

Date	Name of the seminar	Led by	Details	Empowerments
11-12 January 2020	Shantideva's Bodhisattvacharyavatara, meeting 12	Lama Rinchen		
1-2 February 2020	Shantideva's Bodhisattvacharyavatara, meeting 13	Lama Rinchen		
15-23 February 2020	Gutor - long Mahakala Puja	Polish lamas		
29 February 2020	Losar - Tibetan New Year Celebration	Lama Rinchen	Riwo Sangchö, Guru Rinpoche tsok puja, lunch offered by the Centre, two empowerments	Tsuktor Dugkarmo (White Umbrella, Sanskrit: Ushnisha Sitatapatra); Ritro Loma Chen
7-8 March 2020	Chod Milam Lungten Practice	Lama Rinchen		Chod
4-5 April 2020	Basics of Buddhist practice (streaming)	Lama Rinchen		
18-19 April 2020	Shantideva's Bodhisattvacharyavatara, meeting 14 (streaming)	Lama Rinchen		
1-3 May 2020	Gonkar Practice (streaming)	Polish lamas		
16-17 May 2020	Shantideva's Bodhisattvacharyavatara, meeting 15 (streaming)	Lama Rinchen		

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30-31 May 2020	Lojong practice (streaming)	Lama Rinchen		
11-14 June 2020	Milarepa Guru Yoga (streaming)	Lama Rinchen		
20-21 June 2020	Shantideva's Bodhisattvacharyavatara, meeting 16 (streaming)	Lama Rinchen		
29 June - 5 July 2020	Dorje Phagmo Practice (Phagmo Drubpa)	Polish lamas		
25-26 July 2020	Chenrezig practice (streaming)	Lama Rinchen		
22-27 August 2020	Summer seminar (streaming)	Lama Rinchen	Instructions introducing Ngöndro and discussion on Jowo Atisha's text 'A Lamp on the Path to Liberation'.	
28-30 August 2020	The 11th Kagyu Monlam Poland (streaming)	Lama Rinchen		
19-20 September 2020	Shantideva's Bodhisattvacharyavatara, meeting 17 (streaming)	Lama Rinchen		
10-25 October 2020	Practice of eight Nyungnes	Lama Trinley (empowerment given by Lama Rinchen)		1000-Armed Chenrezig

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17-18 October 2020	Shantideva's Bodhisattvacharyavatara, meeting 18 (streaming)	Lama Rinchen		
7-8 November 2020	Vajrayana practice - kyerim and dzogrim (streaming)	Lama Rinchen		
14-15 November 2020	Shantideva's Bodhisattvacharyavatara, meeting 19 (streaming)	Lama Rinchen		
5-6 December 2020	Vajrayana practice - kyerim and dzogrim, part 2 (streaming)	Lama Rinchen		
19-20 December 2020	Shantideva's Bodhisattvacharyavatara, meeting 20 (streaming)	Lama Rinchen		
27-31 December 2020	Dharma practice - teachings and meditation (streaming)	Lama Rinchen		