

Robert

since 2007 followed Rigpa study and practice programme, annual retreats

2009-2010 studied at RYI Shedra, Boudhanath

since 2009 followed Chökyi Nyima Rinpoche's seminars live or online and

since 2012 Tara Triple Excellence online + retreats with Rinpoche& Lama Tenzin

2012 did a 3-months ngöndro retreat in Dzogchen Beara, Ireland

2013 studied at Rigpa Shedra, Pharping;

2016-2021 lived in Dharma Mati Rigpa centre Berlin, helped with daily practice

2016-2018 did yearly 3-4 months sadhana retreats at home

2018-2022 followed annual teachings with Khenpo Namdrol in Lerab Ling& online

since 2022 does current 3-year retreat in Gomde Pyrenees