

November 10 to November 12, 2019 Elio Guarisco visited Arequipa, in the South of Perú.

Date : November 17, 2019



The Principles and Applications of Mindfulness, open course 75 people, November 10, 2019



Talk on the Benefit of Mindfulness in Daily Life for the Administrators of Catholic University in Arequipa In the University Hall – November 11, 2019. This was a private event. No photo available.



Talk on the Principles of the Dzogchen teaching to 170 psychology students of Santa Maria University in the City Hall of Arequipa, Peru, November 11, 2019





