

Date	Name of the seminar	Led by	Details	Empowerments
14-15 January 2023	Practice of mindfulness	Lama Rinchen		
28-29 January 2023	Shine - practice of calm abiding	Khenpo Woesung		
4-5 February 2023	Shine - practice of calm abiding - continuation	Khenpo Woesung		
12-20 February 2023	Gutor - long Mahakala Puja	Lamas from Benchen		
25 February 2023	Losar - Tibetan New Year Celebration	Lamas from Benchen	Khenpo Woesung teachings	
4-5 March 2023	The Teachings of Khenpo Osung: The Story of Tilopa and Naropa	Khenpo Woesung		
1-2 April 2023	A treatise on distinguishing of conditioned consciousness from primordial wisdom - Namshe Jeshe part 1	Khenpo Woesung		
15-16 April 2023	A treatise on distinguishing of conditioned consciousness from primordial wisdom - Namshe Jeshe part 2	Khenpo Woesung		
29 April - 3 May 2023	Gonkar Practice (Gonkar Drubpa)	Lama Rinchen		Gonkar
20-21 May 2023	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 34	Lama Rinchen		

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4 June 2023	All sanghas Vesak celebration	Lama Rinchen		
8-11 June 2023	Studying the 3rd Karmapa's "Shastra revealing Buddha Nature"	Lama Rinchen		
24-25 June 2023	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 35	Lama Rinchen		
3-9 July 2023	Khorlo Demchog Drubpa 2023	Lama Rinchen		
22-23 July 2023	Chenrezig practice	Lama Rinchen		Chenrezig
31 July - 6 August 2023	Ngöndro practices and explanations	Lama Rinchen		Dorje Sempa
19-24 August 2023	Summer seminar 2023	Khenpo Karma Yonten Gyatso	Studing: "Highest Continuity" (Tib.: Gyu Lama)	
25-27 August 2023	The 14th Kagyu Monlam Poland 2023	Lamas from Benchen		
30 September - 01 October 2023	A Supplication to the Guru, a Song of Yearning - Tenga Rinpoche - explanations	Lama Rinchen		
14-15 October 2023	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 36	Lama Rinchen		

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27 - 29 October 2023	Gonkar Practice (Gonkar Drubpa)	Lama Rinchen		Gonkar
11-12 November 2023	Studying Shantideva's 'Bodhisattvacharyavatara', meeting 37	Lama Rinchen		
4-20 November 2023	Practice of Eight Nyungnes	Lama Trinley (empowerment given by Lama Rinchen)		1000-Armed Chenrezig
2-3 December 2023	8th Karmapa Guru Yoga	Lama Rinchen		