

Date	Name of the seminar	Led by	Details	Empowerments
19 - 20 January, 2002	Green Tara practice (according to the "Ritual of Four Mandalas")	Lama Rinczen		Green Tara
2 - 3 February, 2002	Studying the Heart Sutra	Lama Rinczen		Prajnia Paramita
5 - 11 February, 2002	Mahakala Bernagchen practice - Tsalma	Lama Rinczen		
13 February, 2002	Tibetan New Year - Milarepa tsok puja	Lama Rinczen		Amitayus (Tsepame)
23 - 24 March, 2002	<b>Visit of Ato Rinpoche</b>	<b>Ato Rinpoche</b>	Warsaw - general talk	
6 - 7 April, 2002	Chenrezig practice	Lama Rinczen		Chenrezig
20 - 21 April, 2002	Introduction to Buddhist Cosmology	Lama Rinczen		
1 - 5 May, 2002	Dorje Phagmo long puja	Lama Rinczen		
18 - 19 May, 2002	Ngondro Dorje Sempa practice	Lama Rinczen		Sang Thig Dorje Sempa (Yab-Yum)
8 - 9 June, 2002	<b>Visit of Tenga Rinpoche</b>	<b>Tenga Rinpoche</b>	Warsaw - general talk	

13 - 16 June, 2002	<b>Visit of Tenga Rinpoche</b>	<b>Tenga Rinpoche</b>	Grabnik - teachings on "The Essence of Dharma"	21 Aspects of Tara, Gonkar
21 - 25 June, 2002	Chod practice	Lama Tenpa Dargye		Chod
21 August, 2002	<b>Visit of Khandro Rinpoche</b>	<b>Khandro Rinpoche</b>	Warsaw - general talk	
22 - 25 August, 2002	<b>Visit of Khandro Rinpoche</b>	<b>Khandro Rinpoche</b>	Grabnik Teachings on Lojong practice	Dorje Phurba
31 August - 7 September, 2002	White Tara long puja	Lama Rinczen		White Tara
13 - 30 September, 2002	Eight Nyungnes practice	Lama Rinchen - empowerment and instruction; Lama Trinley - leading the sessions		1000-Armed Chenrezig
31 October - 3 November, 2002	Mahakala Bernagchen practice - Tsalma	Lama Rinczen		
9 - 10 November, 2002	Dorje Phurba practice	Lama Rinczen		

Also in 2002: Making sand mandala (Szczecin-Poznan-Cracow) by monks from the Benchen Monastery (28 Sept. - 27 Oct.)