



## Kunsangar North Retreat Program 2021

Dear Sangha,

Here is a preliminary schedule of the upcoming events at Kunsangar North, Russia. You are welcome to join!

### 21 May

19:00 – 21:00 (GMT+3) – Lecture on the profound meaning of the Dzamling Gar Dance and Song with Fabio Risolo and Adriana Dal Borgo. **Online**

### 22-23 May

Dzamling Gar Dance and Song – steps, mudras, meaning. Retreat with Adriana Dal Borgo via Zoom at Kunsangar North and with assistant instructor at the Gar, Vladimir Belyaev. **Offline**

### 4-8 June

Essence of the Chöd practice and its application in daily life. Sessions at 19:00-21:00. Instructor – Steven Landsberg. **Online**

### 11-13 June

Explanation, study and practice of 25 Spaces of Samantabhadra. Instructor – Gabriella Schneider. **Online**

## **19-24 June**

Open course: Breathing and 8 movements of Yantra Yoga. Instructor: Fabio Andrico via Zoom with assistant instructors at the Gar, Kirill Mironov and Mila Zakhirina. **Offline**

## **25-30 June**

Practical retreat: Meditation, Contemplation and Integration in Practice with the Sound of HUM in the Methods of SMS Base with Grisha Mokhin + Yantra Toga with Kirill Mironov. **Offline**

## **2-4 July**

Difference between Tantra and Dzogchen with Gabriella Dalesio. **Online**

## **10-11 July**

Seven Principal Semdzins with SMS instructor Alfredo Colitto. **Online**

## **16-22 July**

Practical retreat on the Dance of the Song of Vajra with Prima Mai via Zoom from Merigar with assistant instructors at Kunsangar North, Ulyana Sokolova, Tatiana Pronicheva, Manidari Dobdonova. **Offline**

## **19 July**

Worldwide Guruyoga on Anniversary of Padmasambhava

## **22-25 July**

Gathering of the Dzogchen Community at Kunsangar North. Lectures of international instructors, collective practices, etc.

## **24 July**

Worldwide practice: 30 years of Vajra Dance on Earth

## **25-31 July**

Third group of Yantra Yoga: pranayama Secret Breathing to Direct Prana into the Central Channel and 5 yantras of the Third group with Mira Mironova. **Offline**

## **August, dates TBC**

Meditation + Vajra Dance with Stoffelina Verdonk. **Online**

## **September, dates TBC**

Practical retreat: Green Tara with Oliver Leick. **Online or Offline**

## **September, dates TBC**

Practical course: Khalong Dorje Kar with Prima Mai via Zoom with assistant instructors at the Gar. **Offline**

## **26-30 September**

Alexander Skwara, topic TBC. **Online**

## **October, dates TBC**

Retreat with Gabriella Schneider. Topic TBC. **Online**

## **November**

Schedule TBC

## **25-30 December**

Purification practices at the Gar. **Offline**

## **31 December – 2 January**

Retreat on Vajra Dance and other practices. **Offline**

**If there's no mention of open session, all events require transmission.**

Contact information: [kunsangar.north.blue@gmail.com](mailto:kunsangar.north.blue@gmail.com)