


30 YEARS

# Yungdrung Bon in Poland




## Retreats and events Ligmincha Poland in 2025

-  18 – 19 January, Wrocław  
**Drubdra Khenpo Rinpoche**  
Tibetan Yoga Tsa Lung
-  28 February – 2 March, Wilga  
**Lama Sangye Monlam**  
Losar celebration (Tibetan New Year)
-  21 – 23 March, online  
**Tenzin Wangyal Rinpoche**  
Living with joy, dying in peace
-  4 – 6 April, Wilga and online  
**Ponlob Trinley Nyima Rinpoche**  
Dzogchen teachings from Zhang Zhung Nyen Gyu  
and empowerment of Zhang Zhung Meri

-  29 April – 4 May, Wilga and online  
**His Holiness Menri Trizin Rinpoche**  
Dzambhala teachings and empowerment  
of Sherab Chamma



-  12 – 15 June, Wilga and online  
**Ponlob Tsangpa Rinpoche**  
Dzogchen teachings from Yangtse Longchen
-  4 – 6 July, Wilga and online  
**Nyima Kunkyap Rinpoche**  
Du Tri Su rituals and Soul Retrieval Ritual
-  15 – 17 August, Wilga and online  
**Geshe Sherab Palden**  
Three Heart Mantras

-  19 – 24 August, Wilga and online  
**Tenzin Wangyal Rinpoche**  
Dzogchen Gyalwa Chaktri – part I  
The celebration of the anniversary  
of Yungdrung Bon in Poland



-  25 – 27 August, Wilga  
**International meeting of Umze and Instructors**
-  September, Wilga and online  
**Khenpo Tenpa Yungdrung Rinpoche**
-  14 – 16 November, Warsaw and online  
**Khenzur Nyima Wangyal Rinpoche**  
Teachings and empowerment of Drenpa Namkha

More informations at [www.ligmincha.pl](http://www.ligmincha.pl)