

July 13 – November 1, Collective Practice & Retreat Report

Our schedule continues to be quite full with weekly sessions of 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.

In the second part of the summer we had our two biggest events of the year, onsite at Khandroling:

Summer Sangha Retreat (July 23 — August 2) that included viewing of Green Tara retreat replay, daily Green Tara practice with Dr. Phuntsog (with support from Naomi and Paola), DSoV (1st part) with Carisa and Bodhi, Yantra Yoga practice with Naomi and Paula, ATI MONLAM listening session and teaching on Sound and Dzogchen by SMS teacher Oleg Troyanovsky. We had over 165 people register (in-person and online).

Dance Dance Dance (August 29 — September 13) with Carisa, Bodhi, Sarale, Kyu, and Justin where all Vajra dances were practiced, including Vajra Dance that Benefits Beings, Dance of the Song of the Vajra (including learning the 2nd part), Dance of the Three Vajras, and Khalongdorjeikar of the Song of the Vajra. We had about 40 onsite participants, including practitioners from Japan.

As the season slowed down, we had a small local program to honor Rinpoche's Parinirvana on **September 27**.

And at the end of October, 23-25, we had an online retreat with Enzo Terzano on **Chod and the Four Demons** which was translated into Russian, Ukrainian, Spanish and French and brought 77 participants who appreciated Enzo's precise teachings, warmth, and interesting stories.

We are planning a rich program for the next few months, with some dates already set:

Relating to Basic Space: Fundamentals of Longde Practice retreat with Steven Landsberg, onsite at Tsegyalgar East Gonpa and online, November 20-22

Umdze training for Medium Ganapuja with Sebastien Remy, online retreat, December 5-6

Beginner's Mind: SMS Base, online retreat with Jakob Winkler, February 27-28

In the planning stage:

Retreat with Arnaud Coquillard in January (Online)

"Birth, Life, and Death" retreat series in 3 parts with Dr. Phuntsog (Onsite and Online)

SMS First Level with Jakob Winkler in March (Online)

Blue functions due to the collaboration of Tsegylgar 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 Participation Numbers, July thru October 2026

Due to the SSR retreat and teachers taking a summer break most numbers are Aug - Oct

Practice of the Precious Vase with Steven Landsberg:

August: 41 (Last session for PPV)

PPV transitioned to "Sitting in Basic Space with Yourself" online in Steven Landsberg's Zoom room

Jnanadakini group practice with Steven Landsberg:

August: 50, 21

September: 26, 23, 13, 29

October: 49, 40, 23, 29, 22

Tibetan Dream Yoga with Michael Katz:

September: 66

Practice of Natural Light with Michael Katz:

October: 62

Green Tara Practice with Dr. Phuntsog:

July 2026: 94, 119, 113, 114, 49

August 2026: 73, 111, 88, 111

September 2026: 113, 121, 102, 108, 94

October 2026: 111, 77, 100, 84

Other Group Practice Attendance Averages:

Ganapujas: 17

Mandarava (Mon & Tues - Paula Barry & Johanna Bennet): 9

Paula Barry, Yantra Yoga for those with experience: 6

Michael Sullivan, Short Tun: 10

Paula Barry, Application of the Pranayamas: 10

Michael Katz, Group Practice to Overcome Obstacles Increase Protection: 25

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