



shine bright like a
DIAMOND

Schitter als “leraar”

Authentic Tibetan meditation teacher

Methode : Calm-abiding the mind
(advanced mindfulness teachertraining)

Praktische informatie

Dates online education Authentic Tibetan Meditation teacher 2020-2021

Online education is **a live** teaching but instead of on location (Kluisbergen), we use an online platform where a group of students and myself as teacher are connected.

The classes are in English.

The classes are held from 9:30 until 16:30 with a lunch break in between.

During the week

Module 1:

30 october 2020

27 november 2020

11 december 2020

15 januari 2021

Module 2:

12 februari 2021

19 march 2021 (examination)