



Interregional public organization
preservation of the Dzogchen teaching
«Dzogchen Community “Kunsangar North”»



Third Festival of Yoga and Mindfulness «Myriad Worlds»

«Knowledge. Evolution. Happiness»

7–10 August 2025

Report

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<https://kunsangarfest.ru/>



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May all manifest auspiciously!

May our desires be fulfilled!

Developing the knowledge of our authentic condition

The entire world peace will enjoy.

Chögyal Namkhai Norbu

Dzamling Car Song

The Third Festival of Yoga and Mindfulness «Myriad Worlds»

A festival dedicated to the knowledge of Dzogchen and, in general, Buddhist knowledge in Russia

Theme — «Knowledge. Evolution. Happiness» — emerged from the teachings of Chögyal Namkhai Norbu «The Song of Dzamling Gar».

Dates: August 7–10 2025

Times: August 7, 9:00 am–10:00 pm, August 8, 9, 7:00 am –10:30 pm, August 10, 7:00 am–10:00 pm.

Opening Event: Namkhai Yeshe's public talk «Mentally sound with less or no effort» in Zoom, August 7 at 11:00 (Moscow time)

Venue: Kunsangar North [Further in the text – KN.]

Kunsangar North is the gar of the Russian Dzogchen Community, founded by the greatest Dzogchen Master and world-renowned scholar, Chögyal Namkhai Norbu.

Kunsangar North is located in a pine forest on the banks of the Klyazma River, 70 km east of Moscow, near the town of Pavlovsky Posad.

The Festival space was divided into four components, related to the festival theme «Knowledge. Evolution. Happiness»:

- a space for understanding presence and awareness through explanations and meditation practice;
- a space for developing presence and awareness through movement practice;



- a space for applying presence and awareness for one's own happiness and helping others;
- a space for presence and awareness in art and creativity.

Festival grounds:

Vajra Hall (=Gompa), The Tent, The TTM [Traditional Tibetan Medicine] Hall, outdoor venues: at the Stupa of Complete Victory, Sangkhang, at the place for Fire offering, the Forest Theater, and two venues on the bank of the Klyazma River.

Purpose:

The event was organized as an open festival to unite and collaborate with like-minded individuals, with the goal of introducing participants to methods and means of integrating ancient knowledge into the lives of modern people and strengthening the ties of the Dzogchen Community with Buddhist and secular organizations.

A special feature this time was seminars exploring the essence of creativity, as well as workshops in music, painting, and theater, led by musicians, artists, actors, and psychologists.

Number of guests:

At least 250 people, based on:

the number of tickets sold — 132,

the number of presenters — 30 and their accompanying persons — 18,

the number of organizers — 4 and karma yogis — 17,

the number of KN employees and dining room staff — approximately 30.

(At least 300 people were expected based on the experience of the 2023 Festival.)

Organizers:

«Myriad of Worlds» Festival Team '25, Interregional Public Organization for the Preservation and Maintenance of the Dzogchen Teaching «Dzogchen Community "Kunsangar North"»

The cost of participation:

4-day festival tickets on sale from July 5 to August 1—2,500 rubles, 4-day festival tickets from August 1—3,000 rubles, single-day tickets—1,000 rubles.



Free admission:

- Namkhai Yeshe's public lecture «Mentally sound with less or no effort» / Webcast in English, with translation into Russian and other languages.
- Chögyal Namkhai Norbu's public lecture in London on September 10, 2011. View a video recording of the lecture in English with translation into Russian.
- Tsetar Ritual

Sponsors:

The festival team decided not to attract sponsors (except for the publication of gift books) due to the festival's entrance fee.

Free book:

At the suggestion of Shang Shung Publishing House (Russia), Chögyal Namkhai Norbu's «Lectures on Ati Yoga» was specially prepared for the festival. The book was published with funds from sponsors among members of the Dzogchen Community. Festival participants who purchased any type of ticket, as well as seminar and master class leaders and karma yogis, received a free book.

Friends

Organizations:

- Shang Shung Publishing House,
- School of Traditional Tibetan Medicine of the Shang Shung Institute.

Buddhist organizations:

- Garchen Bodhichitta House - Center of Tibetan Buddhism of the Drikung Kagyu Tradition in Moscow,
- Padmasambhava Buddhist Center,
- Ripa Buddhist Center,
- Moscow Yeshe Korlo Buddhist Center,
- Moscow Dzogchen Shri Singha Buddhist Center,
- Chögyal Rinpoche (Barom Kagyu) Sangha,
- Moscow FPMT Buddhist Center «Ganden Tendar Ling»



Program

Understanding presence and awareness through explanations and meditation practice

Festival highlight:

«Mentally Sound with Less or no Effort» online Teaching by Namkhai Yeshi.

