

Date	Name of the seminar	Led by	Details	Empowerments
8-9 January 2022	Medicine Buddha practice	Lama Rinchen		Medicine Buddha
12-13 February 2022	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 28	Lama Rinchen		
22 February - 2 March 2022	Gutor - long Mahakala Puja	Polish lamas		
3 March 2022	Losar - Tibetan New Year Celebration (streaming)	Lama Rinchen	Medicine Buddha puja	
26-27 March 2022	Ngöndro practices	Lama Tenzin		
9-10 April 2022	Chod Milam Lungten - teachings and practice	Lama Rinchen		Chod
23-24 April 2022	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 29	Lama Rinchen		
30 April - 3 May 2022	Gonkar Practice (Gonkar Drubpa)	Lama Rinchen		Gonkar
14-15 May 2022	Shantideva's Bodhisattvacharyavatara, meeting 30	Lama Rinchen		
28-29 May 2022	Four Noble Truths	Lama Rinchen		

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11-12 June 2022	Shantideva's Bodhisattvacharyavatara, meeting 31	Lama Rinchen		
16-19 June 2022	Chenrezig Khorwa Dongtruk and teachings on bardo	Lama Rinchen		Chenrezig Khorwa Dongtruk
4-10 July 2022	Dorje Phagmo Practice (Phagmo Drubpa)	Polish lamas		
23-24 July 2022	Shine - practice of calm abiding	Lama Rinchen		
1-7 August 2022	Kunchog Chidu practice	Lama Rinchen		Guru Rinpoche Kunchok Chidu
26-28 August 2022	The 13th Kagyu Monlam Poland	Lama Rinchen		
24-25 September 2022	Sutra of the Three Heaps	Lama Rinchen		
8-24 October 2022	Practice of Eight Nyungnes	Lama Trinley (empowerment given by Lama Rinchen)		1000-Armed Chenrezig
15-16 October 2022	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 32	Lama Rinchen		
11-13 November 2022	Guru Rinpoche practice The Rain of Blessings and teachings on The Seven Line Prayer	Lama Rinchen		

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19-20 November 2022	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 33	Lama Rinchen		
27-31 December 2022	Karma Pakshi Practice	Lama Rinchen		Karma Pakshi