

- ✓ **17/11/2018-17/12/2018** : Kopan November Class with Lama Zopa Rinpoche - Kathmandu.
- ✓ **January 2019** : Buddha Amithaba Ten Level with Ayang Rinpoche - Bodhgaya.
- ✓ **January 2019** : Trinley Gyepa Drubchen with Orgyen Tobgyal Rinpoche - Bodhgaya.
- ✓ **January - February 2019** : two months solo retreat - Amithaba Retreat Center in Nepal.
- ✓ **May 2019** : Phowa teachings with Ayang Rinpoche - Moscow.
- ✓ **Summer 2019** : Volunteering in Rangjung Yeshe Gomde UK.
First meeting with Chökyi Nyima Rinpoche.
- ✓ **September 2019** : Phowa teachings - Ayang Rinpoche - Paris.
Cooking for Ayang Rinpoche during his all stay in Paris (one month).
- ✓ **October 2019** : Practice in the main temple in Bodhgaya (Refuge).
- ✓ **November 2019** : Fall Seminar - Chökyi Nyima Rinpoche - Kathmandu.
- ✓ **December 2019** : Trinley Gyepa Drubchen with Orgyen Tobgyal Rinpoche - Bodhgaya.
- ✓ **December-January 2019** : Teachings with Dzongsar Khyentse Rinpoche - Pune and Bangalore.
- ✓ **January 2020** : Phowa teachings - Ayang Rinpoche - Bodhgaya.
- ✓ **Jully 2020-August 2020** : one month solo retreat (Drikung Kagyu Ngondro - Refuge and Vajrasattva) at Kagyu Samye Ling Belgium.
- ✓ **September 2020-June 2021** : Lodjong studies and Ngöndro practice under Lama Rinchen Palmo's guidance - Kagyu Samye Dzong Belgium.
- ✓ **October 2021- November 2021** : 6 weeks Sphere of Refined Gold Retreat with Lama Tenzin Sangpo - Gomde Pyrénées.
- ✓ **February 2022 - May 2022** : 3 Months Sphere of Refined Gold Retreat, to which a 35 day Trinley Nyingo Retreat was added - with Lama Tenzin Sangpo and Erik Pema Kunsang - Gomde Pyrénées and Gomde Danemark
- ✓ **22th of June 2022- 29th of December 2025** : Three Year Retreat in Rangjung Yeshe Gomde Pyrénées, under the guidance of Chökyi Nyima Rinpoche and Drupbön Tenzin Sangpo