Namkhai Yeshi is a devoted student, the son of Chögyal Namkhai Norbu, and spiritual mentor of the Dzogchen Community.

Lecture by Chögyal Namkhai Norbu on Dzogchen.

Public lecture in London on September 10, 2011.

View the video recording of the lecture (with Russian translation).

«How to Take Bad News»

Online class by Igor Berkhin, a certified teacher of contemplative practices of the Dzogchen Community.

«Peace in the Movement of the Mind is the Key to Knowing Harmony»

Online class by Alexander Gomono, a certified teacher of contemplative practices of the Dzogchen Community.

«Vajra Repetition in the Garchen Rinpoche Tradition: A Method for Entering, Maintaining, and Developing Contemplation»

A class by Garchen Rinpoche's Sangha with Andrey Krasov (Konchog Jangchub), director of the Garchen Bodhichitta House Dharma Center in Moscow.

A Brief History of the Barom Kagyu Lineage

Mind Purification Meditation (Vajrasattva Practice)

The Guru-Disciple Relationship. The Sadhana of Milarepa

A classes by the Barom Kagyu Sangha with Maxim Mikheev, a practitioner and tester of Vajrayana methods, as well as methods for integrating Dzogchen and Mahamudra in everyday lay life, and a student of Chögyal Rinpoche.

«We are Responsible for How We Perceive this World.»

Meditation master class with Milana Bogdanova, a certified RAM (Ripa Awareness



Meditation) instructor at the Ripa Moscow Buddhist Center, psychologist, journalist, and author of the «Meditation for Life» program.

A student of His Eminence Namkha Drimed Rinpoche and Gyetrul Jigme Rinpoche (since 2009).

«The Only Pure Intention is Bodhichitta.»

A Sangha class at the Dzogchen Shri Singha Moscow Buddhist Center with Acharya Sergey Gladkikh.

«The Tibetan Buddhist Tradition of Dream Yoga and its relationship to dying well.»

Online class with Michael Katz, a dream yoga teacher, PhD in psychology, and a teacher of contemplative practices at the Dzogchen Community.

«Night Practice: Dream Yoga, Dream Essence Yoga, and Natural Light Practice»

Classes with Dmitry Tsvirkun, a night practice instructor at the Dzogchen Community.

Developing presence and awareness through movement practice.

Dance of the Three Vajras

Master classes on the Vajra Dance, the unique method of Chögyal Namkhai Norbu, with Tatyana Pronicheva, Olga Nimachuk, and Anna Apraksina, certified Dzogchen Community teachers.

Vajra Dance

Presentation of the Vajra Dance practice and demonstration of the practice in Vajra Dance costumes.

Yantra of the Unity of the Sun and Moon

Study and practice of Tibetan movement yoga – Yantra Yoga, with Viktor Krachkovsky, a certified Dzogchen Community teacher.

Joyful Dances of Khaita — Harmony in Space

A simple method for discovering individual harmony and interpersonal harmony through dance with Victoria Adamenko and Vladimir Belyaev, certified Dzogchen Community teachers.



The Third Festival of Yoga and Mindfulness «Myriad Worlds»

Knowledge. Evolution. Happiness

Harmonic Breathing «Respira»

«Respira» is a signature course by Fabio Andrico, the leading Yantra Yoga teacher at the Dzogchen Community.

Learn and practice harmonious breathing with Artem Verny, a certified Respira teacher.

Lujong Yoga (literally, «exercise for the body»)

A yoga created based on his experience and knowledge by Lama Pema Dorje Rinpoche (1942–2018), a remarkable master of the secret yoga of the channels and winds of Tsalung, an artist, and a holder of the Dudjom Tersar, Rigdzin Sogdrub, Apang Terma, and other lineages. A class with Valery Pronin, a student of Pema Dorje Rinpoche and a lama of the Moscow Padmasambhava Buddhist Center.

Morning Qigong Classes

Learning and practicing qigong with Alla Lyutova, a qigong and tai chi teacher and student of Master Shi Yanbin's school.

«Balanced Posture is the Foundation of Well-Being and Ease of Movement»

A master class with Evgenia Rusakova, a certified Pilates teacher and Body Reading instructor from the Swiss company Art of Motion.

Using Presence and Mindfulness for Your Own Happiness and Helping Others

«Health and Happiness as the Fruits of Mindfulness»

An online lecture by Professor Phuntsog Wangmo, Director and Chief Lecturer of the School of Tibetan Medicine at the Shang Shung Institute.

