

Date	Name of the seminar	Led by	Details	Empowerments
9 January, 1999	Green Tara practice	Lama Rinczen		Green Tara
31 January - 17 February, 1999	Eight Nyungnes practice	Lama Rinchen - empowerment and instructions; Lama Trinley - leading the sessions		1000-Armed Chenrezig
17 February, 1999	LOSAR - Milarepa tsok	Lama Rinczen		
27 - 28 February, 1999	Visit of Ato Rinpoche	Ato Rinpoche	Warsaw - general talk	
10 - 11 April, 1999	Green Tara practice (according to the "Four mandalas ritual")	Lama Rinczen		
6 - 12 May, 1999	Visit of Namse Rinpoche	Namse Rinpoche	Grabnik - Amitabha retreat	Amitabha, Hayagriva
29 - 30 May, 1999	Visit of Radha Chime Rinpoche	Radha Chime Rinpoche	Warsaw - general talk	
12 - 13 June, 1999	White Tara practice	Lama Rinczen		White Tara
26 - 27 June, 1999	Studying "37 Practices of a Bodhisattva"	Lama Rinczen		
10 - 18 July, 1999	Mandala painting course - Dorje Sempa mandala	Lama Rinczen		Dorje Sempa

27 August - 1 September, 1999	Visit of Thrangu Rinpoche	Thrangu Rinpoche	Commentary to the "Short Prayer to Dorje Chang" and Medicine Buddha practice	Medicine Buddha
16 - 17 October, 1999	Studying "37 Practices of a Bodhisattva" (continued)	Lama Rinczen		
4 - 6 November, 1999	Nyungne practice	Lama Rinczen		1000-Armed Chenrezig
27 - 28 November, 1999	Studying the Heart Sutra	Lama Rinczen		Prajnia Paramita
11 - 12 December, 1999	Ngondro Dorje Sempa practice	Lama Rinczen		Dorje Sempa