

Date	Name of the seminar	Led by	Details	Empowerments
17 February, 1996	LOSAR Karma Pakshi tsok	Lama Rinczen		
18 February, 1996	LOSAR Amitabha tsok	Lama Rinczen		
23 - 24 February, 1996	Nyungne practice	Lama Rinczen		
30 - 31 March, 1996	Medicine Buddha practice	Lama Rinczen		
27 April - 5 May, 1996	Guru Yoga of Milarepa	Lama Rinczen		
21 - 24 May, 1996	Visit of Namse Rinpoche	Namse Rinpoche	Grabnik - White Tara retreat	White Tara
10 - 11 August, 1996	Visit of Sangye Nyenpa Rinpoche	Sangye Nyenpa Rinpoche	Warsaw - general talk	
12 - 22 August, 1996	Visit of Sangye Nyenpa Rinpoche	Sangye Nyenpa Rinpoche	Grabnik - Commentary to "37 Practices of a Bodhisattva" and Mahamudra of the 9th Karmapa	Green Tara, Medicine Buddha, Manjushri
18 - 19 September, 1996	Visit of Tenga Rinpoche	Tenga Rinpoche	Warsaw - Commentary to The Hundred Verses of Advice of Padampa Sangye	
20 - 27 September, 1996	Visit of Tenga Rinpoche	Tenga Rinpoche	Grabnik - blessing the ground for the stupa, Dorje Sempa practice	Dorje Sempa, Karma Pakshi, Gonkar

9 - 10 November, 1996	Nyungne practice	Lama Trinley		
7 - 8 December, 1996	White Mahakala (Gonkar) practice	Lama Rinczen		