Tibetan Self-Massage: Using Ku-Nye Massage for Self-Healing.

A seminar on Tibetan medicine with Artem Verny, a teacher at the Shang Shung Institute's School of Tibetan Medicine.

The 16 Foundations of a Compassionate Heart: Inner Supports for a Happy Life

A secular meditation on the 16 foundations of a compassionate heart with Olga Uskova, an educational psychologist, mentor of empathic communication, and curator of secular educational programs at the Ganden Tendar Ling Moscow Buddhist Center.



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Offering the Four Supreme Mandals to Arya Tara — Mendal Zhichok, Praise of the 21 Taras with Rovshan Gasanov (Sangha of the Moscow Buddhist Center «Yeshe Korlo»)

Morning Practice of the Medicine Buddha

with Vera Kuzina and Olga Karimova (Sangha of the Moscow Buddhist Center «Ripa»)

Recitation of Sacred Texts in Sanskrit

with Grigory Shabason (Sangha of the Moscow Buddhist Center «Yeshe Korlo»)

Traditional Buddhist practice of offering purifying smoke (Sang):

Lha Sang practice — offering smoke to King Gesar

with Vera Kuzina and Olga Karimova (Sangha of the Moscow Buddhist Center Ripa)

Riwo Sangcho practice with Rovshan Gasanov and Grigory Shabason (Sangha of the Moscow Buddhist Center Yeshe Korlo)

Luthor and Luzang ritual

Ritual of offering tormas and smoke to the nagas with Valery Pronin and Sergey Laryushkin, lamas of the Moscow Padmasambhava Buddhist Center.

Zung workshop — sacred scrolls containing mantras and sutra texts:

the process of making zungs, all the intricacies of the process, and making zungs by hand. The workshop is open all day during the festival.

Marme Monlam — Lamp Offering Practice

A traditional Buddhist practice of offering lamps to the Three Jewels to develop clarity and accumulate merit with Andrey Krasov (Konchog Jangchub), director of the Garchen Bodhichitta House Dharma Center in Moscow.

Tsetar Practice

A traditional Buddhist practice of buying and giving life.

With Valery Pronin and Sergey Laryushkin, lamas of the Moscow Padmasambhava Buddhist Center, close disciples of Venerable Khenchen Palden Sherab Rinpoche and Khenpo Tsewang Dongyal Rinpoche, who received blessings from their teachers to serve as lamas.



Dzogchen Aspiration Prayers

Practice with Olga Samsonova and Ilya Bershin (Sangha of the Moscow Buddhist Center «Yeshe Korlo»)

Dedication of Merit

All festival participants.

Presence, Mindfulness, Art

«Composition of the Mind: Sound, Brain, and Meditation»

Master class by Oleg Troyanovsky, composer and sound designer, author of instrumental and electronic music, as well as soundtracks for interactive media, film, and theater. He has written music for over 50 films and plays, and is a winner of the Westworld Scoring Competition.

«The Code of Evolution and the Practice of Realization»

«Madness and Creativity»

Lecture and master class by Vladimir Maikov, film director, President of the Association of Transpersonal Psychology and Psychotherapy, member of the Presidium, and certified EUROTAS specialist, PhD.

Forest Theater

Master classes in theater arts with Andrey Yemelyanov, an actor at the Electrotheatre and a student of Chögyal Namkhai Norbu and Namkhai Yeshe.

«Landscape in European Painting from the Renaissance to the Present Day. The Basics of Color» Plein Air on the Klyazma

A lecture and master classes in plein air painting on the banks of the Klyazma River by artist Lev Sedov.

«Meditation in the Motion of Rhythm»

Master classes in African djembe drumming with musician Alex Random. He has 15 years of playing and teaching experience.

Master class in music and flute playing

Master classes in music and recorder playing will be taught by Petr Fedkov,



professor in the Department of Orchestral Instruments at the Far Eastern State Institute of Arts and oboe teacher at the Primorsky Branch of the Central Music School of the Academy of Arts.

«Instruments of Evolution»

Screening of a film by director Vladimir Maikov.

Tibetan language master class

with Daria Khovyakova.

Saturday evening concert

Live performance of classical and contemporary music

Performers:

Olga Ilyina (piano) — pianist and composer, participant in creative projects of the Association of Contemporary Music of the Union of Composers of St. Petersburg.

Petr Fedkov (oboe) — concertmaster of the oboe section of the Mariinsky Theatre (Primorsky Stage). Laureate of international competitions. Professor of the Department of Orchestral Instruments at the Far Eastern State Institute of Arts.



