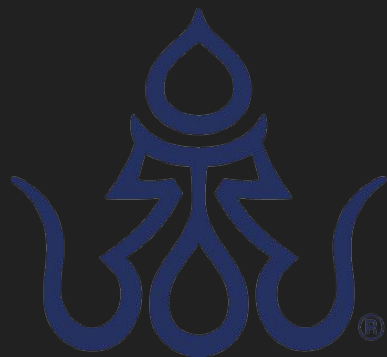


Summer Sangha Retreat Survey Results

Compiled May 12, 2021



INTERNATIONAL
DZOGCHEN COMMUNITY
TSEGYALGAR EAST

Survey Responses

Survey Live: April 15-April 29, 2021

E-mailed to Tsegyalgar East and Kundrolling Members = $279 + 43 = 322$

E-mailed to T-E- Local E-mail Tree (54) and TE Vajra Dance Google Groups (60) = Overlap in people

Total Responses = 63 (16%-19% response)

Unfinished: 32

Questions did not require response to proceed.

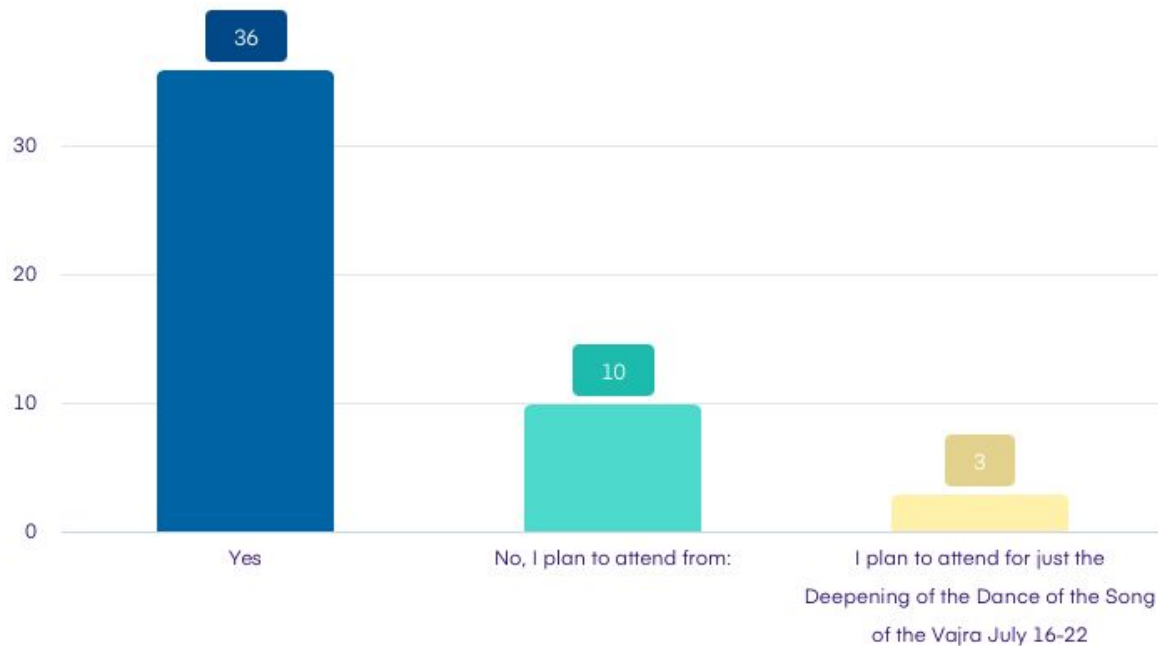
Compiled by Gakyil - with help from Friends of Blue. Thank you!

