

His Holiness the 34th Menri Trizin Rinpoche

European Tour 2025

Chamma Ling Wilga, Poland April 29-May 4

- ◆ Zambala Teaching and Sherab Chamma Empowerment

Sheten Dhargye Ling Blou France 8 –11 May

- ◆ Twelve Little Tantra Teaching from Zhang Zhung Oral Transmission

Ligmicha Berlin 16 –18 May

- ◆ Sleep Yoga Teaching

Ligmicha Hungary 23 - 25 May

- ◆ Dzogchen Teaching “ Discovering Hidden BodhiChita” Transmission and Nyamme Ladrup Empowerment

Tazig Samten Ling Lauris France. 31 May -1 June

- ◆ Medicine Buddha and Bardo Teaching

Sardza Ling, Pyszki. Poland. 6-8 June

- ◆ Empowerment and Teaching on Yidam Tagla Meber and Oral Transmission of Khyung Mar

**Tibetan Yungdrung Bon Study Centre London. U.K
21-22 June**

- ◆ Teaching on the Four Wheels of Bon



WHEN:

April—June 2025

WHERE:

Poland. France.

Germany.

**Hungary. United
Kingdom.**

VENUES:

**Chamma Ling. Shenten
Dhargye Ling. Ligmicha Ber-
lin. Ligmicha Hungary. Tazig
Samten Ling. Sardza Ling.
Tbetan Yungdrung Bon
Study Centre London**