

Date	Name of the seminar	Led by	Details	Empowerments
8 - 9 January, 2005	Chenrezig practice	Lama Rinczen		Chenrezig
22 - 23 January, 2005	Teachings on the meaning and structure of an empowerment	Lama Rinczen		
1 - 7 February, 2005	Gutor	Lama Rinczen		
9 February, 2005	Tibetan New Year - Milarepa tsok puja	Lama Rinczen		Amitayus (Tsepame)
11 - 27 February, 2005	Eight Nyungnes practice	Lama Rinczen, Lama Trinley		1000-Armed Chenrezig
9 - 10 April, 2005	Dorje Sempa practice	Lama Rinczen		Dorje Sempa
27 April - 2 May, 2005	Visit of Namse Rinpoche	Namse Rinpoche	Teachings on bardo, Sang Thig Dorje Sempa puja for the dead	Sang Thig Dorje Sempa, Kar Ling Shi Tro
21 - 22 May, 2005	Green Tara practice	Lama Rinczen		Green Tara
26 - 29 May, 2005	Dorje Phagmo practice	Lama Rinczen		
16 - 23 June, 2005	Visit of Sangye Nyenpa Rinpoche	Sangye Nyenpa Rinpoche	Commentary on "Mahamudra Prayer"	Milarepa, Amitabha

2 - 8 July, 2005	Mandala painting course	Lama Rinczen		Sang Thig Dorje Sempa
16 - 23 August, 2005	Visit of Tenga Rinpoche	Tenga Rinpoche	Grabnik - Kalachakra Great Initiation	Kalachakra
11 - 13 November, 2005	Key points of the teachings of Buddha	Lama Rinczen		
3 - 4 December, 2005	Chod practice (Milam lungten)	Lama Yonten Palsang		
10 - 11 December, 2005	Milarepa Guru Yoga	Lama Yonten Palsang		
Also in 2005: Making sand mandala in Bielsko-Biala (18-23 July) and Warsaw (9-14 August) by monks from the Benchen Monastery				