

Dharma CV
Esther Gimeno

Various teachings, initiations and advice during the annual visits to Dag Shang Kagyü from Kalu Rinpoche, Sangye Nyenpa Rinpoche, Khandro Rinpoche, Ringu Tulku Rinpoche, Dzigar Kongtrul Rinpoche, Khenpo Thrinley and Drupön Khenpo Lodrö Namgyal. As well as from the resident lamas at Dag Shang Kagyü, Lama Drubgyu Tenpa (spiritual director), Drupön Lama Kelsang and Lama Örgyen.

1 Traditional 3 year, 3 month and 3 day retreat (from 2013-2017)

6 ten-day retreats on *Shiné-Lhaktong according to the sutras* with Lama Djinpa Tarchin, Dag Shang Kagyü (between 2009-2018).

4 ten-day *Ngöndro* retreats with Lama Djinpa Tarchin (2009-2012).

3 five-day *Lo-Djong* retreats with Lama Djinpa Tarchin (between 2009-2018).

4 ten-day *Deity practice* retreats with Lama Djinpa (between 2011-2018)

3 five-day *Bardo* retreats with Lama Djinpa. (Between 2011-2017)

3 one-month-retreats on *Shiné-Lhaktong in relation to Mahamudra* with Lama Djinpa Tarchin (2011-2013).

1 three-month retreat on *Shiné-Lhaktong in relation to Mahamudra* with Lama Tsültrim Dorje (2017)

From May to November 2013: Preparation for traditional 3 year retreat: Tibetan language studies, teachings, pujas and initiations, work at the Dharma center Dag Shang Kagyü.

1 one-month solitary retreat on *samatha-vipassana-mahamudra* (2017)

To do one-month retreat on *Shiné-Lhaktong in relation to Mahamudra* with Lama Tsültrim Dorje. (August 1st, 2018)

