

Date	Name of the seminar	Led by	Details	Empowerments
13-14 January 2018	Studying classic Buddhist texts - continuation (Mahamudra Prayer)	Lama Rinchen		
27-28 January 2018	Introduction to the practice of Vajrayana Buddhism	Lama Rinchen		
7-15 February 2018	Gutor - long Mahakala puja	Lamas from Benchen		
17 February 2018	Losar - Celebration of Tibetan New Year	Lama Rinchen	Guru Rinpoche tsok puja, lunch offered by the Centre and Long Life empowerment	Tsuktor Namgyalma
3-4 March 2018	Studying classic Buddhist texts - continuation (Mahamudra Prayer)	Lama Rinchen		
14-15 April 2018	Studying classic Buddhist texts - continuation (Mahamudra Prayer)	Lama Rinchen		
28 April - 6 May 2018	Karma Pakshi Practice	Lama Rinchen		Karma Pakshi
12-13 May 2018	Mahamudra Prayer, brief summary	Lama Rinchen		
26-27 May 2018	Chenrezig Practice	Lama Rinchen		Chenrezig

10 June 2018	All sanghas Vesak celebration 2018 at Związek Buddystów Zen BODHIDHARMA	Związek Buddystów Zen 'BODHIDHARMA'	Short speeches by the representatives of particular sanghas, meditation, pouring tea on Buddha statue, lunch, then the informal part (artistic performances, social meetings etc.)	
30 June - 8 July 2018	Ngondro Practice	Lama Rinchen		Dorje Sempa
16-22 July 2018	Dorje Phagmo Druppa	Lamas from Benchen	The ritual included making a sand mandala and a fire puja at the end	
19 August 2018	<b>Consecration of the Stupa containing Kyabje Tenga Rinpoche's Relics</b>	<b>Sangter Rinpoche</b>		
18-23 August 2018	<b>Summer seminar</b>	<b>Sangter Rinpoche</b>	Amitabha practice and Phowa practice; Riwo Sangcho and hanging prayer flags	Amitabha
		<b>Khenpo Osung</b>	Eight Verses by Langri Thangpa	
24-26 August 2018	<b>The 9th Kagyu Monlam Poland</b>	Sangter Rinpoche, Khenpo Ösung		Medicine Buddha
7-9 September 2018	White Tara Long Puja and teachings by Khenpo Ösung	Khenpo Ösung		
5-21 October 2018	Practice of Eight Nyungnes	Lama Trinley, Lama Rinchen		Chenrezig

13-14 October 2018	Bardo teachings	Lama Rinchen		
27–28 October 2018	Shantideva's Bodhisattvacharyavatara, Meeting 1	Lama Rinchen		
2-4 November 2018	Khorlo Demchog Druppa	Lamas from Benchen		
10-11 November 2018	How to practice the Bodhisattva Path in Modern World	Lama Rinchen		
1–2 December 2018	Shantideva's Bodhisattvacharyavatara, Meeting 2	Lama Rinchen		
8-9 December 2018	Lojong Practice and MANI recitations	Lama Rinchen		
15–16 December 2018	Shantideva's Bodhisattvacharyavatara, Meeting 3	Lama Rinchen		
27-31 December 2018	Sangthik Dorje Sempa Practice	Lama Rinchen		Sangthik Dorje Sempa Yab-Yum