Key points:

- Organization of Namkhai Yeshi's online lecture in collaboration with the webcast team and the translation team.
- The Dzogchen Community invites Friends and presenters, guided by the principles of non-sectarianism and mutual respect.
- The announcement of each of the festival's seminars and master classes in the Dzogchen Community's open channel «Myriad Worlds» included several posts:
 1. The topic of the class, presenter, day, time, and location, as well as a detailed description of the method, technique, and master class (with a banner)
 2. Detailed information about the presenter (with a portrait of the presenter)
 3. Detailed information about the Buddhist Sangha and its Center (with a banner)
 4. Detailed information about the Teacher—the spiritual mentor of the Sangha (with a portrait of the Teacher).
- Venues are provided free of charge to Friends for holding classes.
- Free advertising for Friends on the Myriad of Worlds open channel on Telegram and VK, as well as on the Myriad of Worlds website.
- Accommodation and meals for presenters are free for the 4 days of the festival, regardless of the number of classes. Presenters may bring one companion. Accommodation for the companion is free.
- The book is provided as a gift to guests, presenters, and karma yogis of the festival.
- Lowest possible ticket price.
- Participation in Namkhai Yeshi's online lecture, viewing of a video recording of Chögyal Namkhai Norbu's open lecture, and the Tsetar practice is free (ticket not required).
- Remote participation in online classes for a free donation.
- Free admission and accommodation for festival organizers and karma yogis.



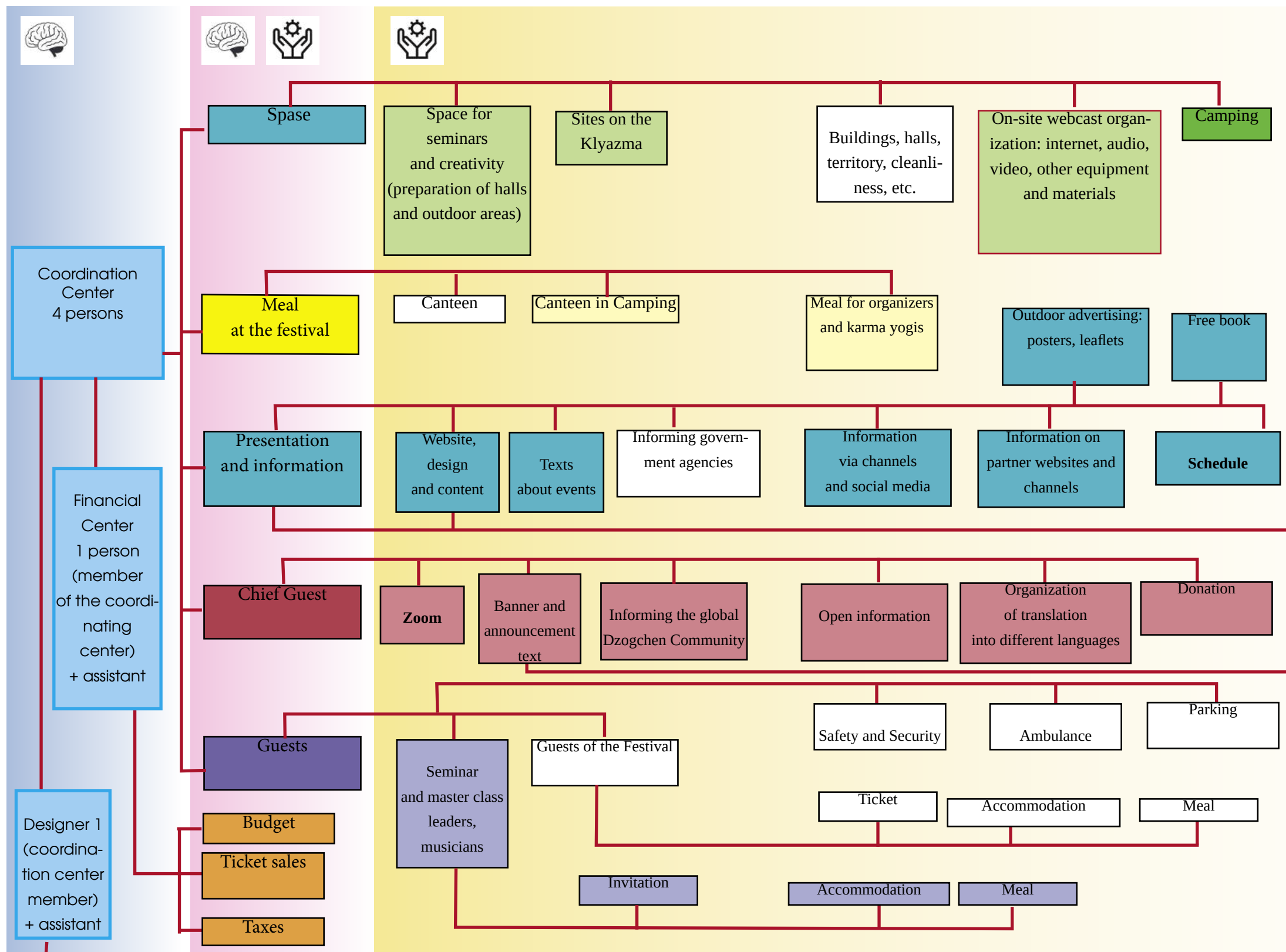
- The Shang Shung Publishing House bookstore is open during the festival.
- Fair. Vendors must purchase a festival ticket and pay for accommodation if they live in Gar. (One person participated. By agreement with him, a free donation from sales was provided.)
- A legally based and completely transparent method of management and financial planning.