Software: Survio, free version, allows for 100 responses

1. Are you planning to attend Tsegyalgar East's Summer Sangha Retreat at Khandroling?



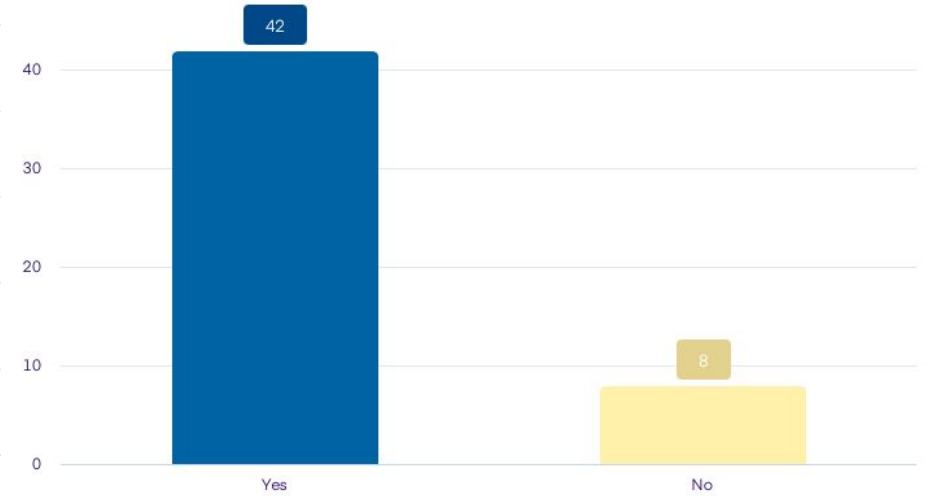
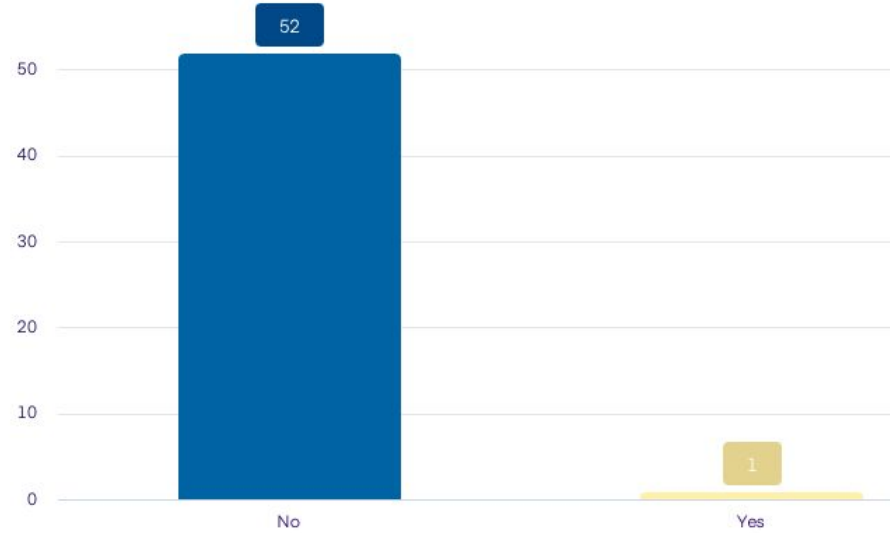
2. Do you plan to attend the entire retreat?



For those not
planning to attend
entire time: July
15-19, July 19-24

3 or 4 days,
and unsure

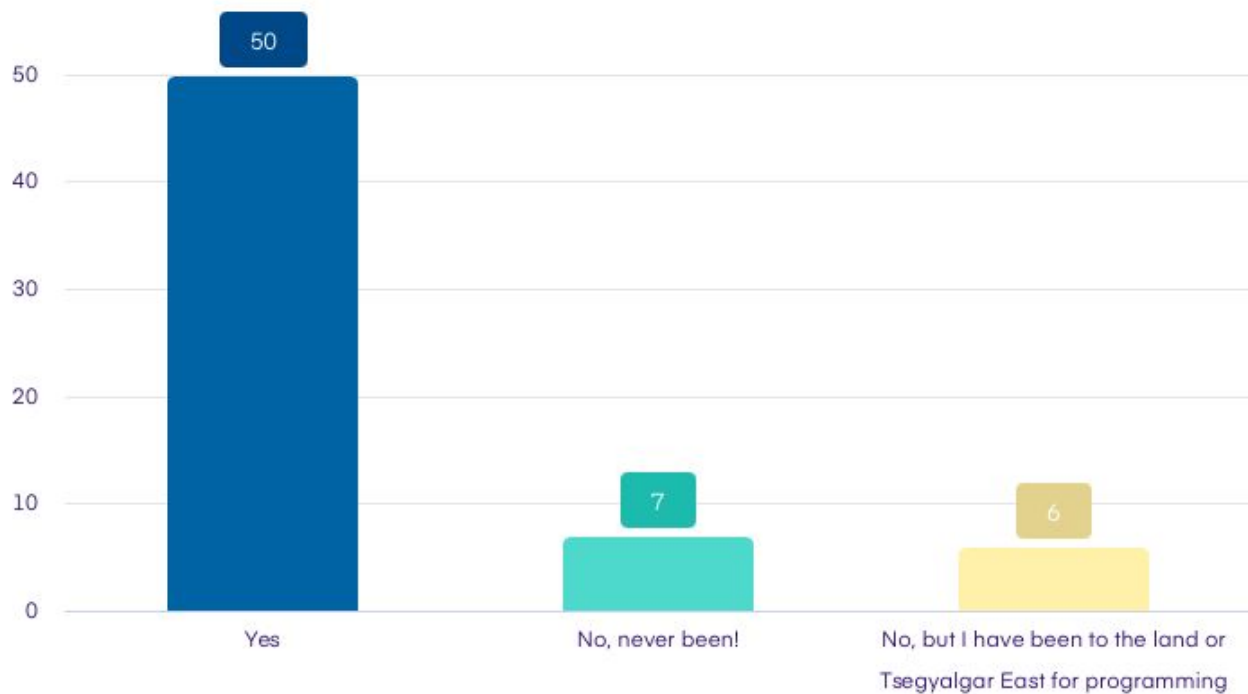
3. Do you have children that will be attending? 4. Do you plan on having your own transportation during the retreat?



