



## **Chamma Ling Poland 20th Anniversary**

### **Celebrating a Milestone During Summer Retreat**

*Rob Patzig, president of Ligmincha International and chair of the Ligmincha International Board of Directors, attended the recent retreat at Chamma Ling Poland, a celebration of the 20th anniversary of Tenzin Wangyal Rinpoche's first teaching in Poland. Rob shares his experience with some beautiful pictures, too!*



2015 marked the 20th anniversary of Tenzin Wangyal Rinpoche's teachings in Poland. In the past two decades, the Bon community has grown and the teachings spread. There are several sanghas in Poland. Chamma Ling, the retreat center located in Wilga, which is about an hour south and east of Warsaw, has hosted as many as 400 people at a single retreat. This year, about 200 people from many different countries came to attend Part Three of Rinpoche's teachings on the 21 Nails. And, more than 40 people stayed for the first year of Trul Khor (Tibetan Yoga) training with Alejandro Chaoul-Reich. It was wonderful to have many young people at the center, including children. One young woman, Laura, is 16 and has spent her whole life as a sangha member!



Songdhae Chamma Ling in Poland is a place where you can find a true Buddhist community. It is a place where you can learn about Buddhism and practice it in a peaceful and joyful environment. The community is open to everyone, regardless of their background or beliefs. We welcome you to join us and experience the beauty of Buddhism.



## Ligmincha's Annual Fall Retreat at Serenity Ridge

Still Time to Register for October 21–25 Retreat!

Ligmincha's Annual Fall Retreat at Serenity Ridge on "The Five Elements: Connecting with the Living Universe" with Geshe Tenzin Wangyal Rinpoche will be held October 21–25, 2015. The early-bird registration will go until September 22.

According to the ancient Tibetan spiritual traditions, the five natural elements of earth, water, fire, air and space are fundamental aspects of a living universe. Tenzin Wangyal Rinpoche will guide practices through which we can deeply connect with the elemental essences, and nourish and restore health and vitality.

[Learn more/register](#)