

Date	Name of the seminar	Led by	Details	Empowerments
14 - 15 January, 2006	Studying of the text "Dakpo Thargyen" by Gampopa	Lama Rinczen		
27 January - 12 February, 2006	Eight nyungnes practice	Lama Rinczen		1000-Armed Chenrezig
20 - 26 February, 2006	Gutor - Mahakala Bernagchen practice	Lama Rinczen		
28 February, 2006	Tibetan New Year - Milarepa tsok puja	Lama Rinczen		Amitayus (Tsepame)
8 - 9 April, 2006	Lojong practice - The Seven Points of Mind Training	Lama Rinczen		
29 April - 3 May, 2006	Gonkar (White Mahakala) long puja	Lama Rinczen		Gonkar
16 - 21 May, 2006	Visit of Namse Rinpoche	Namse Rinpoche	Teachings on "The student-teacher relationship and the meaning of guru yoga", Karma Pakshi practice, Mahakala puja with chilu ritual	Karma Pakshi, Senge Dongma
9 - 18 June, 2006	Visit of Sangye Nyenpa Rinpoche	Sangye Nyenpa Rinpoche	Commentary on Shantideva's "The Way of the Bodhisattva", ceremony of blessing the ground (sa-chok) for the construction of the drubkhang	Gampopa, Chod
1 - 8 July, 2006	Ngondro practice (prostrations and Dorje Sempa)	Lama Rinczen		Dorje Sempa

27 August, 2006	Visit of Tenga Rinpoche	Tenga Rinpoche	Warsaw - general talk	
28 August - 3 September, 2006	Visit of Tenga Rinpoche	Tenga Rinpoche	Grabnik - mahamudra practice based on "Five points of Mahamudra", Konchok Chidu puja, instructions to Guru Rinpoche practice, Khorwa Dongtruk jang chok	Dorje Phurba, Guru Rinpoche (Konchok Chidu), Khorwa Dongtruk, Hayagriva
16 - 17 September, 2006	White Tara long puja	Lama Rinczen		White Tara
7 - 8 October, 2006	Medicine Buddha practice	Lama Rinczen		Medicine Buddha
2 - 5 November, 2006	Dorje Phagmo long puja	Lama Rinczen		
25 - 26 November, 2006	Shine practice according to the Mahamudra tradition	Lama Rinczen		
9 - 10 December, 2006	Guru Rinpoche Konchok Chidu practice	Lama Yonten Palsang		
16 - 18 December, 2006	Nyungne practice	Lama Yonten Palsang, Lama Rinczen		1000-Armed Chenrezig