Where respondents will be attending from in-person & online



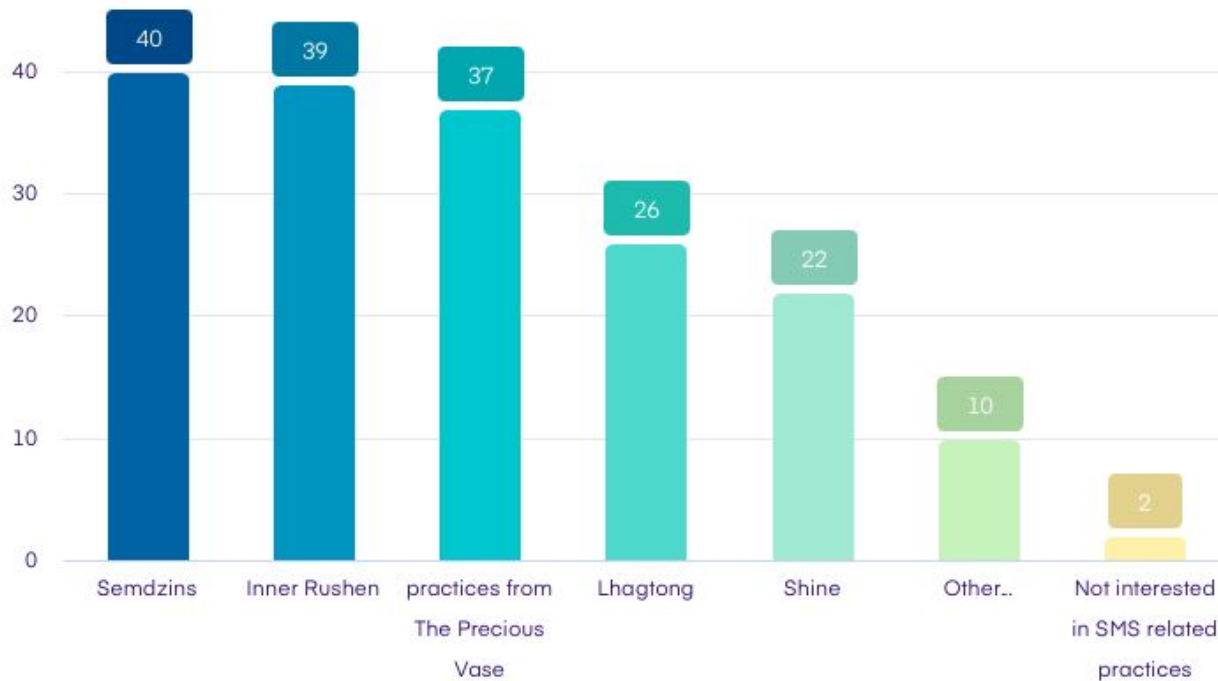
6. Have you been to Khandroling for a summer retreat in the past?



Programming:

What teachings and practices are you interested in participating in?

