

Date	Name of the seminar	Led by	Details	Empowerments
12-13 January 2019	Shantideva's Bodhisattvacharyavatara, Meeting 4	Lama Rinchen		
19-20 January 2019	Teachings on the Nine Yanas, Part 1	Lama Rinchen		
28 January - 3 February 2019	Gutor - long Mahakala Puja	Polish lamas		
9 February 2019	Celebration of Losar - Tibetan New Year	Lama Rinchen	Riwo Sangcho, Guru Rinpoche tsok puja, empowerment, "History of the Centre" - slideshow	Phagma Oser Chen
16- 17 March 2019	Shantideva's Bodhisattvacharyavatara, Meeting 5	Lama Rinchen		
30-31 March 2019	Teachings on the Nine Yanas, Part 2	Lama Rinchen		
13-14 April 2019	Shantideva's Bodhisattvacharyavatara, Meeting 6	Lama Rinchen		
1-5 May 2019	Gonkar Practice (Gonkar Druppa)	Lama Rinchen		Gonkar; Six-Armed Hayagriva from Shangpa Kagyu Lineage
18-19 May 2019	Chenrezig Practice	Lama Ewa		

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1-2 June 2019	Medicine Buddha Practice (Sangye Menla)	Lama Rinchen		Medicine Buddha; Senge Dongma
15-16 June 2019	Shantideva's Bodhisattvacharyavatara, Meeting 7	Lama Rinchen		
16 June 2019	All sanghas Vesak celebration at the Szkoła Zen Kwan Um in Warsaw	Szkoła Zen Kwan Um in Warsaw	Short speeches by the representatives of particular sanghas, meditation, pouring tea on Buddha statue, lunch, then the informal part (artistic performances, social meetings etc.)	
20 June 2019	Prayers for celebrating the 17. Karmapa's birthday at the Benchen Centre in Grabnik	Lama Rinchen	Guru Yoga in Four Sessions	
23 June 2019	Prayers for celebrating the 17. Karmapa's birthday at Karma Dechen Choling in Warsaw	Lama Rinchen	"Verses for Celebrating Birthdays" composed by Khenpo Ghawang	
29-30 June 2019	Manjushri Practice	Lama Rinchen		Manjushri
13-14 July 2019	Khorlo Demchog Empowerment	Venerable Sangter Tulku Rinpoche		Khorlo Demchog
15-21 July 2019	Khorlo Demchog Drubpa	Polish lamas		

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3-4 August 2019	Ngondro Practice	Lama Tenzin		
14-15 August 2019	Ringu Tulku Rinpoche's visit in Grabnik	Ringu Tulku Rinpoche	Teachings: "How to combine the understanding of emptiness with the practice of compassion".	
24-29 August 2019	Summer seminar	Venerable Sangter Tulku Rinpoche	Phowa Practice; teachings on Mahamudra and Dzogchen	Amitabha
24-29 August 2019	Summer seminar	Khenpo Damchö Dawa	Teachings on Lojong	
30 August - 1 September 2019	The 10th Kagyu Monlam Poland	Sangter Rinpoche, Khenpo Damchö Dawa	A slideshow from previous Kagyu Monlams - to mark the 10th anniversary.	Guru Rinpoche Sampa Lhundrub
14-15 September 2019	Studying, Meeting 8	Khenpo Damchö Dawa	"Heart Sutra"	
28-29 September 2019	Shine Practice	Lama Rinchen		
5-6 October 2019	Shantideva's Bodhisattvacharyavatara, Meeting 9	Lama Rinchen		
19-20 October 2019	Medicine Buddha Practice	Lama Rinchen	Accumulating Medicine Buddha mantra for the health and long life of all lineage lamas and especially of Drubwang Sangye Nyenpa Rinpoche.	Medicine Buddha

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16 November - 2 December 2019	Practice of Eight Nyungnes	Lama Trinley (empowerment given by Lama Rinchen)		1000-Armed Chenrezig
23-24 November 2019	Shantideva's Bodhisattvacharyavatara, Meeting 10	Lama Rinchen		
30 November - 1 December 2019	Teachings on the Nine Yanas, Part 3	Lama Rinchen		
14-15 December 2019	Shantideva's Bodhisattvacharyavatara, Meeting 11	Lama Rinchen		
27-31 December 2019	Mahakala Bernagchen Practice	Lama Rinchen		Mahakala Bernagchen