

Date	Name of the seminar	Led by	Details	Empowerments
9-10 January 2016	Studying of Gampopa's text, part 2	Sangter Rinpoche		
16-17 January 2016	Chod Milam Lungten Practice	Sangter Rinpoche		Chod
23-24 January 2016	Studying classic Buddhist texts	Lama Rinchen		
31 January - 8 February 2016	Gutor - long Mahakala puja	Lamas from Benchen		
13 February 2016	Losar - Celebration of Tibetan New Year	Sangter Rinpoche	Guru Rinpoche tsok puja "Rain of Blessings"	Guru Rinpoche Long Life empowerment (Kunchok Chidu Tsewang)
2-3 April 2016	Guru Yoga of Four Sessions	Lama Rinchen		
9-10 April 2016	Studying classic Buddhist texts	Lama Rinchen		
30 April - 3 May 2016	Gonkar Long Puja	Sangter Rinpoche & lamas from Benchen		Gonkar
14-15 May 2016	Ngondro Practice, part 3 - mandala offering	Lama Grazyna		
28-29 May 2016	Studying classic Buddhist texts	Lama Rinchen		

5 June 2016	Wesak of all sanghas in the centre in Grabnik			
11-13 June 2016	Visit of Her Eminence Jetsun Khandro Rinpoche	Her Eminence Jetsun Khandro Rinpoche	Commentary on the Chak Chen Marik Munsel	Guru Rinpoche
25-26 June 2016	Studying classic Buddhist texts	Lama Rinchen		
2-8 July 2016	Guru Rinpoche Kunchok Chidu Puja	Lama Rinchen		Guru Rinpoche Konchok Chidu
16-17 July 2016	Shine Practice	Lama Rinchen		
29-31 July 2016	Dorje Phagmo Drubpa	Lama Rinchen & lamas from Benchen		
13-19 August 2016	Summer seminar with Sangter Rinpoche	Sangter Rinpoche	Commentary on the text "The Thirty-Seven Practices of the Bodhisattva"	Guru Rinpoche Konchok Chidu; Guru Rinpoche „Sampa Lhundrub”; Chenrezig
27-28 August 2016	Seminar by Khenpo Sonam Gyurme	Khenpo Sonam Gyurme	Four Dharmas of Gampopa	
9-11 September 2016	The 7th Kagyu Monlam Poland	Sangter Rinpoche		White Tara
1-2 October 2016	Studying classic Buddhist texts	Lama Rinchen		
8- 9 October 2016	Khorlo Demchok Drubpa	Lama Rinchen & lamas from Benchen		

14-30 October 2016	8 Nyungne Practice	Lama Rinchen, Lama Sandra & Lama Tenzin		1000-Armed Chenrezig
11-13 November 2016	White Tara Long Puja	Lama Rinchen		White Tara
19-20 November 2016	Studying classic Buddhist texts	Lama Rinchen		
26-27 November 2016	Basics of Buddhist practice and Chenrezig meditation	Lama Rinchen		Chenrezig
10-11 December 2016	Practice of the Healing Buddha Sangye Menla	Lama Rinchen		Medicine Buddha
17-18 December 2016	Studying classic Buddhist texts	Lama Rinczen		
27-31 December 2016	Mahakala Bernagchen Practice	Lama Rinchen		