7. Santi Maha Sangha instructor led practice sessions and classes



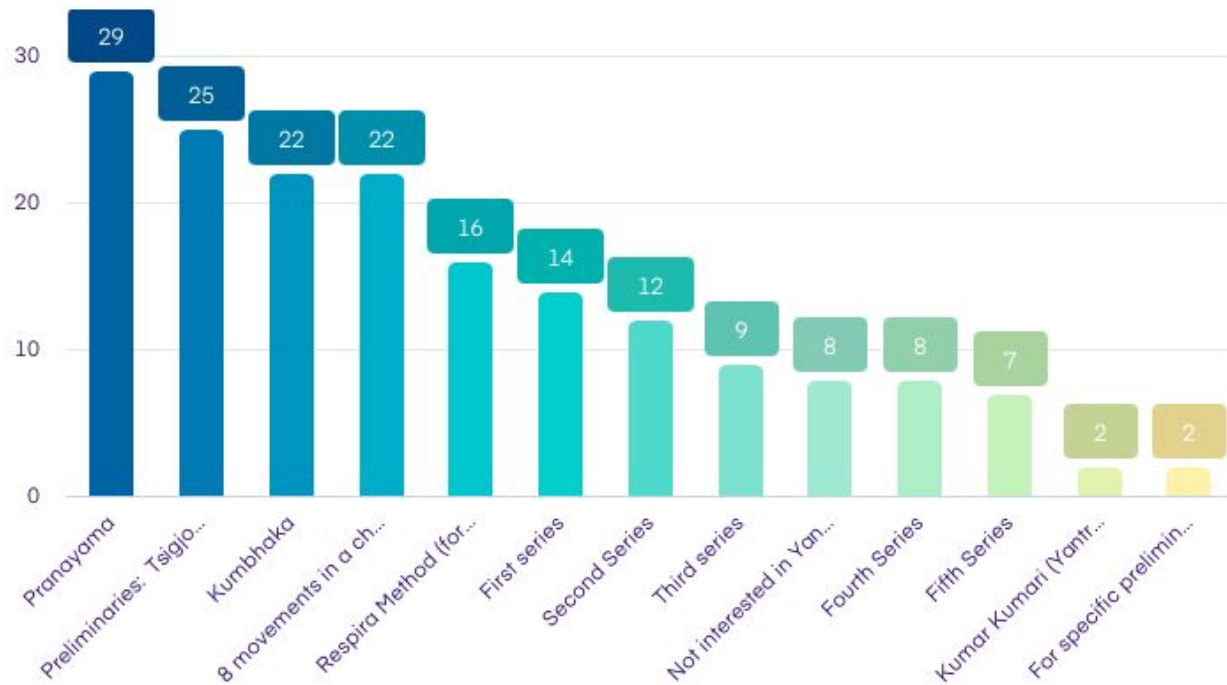
2/3rds of respondents interested in:

Semdzens, Inner Rushen, Practices from the Precious Vase

Approx. 1/3 interested in: Lhagtong (Vipashyana), Shine

Majority want SMS component

8. Yantra Yoga instructor led practice sessions and classes:



Over $\frac{1}{3}$ respondents interested in:

Pranayama, Preliminaries, Kumbhaka and 8 movements in a chair

Followed by:
Respira (Breathe),
1st Series, and 2nd Series

9. Dance Instructor led practice sessions and classes:



50% interested in
Vajra Dance of
Space (12 A's)

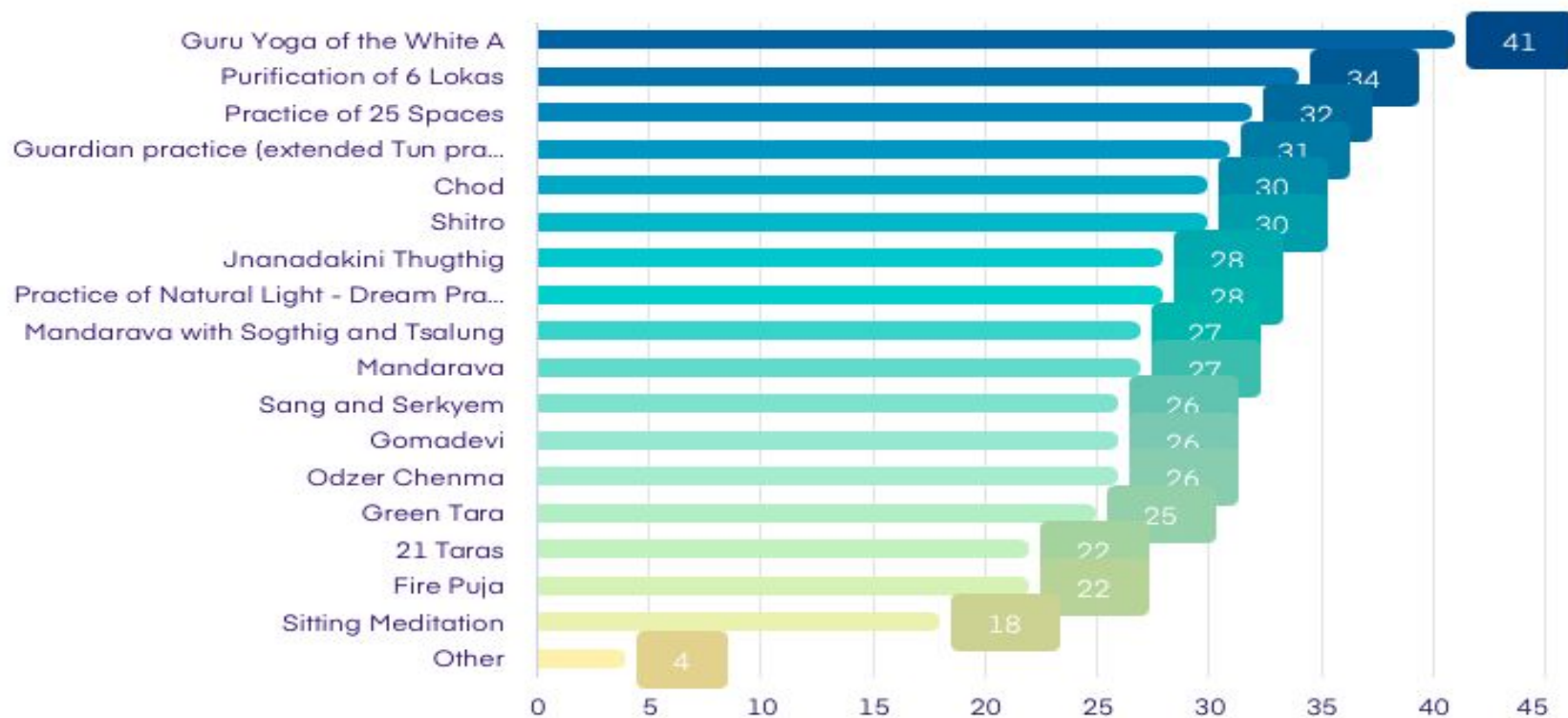
Deepening SoV
Course (16th-22nd)

