

Date	Name of the seminar	Led by	Details	Empowerments
12-13 January 2013	Studying classic Buddhist texts I semester	Lama Rinczen		
26-27 January 2013	Chenrezig Practice	Lama Pawel Oleszak		
2-3 February 2013	Studying classic Buddhist texts I semester	Lama Rinczen		
3-9 February 2013	Gutor, intensive Mahakala practice	Lama Rinczen and Lama Mingyur Sonam		
10 February 2013	The Celebration of Losar - Tibetan New Year	Lama Rinczen and Lama Mingyur Sonam	Guru Rinpoche tsok puja; dinner sponsored by the Centre	Guru Rinpoche Long Life Empowerment (Guru Rinpoche Tsewang)
16-17 February 2013	Studying classic Buddhist texts II semester	Lama Rinczen		
13-14 April 2013	Studying classic Buddhist texts II semester	Lama Rinczen		
20-21 April 2013	Buddha Amitabha Practice	Lama Rinczen		Buddha Amitabha
27-28 April 2013	Studying classic Buddhist texts II semester	Lama Rinczen		
1-5 May 2013	Gonkar Long Puja	Lama Rinczen and Lama Mingyur Sonam		Gonkar, Hayagriva

18-19 May 2013	Studying classic Buddhist texts II semester	Lama Rinczen		
25-26 May 2013	On the meaning and structure of Vajrayana empowerments	Lama Rinczen		
1-2 June 2013	Studying classic Buddhist texts II semester	Lama Rinczen		
15-21 June 2013	<b>Dorje Phagmo Drubpa</b>	<b>Sangter Tulku Rinpoche</b>		Dorje Phagmo
22 June - 7 July 2013	<b>Summer seminar</b>	<b>Sangter Tulku Rinpoche</b>	Teachings about Vajrayana practice in everyday life; Four Fundamental Meditations, Lojong and Chod - teachings and practice (Milam Lungten); Teachings on Guru Yoga practice; Commentary to the 6-lines prayer to Lama, composed by Karmapa Dusum Khyenpa; Teachings on Guru Yoga and practice of Karma Pakshi; Guru Rinpoche Kunchok Chidu puja	Sang Thig Dorje Phurba, Dorje Sempa empowerment from Marpa Lineage, Chod, Chenrezig Senge Dra, Dolkar (White Tara), Karma Pakshi, Guru Rinpoche Kunchok Chidu, 3 special deities of Marpa (Dorje Sempa, Green Tara and Tsuktor Nampargyalma)
8-14 July 2013	Khorlo Demchog Practice	Lamas from Benchen		
13-23 August 2013	<b>Summer seminar</b>	<b>Sangye Nyenpa Rinpoche</b>	Chik She Kun Drol - a series of forty-four empowerments of peaceful and wrathful deities. Commentary on Shantideva's Bodhisattvacharyavatara	Chik She Kun Drol

24-26 August 2013	<b>4th Kagyu Monlam Poland</b>	<b>Sangye Nyenpa Rinpoche</b>	26 August afternoon, closing the gates of the second three-year retreat in Benchen Drubde Osal Ling in Grabnik	Milarepa
14-15 September 2013	Studying classic Buddhist texts III semester	Lama Rinczen		
5-6 October 2013	Guru Yoga of Milarepa	Lama Rinczen		
12-13 October 2013	Studying classic Buddhist texts III semester	Lama Rinczen		
2-3 November 2013	Studying classic Buddhist texts III semester	Lama Rinczen		
9-11 November 2013	Long Puja of White Tara	Lama Rinczen		
29 November - 3 December 2013	Nyungne Practice	Lama Mingyur Sonam		
14-15 December 2013	Ngondro Practice, part 1, Refuge and Prostrations	Lama Grażyna Gintowt-Dziewałowska		