Advertising

- Festival Website <https://kunsangarfest.ru>
- Publications in the open channel «Myriad of Worlds» on Telegram <https://t.me/kunsangarfest> and VK https://vk.com/miriadiy_mirov, the news channel of NK, Rinchenling, and other Dzogchen Community groups.
- Publication about Namkhai Yeshi's open lecture in the global Dzogchen Community via the International Gakyil and Norbunet.
- Publications in Friends' channels about the festival and classes
- Yandex Direct — keyword-based advertising on yandex.ru
- Outdoor advertising in NK and Rinchenling
- Indoor advertising on resources popular with the target audience — the Nalanda Foundation (formerly Save Tibet), Yoga Journal, and White Clouds.



Team and tasks



Coordination Center 4 persons

Responsibilities:

1. Main guest and festival hosts, schedule, class topics, accommodation, and meals
2. Organizing webcasts, purchasing Zoom content, liaising with the webcast and translation teams
3. Budgeting, managing the ticket sales program (finance center)
4. Preparing the tent camp, managing karma yogis on-site
5. Information and design (+2 assistants)

Karma yogi team 17 people

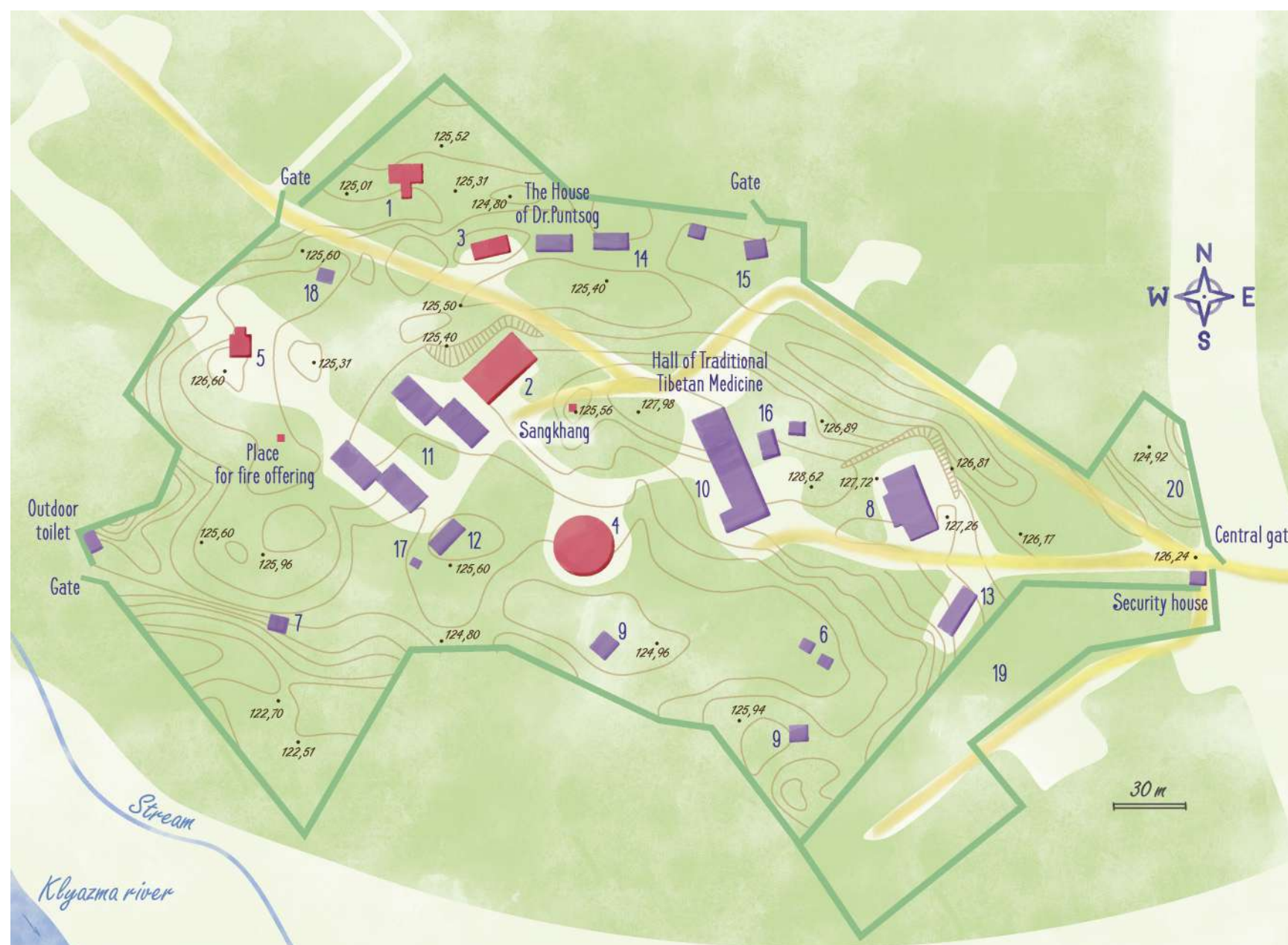
Responsibilities:

