



Kagyü Samyé Dzong Courses

Sacrborough, North Yorkshire

Mindfulness Courses

Level One - Being Present with Ani Tselha

Weekend One: 9th / 10th May

Weekend Two: 20th / 21st June

Weekend Three: 1st / 2nd August

Weekend Four: 19th / 20th September

Level Two - Compassion with Ani Tselha

Weekend One: 24 / 25th October

Weekend Two: 28th / 29th November

Weekend Three: 9th / 10th January 2020