

Dharma Curriculum Vitae

Elena Sautkina (Karma Dokun Dakmo)

Dharma Teachers

Tsoknyi Rinpoche (main teacher) - since 2011

Mingyur Rinpoche - since 2011 (taken Refuge in 2011)

Chokyi Nyima Rinpoche - since 2011 (taken Bodhisattva Vows in 2011)

Dharma study and practice programmes

2014-current

Path of Liberation Programme (Currently at Level 5)

<https://tergar.org/what-is-the-path-of-liberation>

2017-2018

Fully Being Programme (completed in full)

<https://fullybeing.org/>

2011-2014

Tara's Triple Excellence Programme (completed up to Second Excellence. 3.)

<https://dharmafun.org/taras-triple-excellence-online-meditation-program/>

2011-2014

Joy of Living Programme (Completed in full)

<https://joy.tergar.org/>

Additional Dharma practice history

2024-current: Vajrasattva: Padmasambhava's Secret Essence revealed by Chokgyur Lingpa (commitment to complete 100.000 recitations of the long Vajrasattva mantra - half-way through)

2012-current: Trekcho practice (instructions by Tsoknyi Rinpoche)

2014-2024: Full 100.000 Ngondro in the Chokling Tersar tradition (completed in full)

2011-current: regular monthly practices in the Chokling Tersar tradition (Sang, Trinley Nyingpo, Essence of the Two Accumulations, Vajrakumara, Kurukulle) and Riwo Sangcho.

Group Teaching-and-Practice Intensive Retreats (usually week-long if not stated otherwise)

Led by Chokyi Nyima Rinpoche

In-person: 2011 (3 retreats), 2012, 2013 (2 retreats), 2014, 2015, 2016, 2018, 2019, 2022 (2 retreats), 2023, 2024

Led by Tsoknyi Rinpoche:

In-person: 2012, 2013 (**2 weeks-long**), 2014 (3 retreats), 2015, 2016 (2 retreats), 2017 (**1 month-long**), 2018, 2019, 2022 (2 retreats), 2023, 2024, 2025

Online: 1-2 times a year since 2020

Led by Mingyur Rinpoche:

2011, 2015, 2016, 2019

Online: 1-2 times a year since 2020

Yantra Yoga retreats (Dzogchen Community, various instructors):

2020 (3 retreats), 2021 (5 retreats), 2022 (2 retreats), 2023 (2 retreats), 2024 (2 retreats), 2025 (2 retreats)

Full attendance of 9-day drubchens and long drupcho:

2015: Hayagriva Drubchen, Tsoknyi Gechak Ling, Nepal

2016: Padmasambhava Drubchen, Tsoknyi Gechak Ling, Nepal

2017: Ngakso drubchen, Ka-Nying Shedrub Ling, Nepal

2017: Ngakso drubchen, Tergar Osel Ling, Nepal

2019: Hayagriva drubchen, Tsoknyi Gechak Ling, Nepal

2022: Tsekar drubchen, Ka-Nying Shedrub Ling, Nepal

2022: Ngakso drubchen, Ka-Nying Shedrub Ling, Nepal

2022: Tukdrub Barchey Kunsel 5-day drupcho, Thubten Ling, Russia

2022: Ngakso drubchen, Tergar Osel Ling, Nepal

2022: Chakrasamvara 5-day drupcho, Tsoknyi Gargon Ling, Nepal

2023: Tsekar drubchen, Ka-Nying Shedrub Ling, Nepal

2023: Ngakso drubchen, Ka-Nying Shedrub Ling, Nepal

2024: Hayagriva Drubchen, Tsoknyi Gechak Ling, Nepal

2024: Ngakso drubchen, Ka-Nying Shedrub Ling, Nepal

Solitary Retreats:

2013, 2014, 2020, 2023, 2024, 2025: personal week-long retreats (1-2 a year)

2012-present: 1-3 days retreats several times a year

Retreats were based on: Ngondro, Trekcho and Fully Being (instructions from Tsoknyi Rinpoche), Path of Liberation (instructions from Mingyur Rinpoche), Tsa-lung of Yantra Yoga.

Volunteering in the Dharma contexts:

05/2024 - present: Yantra Yoga instructor (certified to teach the 8 Movements of Yantra Yoga/Lungsang and Pranayama Rhythmic Breathing)

09/2024 - present: Blue Gakyil at Kunsangar South (Dzogchen Community, Russia)

2019-2024: Volunteer advisor at Rangjung Yeshe Russia

2021-2022: Gakyil helper at Kunsangar South (Dzogchen Community, Russia)

2017-2022: Volunteer advisor at Tsoknyi Gechak Ling

2015-2016: Volunteer at the management group at Gomde UK

05/2014-12/2014: Full-time volunteer at Gomde UK

2011-2020: Translator for Tara's Triple Excellence Programme, The Yogini Project