

## **April 12 – July 12, Collective Practice & Retreat Report**

There are numerous online and in-person sessions held each month for Santi Maha Sangha, Yantra Yoga, Vajra Dance, Ganapuja, and other practices led by generous teachers and Sangha members. Announcements for weekly events are emailed every Sunday.

Due to Migmar Tsering not being able to get his visa to come to the US yet, we didn't offer a retreat/workshop in May, but we are committed to offering at least one new event/retreat each month.

We had:

**-Rushen of the Mind Practice Retreat** with Michael Katz, April 11 — April 12 (in-person at the Gonpa and online)

**-Cycle of Day and Night Practice Retreat** with Michael Katz, June 27 — June 28 (in-person and online)

Later in the year, we are planning the following events:

**Summer Sangha Retreat** that will include Green Tara retreat with Dr. Phuntsog, DSoV (1<sup>st</sup> part) with Carisa and Bodhi, Yantra Yoga practice with Naomi and Paula, as well as ATI MONLAM listening session (thanks to Bodhi's help in technical set-up) and teaching on Sound and Dzogchen by SMS teacher Oleg Troyanovskiy, July 23 — August 2 (in-person and online)

**2026 Dance Dance Dance** with Carisa, Bodhi, Sarale, Kyu, and Justin, August 29 — September 13 (in-person)

**Chod and the Four Demons Retreat** with Enzo Terzano, October 23 — 25 (online)

**In-Person Retreat** with Steven Landsberg (topic tba), November 20 — 22

In the works for December:

**Umdze training for Medium Ganapuja** with Sebastien Remy (dates tbc)

Blue functions due to the collaboration of Tsegyalgar East members and Friends of Blue who lead local and remote practices, and who handle all of the announcements, weekly email blasts, and zoom meetings.

## **Collective Practice and Retreats Registration Numbers**

**Rushen of the Mind** Practice Retreat with Michael Katz: 71

**Cycle of Day and Night** Practice Retreat with Michael Katz: 81

### **Practice of the Precious Vase with Steven Landsberg:**

April 2026: 38, 41, 44, 49

May 2026: 47

June 2026: 37

### **Jnanadakini group practice with Steven Landsberg:**

April 2026: 30, 37, 23, 36, 29

May 2026: 19, 29, 21, 29

June 2026: 22, 26

### **Tibetan Dream Yoga with Michael Katz:**

April 23: 80

### **Practice of Natural Light with Michael Katz:**

June 11: 50

### **Green Tara Practice with Dr. Phuntsog:**

April 2026: 139, 116, 165, 118, 78

May 2026: 106, 89, 101, 118

June 2026: 132, 110, 137, 125

### **Other Group Practice Attendance Averages:**

Ganapujas: 18 (online), June 24 Shitro Ganapuja 149 (online)

Mandarava (Mon & Tues - Paula Barry & Johanna Bennet): 7

Paula Barry, Yantra Yoga for those with experience: 5

Michael Sullivan, Short Tun: 8

Paula Barry, Application of the Pranayamas: 7

Michael Katz, Group Practice to Overcome Obstacles Increase Protection: 30

Naomi Zeitz, Chair Yoga: 8

Miranda Shannon & Naomi Zeitz, Green Tara Practice: 10

Vajra Dance Practice Days: 8

Khalong Dorjeikar of the Song of the Vajra : 5