

Date	Name of the seminar	Led by	Details	Empowerments
23 - 24 January, 2010	Introductory course to Buddhist theory and practice	Lama Rinczen		Chenrezig
20 - 21 February, 2010	Introduction to White Tara practice and repeating mantras in the intention of Venerable Tenga Rinpoche's long life	Lama Rinczen		White Tara
6 - 7 March, 2010	Medicine Buddha practice	Lama Rinczen		Medicine Buddha
15 - 17 March, 2010	Visit of Ringu Tulku Rinpoche	Ringu Tulku Rinpoche	WARSAW - lectures	
27 - 28 March, 2010	Comparative commentary on Sutrayana and Tantrayana and the three levels of vows	Lama Rinczen		
17 - 18 April, 2010	On Vajrayana meditation: kye rim and dzog rim on the example of White Tara practice	Lama Rinczen		White Tara
19 April - 4 May, 2010	Visit of Sangter Tulku Rinpoche	Sangter Rinpoche	Teaching on the Six Paramitas	Black Yamantaka
1 - 3 May, 2010	Visit of Sangter Tulku Rinpoche	Sangter Rinpoche	Gonkar - White Mahakala practice	Gonkar
21 - 23 May, 2010	Visit of Her Eminence Jetsun Khandro Rinpoche	HE Khandro Rinpoche	Teachings: "Integrating the View of Emptiness with Compassion"	Green Tara
4 - 11 June, 2010	Visit of Very Venerable Kyabje Tenga Rinpoche	Kyabje Tenga Rinpoche	Teachings based on "The Thirty-seven Practices of a Bodhisattva"	Black Dzambala, Amitabha

9 - 11 June, 2010	First Kagyu Monlam Poland	Kyabje Tenga Rinpoche		1000-Armed Chenrezig
3 - 9 July, 2010	Mandala painting course	Lama Rinczen and Lama Mingyur Sonam		Sang Thig Dorje Sempa
14 - 15 August, 2010	Shine and lhaktong practice	Lama Rinczen		
28 - 29 August, 2010	Amitabha Buddha practice	Lama Rinczen		
10 - 12 September, 2010	White Tara long puja	Lama Rinczen and Lama Mingyur Sonam		White Tara
18 - 19 September, 2010	Explanations to the "Mahamudra Prayer" written by the 3rd Karmapa	Lama Rinczen		
9 - 10 October, 2010	Introductory course to Buddhist practice	Lama Rinczen		Medicine Buddha
29 October - 14 November, 2010	Eight Nyungnes practice	Lama Rinczen, Lama Mingyur Sonam, Lama Yonten Palsang and Lama Trinley		1000-Armed Chenrezig
11 - 12 December, 2010	Torma making course	Lama Mingyur Sonam		
22 December, 2010	Performing special long-life ceremony for Kyabje Thrangu Rinpoche, Vajra Master Tenga Rinpoche and Khenpo Tsultrim Gyatso Rinpoche	Lama Mingyur Sonam		