1. Maintenance and equipment in the halls
2. Organizing broadcasts, technical support
3. Organizing the campsite, rest areas, preparing outdoor areas
4. Collecting and preparing materials for event announcements, writing texts
5. Mailing lists, assistance in unforeseen situations
6. Providing food for the organizers and karma yogis

Meal — the white bars are Gekyo and Gars staff tasks

Applications

Kunsangar North. Plan



Legend



The numbers indicate: 1. Rinpoche's House, 2. Vajra Hall (gompa), 3. Teachers' House, 4. Tent, 5. Stupa of Perfect Victory, 6. Retreat houses, 7. House for dark retreats, 8. Administrative building, 9. Cottages, 10. Canteen, 11. Dormitory buildings, 12. Blue House, 13. Boiler house, 14. Carpentry house, 15. Pump house, 16. Barn, 17. Utility house, 18. Pavilion, 19. Retreat houses will built here, 20. We hope a parking will built here to preserve the Gars pine trees



«What? Where?». Plan





Schedule

	7 августа - четверг. День 1					
	Шатер	Гомпа	Зал традиционной тибетской медицины	Ступа	Площадки на улице	Река Клязма
8:00–8:30						
8:30–9:00						
9:00–9:30	Завтрак			Регистрация		
9:30–10:00						
10:00–10:30	Регистрация					
10:30–11:00						
11:00–11:30	Намкай Еши. Как быть ясно мыслящим без особых усилий. Трансляция. (Дзогчен-община)					
11:30–12:00						
12:00–12:30						
12:30–13:00						
13:00–13:30	Перерыв					
13:30–14:00	Обед					
14:00–14:30						
14:30–15:00	Перерыв					
15:00–15:30		Просмотр видеозаписи лекции Чогьяла Намкая Норбу о Дзогчен. Публичная лекция в Лондоне 10.09.2011 (Дзогчен-община)				
15:30–16:00						
16:00–16:10						
16:10–16:30	Перерыв					
16:30–17:00	Танец Ваджры. Танец Трех Ваджр. Мастер-класс. (Дзогчен-община)	Виктор Крачковский. Янтра-йога – тибетская йога, исторический контекст. Янтра-йога – буддийская йога и отличия от других систем йоги. (Дзогчен-община)	Андрей Красов. Ваджрное повторение в традиции Гарчена Ринпоче: метод вхождения, поддержания и развития созерцания. (Дом Бодхичитты Гарчена)		Андрей Емельянов. Лесной театр. Мастер-класс по театральному искусству.	
17:00–17:30						
17:30–18:00						
18:00–18:30						
18:30–19:00	Ужин					
19:00–19:30						
19:30–20:00				Андрей Красов. Практика подношения светильников Марме Монлам. (Дом Бодхичитты Гарчена)		
20:00–20:30		Олег Трояновский. Композиция ума: звук, мозг и медитация. Трансляция.	Алекс Рэндом. Медитация в движении ритма. Мастер-класс по игре на африканских барабанах.			
20:30–21:00						
21:00–21:30						
21:30–22:00		Дмитрий Цвирукун. Ночная практика: йога сновидений, йога сущности сновидений и практика естественного света. (Дзогчен-община)				
22:00–22:30						
22:30–23:00						



