



International Sangha News ☐ ☐ ☐

Students Report From Around the World

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News From Germany



Festive evening during Three Doors retreat The German Sangha reports about the recent “Three Doors” retreat with Geshe Tenzin Wangyal Rinpoche, organized by Garuda Germany and held in Buchenau (near Frankfurt) on August 2-8. More than 100 participants from all over Europe traveled to Buchenau to attend this profound retreat, during which Rinpoche helped participants explore in depth the techniques for opening the three doors of body, speech, and mind.

Practices taught included the Nine Breathings of Purification, the Five Tsa Lung Exercises, the Five Warrior Seed Syllables Practice, and the Fivefold Teachings of Dawa Gyaltzen. “We are grateful that Rinpoche offered this opportunity and we will go on exercising these practices in our local practice groups.”



Rinpoche and the new board

Other news: During the annual general meeting of Garuda Germany, the following individuals were elected to the board:

- Chairman – Oliver Wirtz
- Vice Chairman – Florian Bruckmann
- Treasurer – Gabriele Penders

The German sangha thanks outgoing board members Nine Huber and Wolfgang Krebs for their long-term engagement on the board, as well as for their ongoing support as part of the sangha. Without their mindful activities, it would not be possible now to continue the flight of the Garuda in Germany on such a solid basis.

The new board invites everyone to attend next year's retreat in Buchenau, August 9-14, 2011, on the topic of ["Pith Instructions of the ZZNG Masters," Part 1 of 2.](#) For more information, contact [Oliver Wirtz](#) or visit bongaruda.de