40% : Dancing informally,
Complete Thun, &
**Presentations on
correlation of mandala
to our chakras and
globe**, and Sharing
Rinpoche's dance dreams

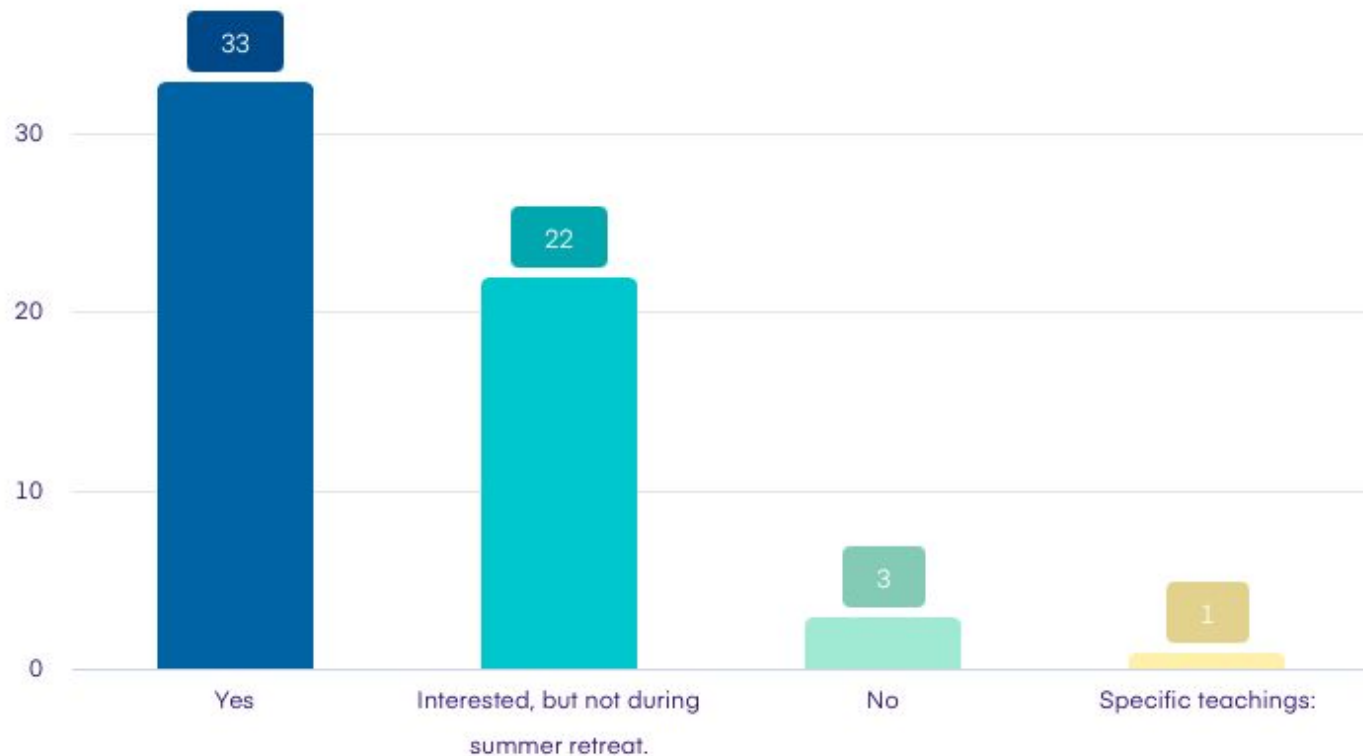
Interest in Learning Om A
Hum dance- no instructor
this summer. Hope to plan
for coming year.