8 августа - пятница. День 2						
	Шатер	Гомпа	Зал традиционной тибетской медицины	Ступа	Площадки на улице	Река Клязма
7:00–7:30		Вера Кузина и Ольга Каримова. Практика Лха Санг (Рипа)				
7:30–8:00						
8:00–8:30						
8:30–9:00						
Завтрак						
9:00–9:30	Танец Ваджры. Танец Трех Ваджр. Мастер-класс. (Дзогчен-община)		Дарья Ховякова. Мастер-класс по тибетскому языку.			
9:30–10:00		Максим Михеев. Краткая история линии передачи Баром Кагью. Медитация очищения ума — практика Ваджрасаттвы (Баром Кагью)	Лев Седов. Пейзаж в европейской живописи с эпохи Возрождения до наших дней. Основы колористики.			
10:00–10:30						
10:30–11:00						
11:00–11:30	Перерыв					
11:30–12:00		Владимир Беляев. Присутствие и гармония в Радостных танцах Кайта. Занятие для новичков. (Дзогчен-община)	Валерий Пронин. Йога Луджонг (дословно — «упражнение для тела»)(Центр Падмасамбхавы)		Андрей Емельянов. Лесной театр. Мастер-класс по театральному искусству	
12:30–13:00						
13:00–13:30						
13:30–14:00	Обед					
14:00–14:30						
14:30–15:00		Пунцог Вангмо. Здоровье и счастье как плоды осознанности. Трансляция. (Школа тибетской медицины ИШШ)	Милана Богданова. Мы ответственные за то, как воспринимаем этот мир. Мастер-класс по медитации. (Рипа)			
15:00–15:30						
15:30–16:00						
16:00–16:30	Перерыв					
16:30–17:00	Владимир Беляев и Виктория Адаменко. Радостные танцы Кайта. Изучение и практика. (Дзогчен-община)	Виктор Крачковский. Янтра-йога — йога движения. Принцип присутствия и расслабления. (Дзогчен-община)	Григорий Шабасон. Рецитация священных текстов на санскрите. (Еше Корло)			Лев Седов. Мастер-класс по живописи на пленере на берегу Клязьмы.
17:00–17:30						
17:30–18:00						
18:00–18:30						
18:30–19:00				Андрей Красов. Практика подношения светильников Марме Монлам. (Дом Бодхицитты Гарчена)		
19:00–19:30	Ужин					
19:30–20:00						
20:00–20:30		Игорь Берхин. Как принимать плохие новости. Трансляция. (Дзогчен-община)				
20:30–21:00						
21:00–21:30	Перерыв					
21:30–22:00		Дмитрий Цвиркун. Ночная практика: йога сновидений, йога сущности сновидений и практика естественного света. (Дзогчен-община)	Владимир Майков покажет свой фильм «Инструменты эволюции».			
22:00–22:30						
22:00–22:30						
22:30–23:00						



The Third Festival of Yoga and Mindfulness «Myriad Worlds»

