



INTERNATIONAL  
DZOGCHEN COMMUNITY  
KUNANGAR SOUTH

## Kunsangar South Schedule 2023

### February

*February 12, 19, 26, March 5, 12*

Practical classes with Igor Berkhin based on the course "Introduction to Contemplative Practice" which took place in October – November 2022 - **online**

### March

*March 24–29*

"Ego, purifying obstacles and the principle of Chöd in the practice of Dzogchen behavior" with instructor Alexander Gomonov - **in person**

### April

*April 29 – May 5*

Umdze training with Adriano Clemente - **webcast**

### May

*May 1–9*

"Yantra Yoga as an exact approach to learn the kumbhaka hold" with Viktor Krachkovskiy - **in person**

*May 12–17*

Dzogchen teachings with Yeshe Silvano Namkhai - **webcast**

*May 20–26*

Practical retreat on Dakini Mandarava long life practice (beginning of the season) - **online**

### June

*June 4*

Birthday of Buddha Shakyamuni

*June 9–11*

Yantra Yoga for beginners. Open course for everyone. Instructor Alexey Shadrov - **in person**

*June 29 – July 2*

Training course in Basics of Kumbhaka, 7th Lojong and Yantra Yoga level 2 with 2nd level instructor Zhenya Rud - **in person and online**

## **July**

*July 2–9*

Practical retreat on 7th Lojong Saltong and Yantra Yoga level 2. 2nd level instructor Zhenya Rud - ***in person and online***

*July 6*

Dalai Lama's Birthday - all interested in the teachings are welcome to attend.

*July 14–16*

Broadcast of the festival from Kunsangar North - ***online***

*July 28 – August 1*

Vajra Dance for the Benefit of All Beings. Open to all course. Instructor Tatyana Gerasimova - ***in person***

## **August**

*August 4–7*

Practical retreat on the Dance of the Song of the Vajra with Tatyana Gerasimova - ***in person***

*August 14–17*

Course on weaving Tibetan amulets Namkha. Open course for all. Moderator - Sergey Antonyan - ***in person***

*August 14–17*

Kumar-kumari, Yantra Yoga for children - ***in person***

*August 19–27*

(dates and topic to be confirmed)

Yantra Yoga and Santi Maha Sangha course. Moderators: Kirill Mironov, Yantra Yoga instructor, Alexander Gomonov, SMS instructor - ***in person***

## **September**

*September 2–3, 6–10*

Connection to the Vajra Dance retreat with Adriana Dal Borgo - ***webcast***

*September 9–16*

(dates and topic to be confirmed)

Santi Maha Sangha retreat with Grigory Mokhin - ***in person***

*September 20–27*

(dates to be confirmed)

Yantra Yoga for beginners with Mira Mironova, Yantra Yoga level 2 instructor - ***in person***

You can find full and updated information in the Kunsangar South Telegram channel <https://t.me/+Zd-oqzBoBQwwNWE6> (in Russian).