15% not interested in any
dance

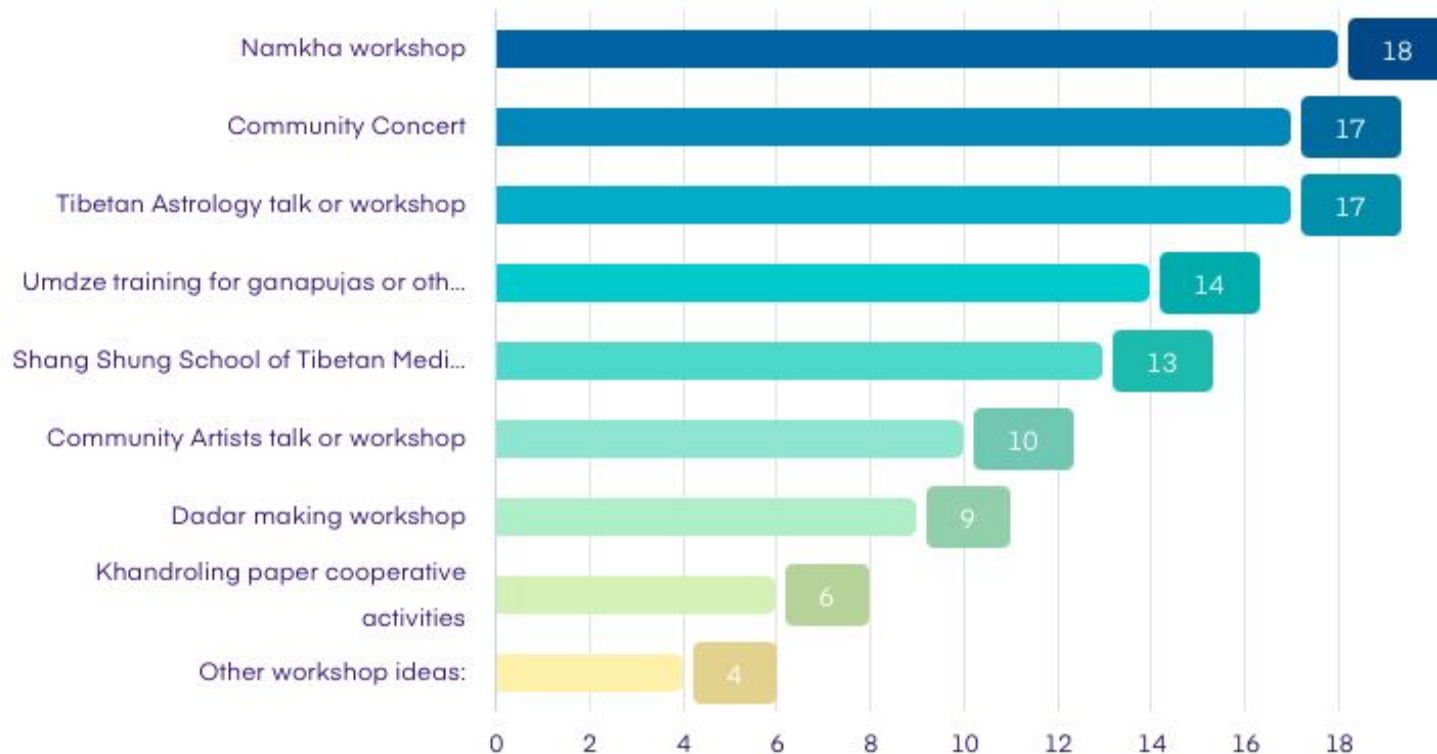
10. Collective Practices (with explanation, if available)



