

June 1st - September 15th, Collective Practice & Retreat Report

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

In addition to regularly scheduled group practices, during the summer 2025 we held three successful retreats at the Vajra Hall. Dr. Michael Katz led a weekend retreat, two sessions per day, in-person and online on “Rushen of the Voice”. In early August, due to unforeseen conditions, the in-person retreat with Igor Berkhin on “The Teaching of Dzogchen: understanding, training, applying” was converted to online sessions for six days. This retreat was complemented with online and in-person Beginner’s Yantra Yoga course, and a beginner’s course on the Vajra Dance that Benefits Beings, both taught by authorized instructors, along with collective ganapujas and a special presentation by Menpo Phuntsok Wangmo. The summer events concluded with a 16 day Vajra Dance retreat led by several authorized instructors. During this retreat an auction of precious materials from the Master and other objects was held along with a community cook-out.

Several fall events are in the planning including an Umdze training with Sebastien, and collective practices noting the day of the passing of ChNRR on September 27th.

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 Registration Numbers

Practice session & Retreat with Michael Katz:

June 19: Practice of Natural Light: 80

July 12 & 13: Rushen of the Voice: 137, 97

Jnanadakini group practice with Steven Landsberg:

June 2025: 22, 19

July 2025: 19, 9, 7

August 2025: 19

Sept 2025: 23, 17

Practice of the Precious Vase with Steven Landsberg:

June 2025: 47, 41

July 2025: 47

August 2025: 49, 82

Sept 2025: 35, 30

Other Group Practice Attendance Averages:

Ganapujas: 19 (online) 20 (in-person)

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

Paula Barry: Yantra Yoga for those with experience: 11

Paula Barry: Application of the Pranayamas: 12

Summer Retreat Registrations

Beginners Yantra Yoga - Paula Barry & Vicki Sidley: 23

Igor Berkin: 112

Dance Dance Dance: 45