

Date	Name of the seminar	Led by	Details	Empowerments
8 - 9 January, 2000	Studying "37 Practices of a Bodhisattva" (continued)	Lama Rinczen		
15 - 16 January, 2000	Chenrezig practice	Lama Rinczen		Chenrezig
29 April - 3 May, 2000	Dorje Phagmo long puja	Lama Rinczen		
10 - 13 May, 2000	Visit of HH Dalai Lama	HH Dalai Lama	WARSAW - general talk and a talk for Buddhists	
27 - 28 May, 2000	Introduction to Buddhism	Lama Rinczen		
13 - 22 June, 2000	Visit of Venerable Tenga Rinpoche	Tenga Rinpoche	GRABNIK - Commentary to "Calling Lama from Afar" ; teachings on accumulating merit; Gonkar practice	Dorje Phurba, Black Dzambhala, Gonkar (White Mahakala), 84 Mahasiddhas
23 - 24 June, 2000	Visit of Venerable Tenga Rinpoche	Tenga Rinpoche	Warsaw - general talk	
8 - 9 July, 2000	Guru Yoga of Karma Pakshi	Lama Rinczen		
10 August, 2000	Visit of Khandro Rinpoche	Khandro Rinpoche	Warsaw - general talk	

11 - 13 August, 2000	Visit of Khandro Rinpoche	Khandro Rinpoche	GRABNIK - teachings on practicing the Bodhisattva path, with emphasis on the six paramitas, from dzogchen point of view	Black Vajrayogini (Troma Nagmo)
26 August - 2 September, 2000	White Tara long puja	Lama Rinczen		White Tara
23 - 24 September, 2000	Shine-lhagtong and the Four Yogas of Mahamudra	Lama Rinczen		
6 - 23 October, 2000	Eight Nyungnes practice	Lama Rinchen - empowerment and instructions; Lama Trinley - leading the sessions		1000-Armed Chenrezig
1 - 5 November, 2000	Mahakala Bernagchen practice - Tsalma	Lama Rinczen		
11 - 12 November, 2000	Teachings on empowerment	Lama Rinczen		