11. Are you interested in viewing video teachings or clips of Rinpoche?



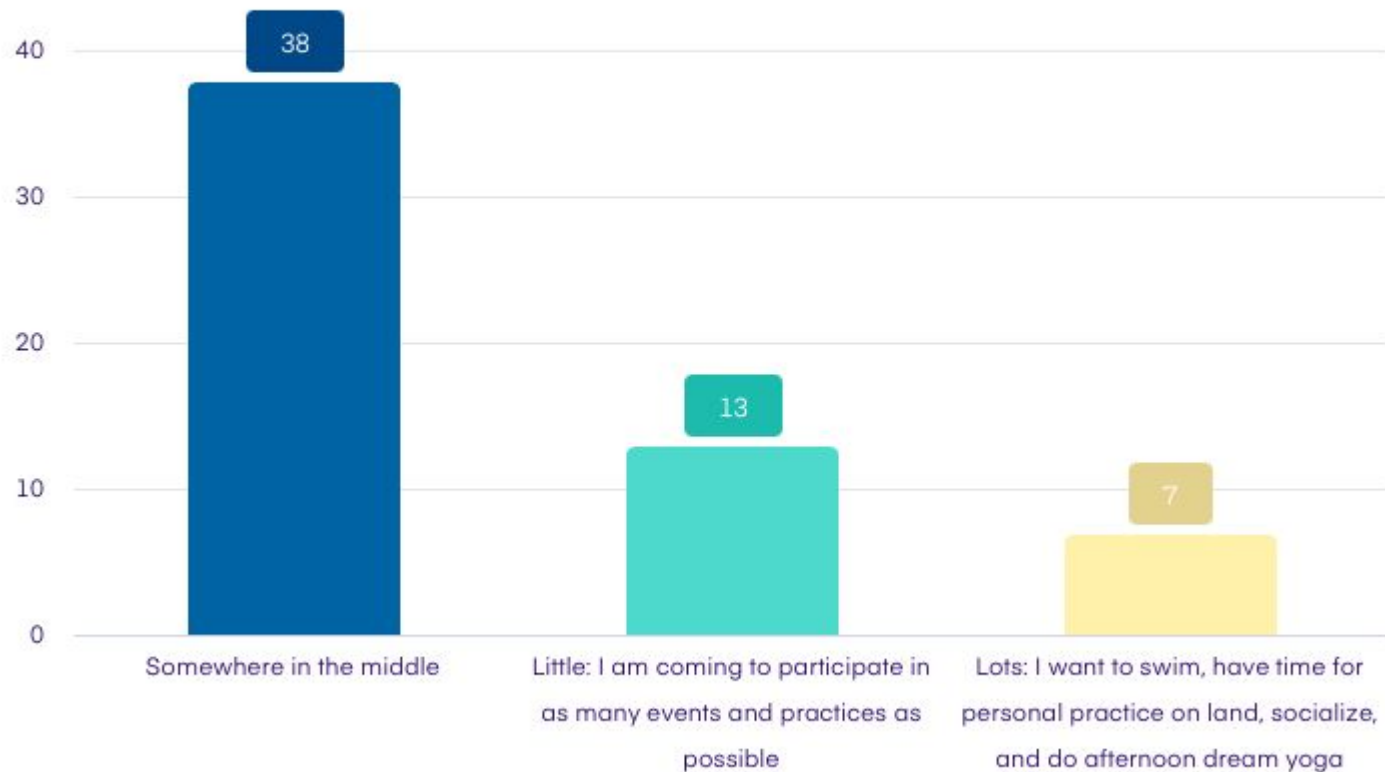
12. Are you interested in any of the following workshop possibilities?



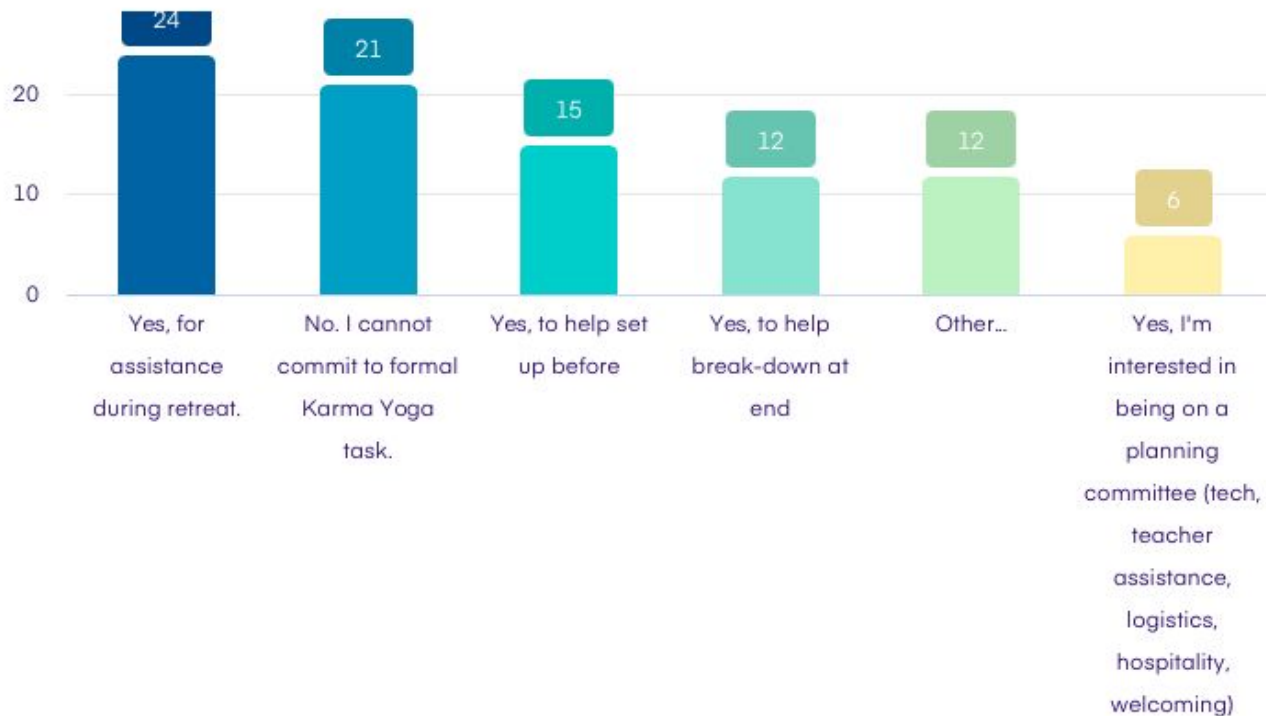
Most popular:
Namkha workshop
Tibetan Astrology,
Community Concert

Consider offering these & others during year if not during retreat

13. How much unstructured time do you want?



14. Are you available for Karma Yoga during the retreat?



Wonderful!

