

Tenzin Wangyal Rinpoche

Teaching Schedule by Date



To register

For any of these teachings with **Geshe Tenzin Wangyal Rinpoche**, please contact the coordinator indicated.

Rinpoche frequently gives live teachings via Facebook. See upcoming teachings at <http://www.ligminchalearning.com/tenzinwangyal-live/>.

Schedule for 2019

AUGUST 2019

August 10–September 1, 2019

Location: Your Computer

Subject: Tibetan Sound Healing

Website: GlideWing (https://www.glidewing.com/twr/soundhealing_home.html).

August 12–18, 2019

Location: Buchenau, Germany

Subject: The Twenty-One Nails (continued)

Contact: Ligmincha Deutschland

Tel: +(49) 3212 255 2999 (voicemail only)

Email: Ligmincha Deutschland (retreat@ligmincha.de).

Website: Ligmincha Deutschland (<http://dev.ligmincha.de/>).

Facebook Page: Ligmincha Deutschland (<http://www.facebook.com/ligmincha.de/>).

August 20–25, 2019

Location: Wilga, Poland

Subject: Summer Retreat: Tummo - Teachings about Inner Heat and Bliss, Part 1

Contact: Ryszard Adamiak

Tel: (+48) 500-177-147

Email: Ligmincha Poland (zarzadligmincha@gmail.com).

Website: Ligmincha Poland (<http://www.ligmincha.pl/>).

Facebook Page: Ligmincha Poland (<http://www.facebook.com/ligmincha.polska/>).

August 23–September 29, 2019

Location: Your Computer

Subject: Treasures of Bön: History, Lineage & Practices

Website: Ligmincha Learning (<https://www.ligminchalearning.com/treasures/>).

SEPTEMBER 2019

September 6–8, 2019

Location: Budapest, Hungary

Subject: Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities

Contact: Olivia Zsamboki

Email: [Ligmincha Hungary \(ligmincha.mo@gmail.com\)](mailto:ligmincha.mo@gmail.com).

Website: [Ligmincha Hungary \(http://www.ligmincha.hu/\)](http://www.ligmincha.hu/).

Facebook Page: [Ligmincha Hungary \(https://www.facebook.com/ligmincha.hungary\)](https://www.facebook.com/ligmincha.hungary).

September 13–15, 2019

Location: Rome, Italy

Subject: Sherap Chamma

Contact: Alexander Pincin

Email: [Ligmincha Italy \(ligmincha.it@gmail.com\)](mailto:ligmincha.it@gmail.com).

Website: [Ligmincha Italy \(https://ligmincha.it/\)](https://ligmincha.it/).

Facebook Page: [Ligmincha Italy \(https://www.facebook.com/ligminchaitalia/\)](https://www.facebook.com/ligminchaitalia/).

September 20–22, 2019

Location: Boulder, Colorado

Subject: Spontaneous Creativity

Contact: John Jackson

Email: [Chamma Ling Colorado \(clinfo@ligmincha.org\)](mailto:clinfo@ligmincha.org).

Website: [Chamma Ling Colorado \(https://ligmincha.org/centers-usa-colorado/\)](https://ligmincha.org/centers-usa-colorado/).

Facebook Page: [Chamma Ling Colorado \(http://www.facebook.com/ChammaLing\)](http://www.facebook.com/ChammaLing).

September 28–October 27, 2019

Location: Your Computer

Subject: Awakening the Sacred Arts

Website: [GlideWing \(https://www.glidewing.com/twr/creativity_home.html\)](https://www.glidewing.com/twr/creativity_home.html).

September 29–October 4, 2019

Location: Esalen, Big Sur, California

Subject: The Tibetan Yogas of Dream and Sleep

Contact: Jody Greene

Email: [Jody Greene \(jgreene@ucsc.edu\)](mailto:jgreene@ucsc.edu).

Website: [Esalen Workshop \(https://esalen.org/workshop/\)](https://esalen.org/workshop/).

OCTOBER 2019

October 4–November 17, 2019

Location: Your Computer

Subject: The Five Elements: Healing with Form Energy and Light

Website: Ligmincha Learning (<http://www.ligminchalearning.com/ourcourses/five-elements/>).

October 22–27, 2019

Location: Ligmincha International's Serenity Ridge Retreat Center, Nelson County, Virginia

Subject: Annual Fall Retreat: Bardo Teachings from the Bön Mother Tantra

Contact: Serenity Ridge Retreat Center, 560 Drumheller Lane, Shipman, VA 22971

Tel: (+1) 276-698-8366 (Registrar) or (+1) 434-263-6304 (Serenity Ridge Office)

Email: Serenity Ridge Registration (sr.registration@ligmincha.org).

Website: Serenity Ridge (<https://ligmincha.org/centers-usa-serenityridge/>).

Facebook Page: Serenity Ridge Retreat Center (<http://www.facebook.com/serenityridgeretreats>).

NOVEMBER 2019

November 2–3, 2019

Location: Bourg-en-Bresse, France

Subject: TBA

Email: Ligmincha France (info@ligmincha.fr).

Website: Ligmincha France (<http://www.ligmincha.fr/en/>).

Facebook Page: Ligmincha France & Suisse romande (<http://www.facebook.com/Ligmincha.France.Suisse>).

November 9–10, 2019

Location: Seoul, South Korea

Subject: Tibetan Sound Healing

Contact: Theresa Hong

Tel: (+82) 10-5410-4873

Email: Theresa Hong (theressa.hong@gmail.com).

November 15–December 22, 2019

Location: Your Computer

Subject: The Three Heart Mantras

Website: Ligmincha Learning (<http://www.ligminchalearning.com/3-heart-mantras-of-bon/>).

November 16–December 15, 2019

Location: Your Computer

Subject: Tibetan Dream Yoga

Website: GlideWing (https://www.glidewing.com/twr/dreamyoga_home.html).

November 22–24, 2019

Location: Berkeley, CA

Subject: The Body of Light: Transformation Through Space, Light and Energy, Part 2

Email: Laura Shekerjian (<mailto:laurashekerjian@gmail.com>).

DECEMBER 2019

December 26, 2019–January 1, 2020

Location: Ligmincha International's Serenity Ridge Retreat Center, Nelson County, Virginia

Subject: Annual Winter Retreat: Dzogchen Silent Practice Retreat: Turning Inward

Contact: Serenity Ridge Retreat Center, 560 Drumheller Lane, Shipman, VA 22971

Tel: (+1) 276-698-8366 (Registrar) or (+1) 434-263-6304 (Serenity Ridge Office)

Email: Serenity Ridge Registration (SR.Registration@ligmincha.org).

Website: Serenity Ridge (<https://ligmincha.org/centers-usa-serenityridge/>).

Facebook Page: Serenity Ridge Retreat Center (<http://www.serenityridge.ligmincha.org/>).