

December 1 – April 11, Collective Practice & Retreat Report

Announcements for weekly events are emailed every Sunday. 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.

In the months of winter and into spring, we've been having at least one bigger event/retreat happening every month.

We had:

-Green Tara Retreat Replay (8 sessions), Green Tara practice, and Auction in honor of Rinpoche's Birthday, December 6 — Dec 14

-'Being the Whole World: Teachings and Practices of Lojong and Semdzin' with SMS teacher Arnaud Coquillard, December 26 — 28 (online)

-An Open Weekend Retreat with Oliver Leick, January 31 — February 1 (online) -Vajra Dance that Benefits Beings with Sarale Lizdas, Feb 28 — March 1 (in-person at the Gonpa) -Dance of the Three Vajras with Sarale Lizdas, March 28 — March 29 (in-person at the Gonpa)

-This weekend we are having Rushen of the Mind Practice Retreat with Michael Katz, April 11 — April 12 (in-person at the Gonpa and online)

Later, we are planning the following events:

Tibetan Geomancy / Sa-Che course with Migmar Tsering, end of May (to be confirmed)

Changchub Dorje Stupa Authentication with Migmar Tsering, end of May/beginning of June (to be confirmed)

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

Summer Sangha Retreat that will include Green Tara retreat with Dr. Phuntsog and DSoV (1st part) with Carisa and Bodhi, July 23 — August 2

2026 Dance Dance Dance, August 29 — September 13

Chod Retreat with Enzo Terzano, end of October (exact dates to be confirmed) (online)

Blue functions due to the collaboration of Tsegalgar 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 Registration Numbers

Being the Whole World, SMS retreat with Arnaud

Coquillard Dec 26-28: 84

Oliver Leick Retreat

Jan 31- Feb 1: 47

Practice of the Precious Vase with Steven Landsberg:

Dec: 41

Jan: 49, 44

Feb: 51

Mar: 38

Jnanadakini practice with Steven Landsberg:

Dec: 28, 19, 24, 14

Jan: 27, 49, 44, 42

Feb: 27, 27, 32, 26

Mar: 25, 36, 42, 35

Practice of Natural Light with Michael Katz:

Jan: 22,

Mar: 57

Dream Yoga with Michael Katz:

Feb: 110

Green Tara Practice with Dr. Phuntsog:

Dec: 132, 105, 140

Jan: 78, 109

Feb: 117, 90

Mar: 115, 77, 88, 85

Other Group Practice Attendance Averages:

Ganapujas: 22 (online) 20 (in-person)

Mandarava:(Mon & Tues - Paula Barry & Johanna Bennet): 8

Paula Barry,Yantra Yoga for those with experience: 11

Michael Sullivan, Short Tun: 10

Paula Barry, Application of the Pranayamas: 12

Michael Katz, Group Practice to Overcome Obstacles Increase
Protection: 38 Naomi Zeitz, Chair Yoga: 7
Miranda Shannon & Naomi Zeitz, Green Tara Practice: 7
Vajra Dance Practice Days: 12
Khalong Dorjeikar of the Song of the Vajra : 7