Katz will give a talk on Dream Yoga and Lucid Dreaming for the first session. The second session (7:00pm – 9:00pm GMT), will consist of practical instructions for developing lucid dreaming and Dream Yoga.

[BOOK NOW](#)



