

Date	Name of the seminar	Led by	Details	Empowerments
11 - 12 January, 2003	Medicine Buddha practice	Lama Rinczen		Medicine Buddha
25 - 26 January, 2003	Studying of the text "Dakpo Thargyen" by Gampopa	Lama Rinczen		
8 - 9 February, 2003	Gonkar (White Mahakala) practice	Lama Rinczen		Gonkar
23 February - 1 March, 2003	Mahakala Bernagchen practice - Tsalma	Lama Rinczen		
2 March, 2003	Tibetan New Year - Milarepa tsok puja	Lama Rinczen		Amitayus (Tsepame)
26 - 27 April, 2003	Studying of the text "Dakpo Thargyen" by Gampopa	Lama Rinczen		
1 - 4 May, 2003	Dorje Phagmo long puja	Lama Rinczen		
14 - 18 May, 2003	Visit of Namse Rinpoche	Namse Rinpoche	Amitabha retreat, Mahakala puja with chilu ritual; Amitabha tsok puja with the ritual for the dead	Amitabha Buddha
7 - 8 June, 2003	Chenrezig practice	Lama Rinczen		Chenrezig
26 - 29 June, 2003	Guru Yoga of Four Sessions	Lama Rinczen		

12 - 16 July, 2003	Ngondro practice	Lama Rinczen		Dorje Sempa
20 - 24 August, 2003	Studying 3rd Karmapa's "Mahamudra Prayer"	Lama Rinczen		
4 - 7 September, 2003	White Tara long puja	Lama Rinczen		White Tara
20 - 21 September, 2003	Studying of the text "Dakpo Thargyen" by Gampopa	Lama Rinczen		
4 - 5 October, 2003	Visit of Tenga Rinpoche	Tenga Rinpoche	Warsaw - general talk	
8 - 13 October, 2003	Visit of Tenga Rinpoche	Tenga Rinpoche	GRABNIK - teachings; Gonkar practice; White Tara practice	Gonkar, Long-Life White Tara, Chod
15 - 16 November, 2003	Chod practice	Lama Rinczen		
29 - 30 November, 2003	Shine in the Mahamudra tradition	Lama Rinczen		
13 - 14 December, 2003	Studying of the text "Dakpo Thargyen" by Gampopa	Lama Rinczen		