	10 августа - воскресенье. День 4						
	Шатер	Гомпа	Зал традиционной тибетской медицины	Ступа	Площадки на улице	Река Клязма	
7:00–7:30		Вера Кузина и Ольга Каримова. Практика Будды Медицины.(Рипа)	Артем Верный. Утреннее занятие по гармоничному дыханию «Respira». (Дзогчен-община)		Алла Лютова. Утренние занятия по цигун.		
7:30–8:00							
8:00–8:30							
8:30–9:00	Завтрак						
9:00–9:30	Танец Ваджры. Танец Трех Ваджр. Мастер-класс. (Дзогчен-община)	Александр Гомонов. Покой в движении ума – ключ к знанию гармонии. Трансляция. (Дзогчен-община)	Алекс Рэндом. Медитация в движении ритма. Мастер-класс по игре на африканских барабанах.				
9:30–10:00			Петр Федьков. Мастер-класс по игре на флейте. (в Столовой)				
10:00–10:30							
10:30–11:00							
11:00–11:30	Перерыв						
11:30–12:00	Владимир Беляев и Виктория Адаменко. Радостные танцы Кайта. Изучение и практика. (Дзогчен-община)	Виктор Крачковский. Янтра-йога как сущностный цалунг. Практика центрального канала изначальной мудрости (практическое занятие по пранаяме 3-й группы Тайное дыхание). Для участия в этом занятии необходима передача знания Дзогчен от Учителей Дзогчен — Чогьяла Намкая Норбу или от Намкая Еши. (Дзогчен-община)	Владимир Майков. Мастер-класс Безумие и творчество.				
12:00–12:30							
12:30–13:00							
13:00-13:30							
13:30–14:00	Обед						
14:00–14:30							
14:30–15:00		Ускова Ольга. 16 основ благого сердца: внутренние опоры для счастливой жизни. Мастер-класс для взрослых. И мастер-класс для детей «Где спряталась доброта?». (Ганден Тендар Линг)	Максим Михеев. Отношения гуру и ученика. Садхана Миларепы (Баром Кагью)				
15:00–15:30							
15:30–16:00							
16:00–16:15	Сбор на Цетар в Шатре						
16:30–17:00	Практика Цетар на реке Клязьма. Практику проведут Валерий Пронин и Сергей Ларюшкин. Трансляция. (Центр Падмасамбхавы) Если вы не знаете куда идти на Клязьме, сбор на практику до 16:15 в Шатре. Если знаете, зайдите в Шатер и помогите нести тазы.						
17:00–17:30							
17:30–18:00							
18:00–18:30			Сангха Еше Корпо. Молитвы устремления Дзогчен.				
18:30–19:00			Андрей Красов. Практика подношения свечильников Марме Монлам и Посвящение заслуг. (Дом Бодхиचितты Гарчена)				
19:00–19:30							
19:30–20:00	Ужин						



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ФЕСТИВАЛЬ ЙОГИ И ОСОЗНАННОСТИ В ПОДМОСКОВЬЕ



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[Kunsangarfest.ru](https://kunsangarfest.ru)

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ОТКРЫТАЯ ЛЕКЦИЯ НАМКАЯ ЕШИ в ЗООМ-ТРАНСЛЯЦИИ

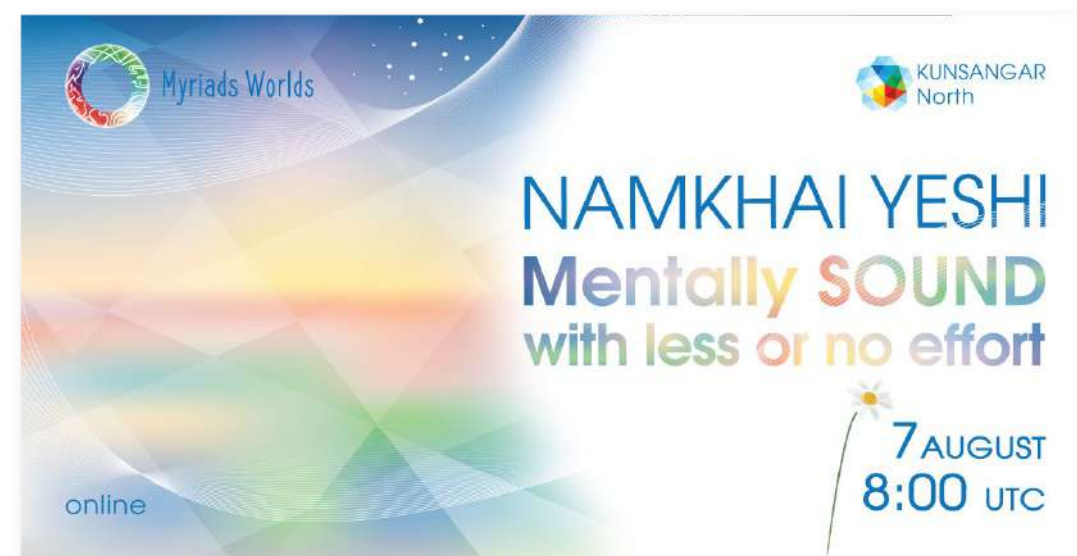
ОТКРЫТОЕ ПРОСТРАНСТВО
СЕМИНАРОВ и ТВОРЧЕСТВА
на **5 площадках** для медитаций,
лекций, мастер-классов,
презентаций и отдыха
в содружестве с **буддийскими**
Сангхами, художниками, артистами
и музыкантами.

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с **Андреем
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RESPIRA
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В ДВИЖЕНИИ УМА —
КЛЮЧ
К ЗНАНИЮ ГАРМОНИИ»**
с **Александром Гомоновым**
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ТЕАТР**
с артистом
**Андреем
Емельяновым**
очно

