

# Tenzing 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](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](mailto:retreat@ligmincha.de))

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

**Facebook Page:** Ligmincha Deutschland (<http://www.facebook.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](mailto: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 Hungary (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 Italy (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:Chamma Ling Colorado (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:Jody Greene (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 \(http://www.ligminchalearning.com/ourcourses/five-elements/\)](http://www.ligminchalearning.com/ourcourses/five-elements/)

### October 11–13, 2019

**Location:** Telluride, CO

**Subject:** The Power of Dreams

**Registration and Information:** Eventbrite (<https://www.eventbrite.com/e/the-power-of-dreams-a-dream-yoga-retreat-wih-tenzin-wangyal-rinpoche-tickets-69261552167>)

## 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](mailto: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:** The Knowledge and Wisdom of Longevity: Teachings from the Tsewang Jarima

**Email:** Ligmincha France ([info@ligmincha.fr](mailto: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](mailto: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](https://www.glidewing.com/twr/dreamyoga_home.html))

### November 21, 2019

**Location:** Berkeley, CA

**Subject:** An Evening with Tenzin Wangyal Rinpoche

**Website:** Ligmincha California (<http://us.ligminchainstitute.org/en/california-home.html>)

**Register:** Sacred Stream (<https://sacredstream.org/event/an-evening-withtenzin-wangyal-rinpoche-november-2019/?fbclid=IwAR18YZzp44vjNcrJZ4mUCVKBHiZm82iFhBjzRBohEkxeVOwXp066T8PXog>)

### 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>)

**Website:** Ligmincha California (<http://us.ligminchainstitute.org/en/california-home.html>)

### **November 29, 2019**

**Location:** São Paulo, Brazil

**Subject:** Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities

**Website:** Ligmincha Brazil (<https://ligmincha.com.br/>)

**Facebook:** Ligmincha Brazil (<https://www.facebook.com/ligminchabrasil>)

### **November 30–December 1, 2019**

**Location:** São Paulo, Brazil

**Subject:** Awakening the Luminous Mind: Meditation for Inner Peace and Joy

**Website:** Ligmincha Brazil (<https://ligmincha.com.br/>)

**Facebook:** Ligmincha Brazil (<https://www.facebook.com/ligminchabrasil>)

## **DECEMBER 2019**

### **December 7–8, 2019**

**Location:** Lima, Peru

**Subject:** Unleash Your Potential by Connecting with the Source

**Contact:** Frank Jeri

**Email:** [frankjeri@hotmail.com](mailto:frankjeri@hotmail.com)

### **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](mailto:SR.Registration@ligmincha.org))

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

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