Next Step:
Coordinate
Karma Yoga.

If you expressed
interest, let
Gakyil know:~)

Other Suggestions for retreat and future programming:

Community Meetings for sharing info and experiences

Community Gatherings: open table style discussions on community continuation, Music, dinners, ganapujas, talent event

Anything that helps get into natural state of mind

Auction and fundraising sale

Longde practice group, Guru Yoga as taught by Igor Berkhin, 7th Lojong, tsandol, mudras

Other considerations:

Awareness of tick-borne illness/Lyme disease prevention

Access to town for food and meals

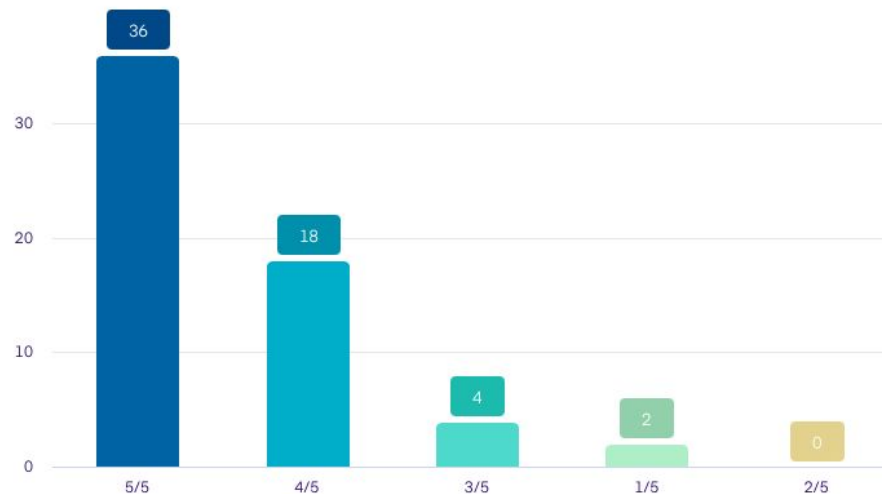
Non-alcoholic options

COVID: Preventative measures, preferences to not have to be tested if vaccinated, preferences to have most people vaccinated, preferences for not requiring vaccine and integrating non-vaccinated people, having areas where masks are not required

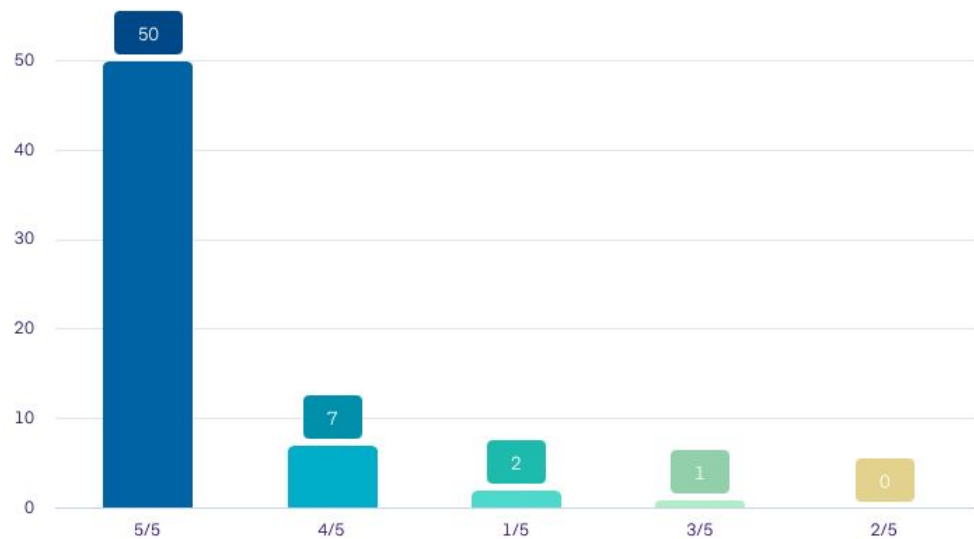
Affordable price options

International travel if not restricted

18. How effective would you rate this survey?



19. How likely are you to participate in a future survey?



Thank you for your participation!

We look forward to practicing safely and joyfully together this summer!