

Date	Course / Retreat	Place	Teacher
05/2011	7-day Shamatha/ Vipshyana retreat	Karma Ling, France	Tarchin
12/2011	10 day Chenrezik retreat	Samye Ling, Eskdalemuir, UK	Ken & Katia Holmes
02/2012	Nyungney Pair	Samye Ling, Eskdalemuir, UK	
02/2012	Refuge Vow	Samye Ling, Eskdalemuir, UK	Akong Rinpoche
02/2012	Chenrezik empowerment	Samye Ling, Eskdalemuir, UK	Akong Rinpoche
06/2012	Chenrezik empowerment	Samye Dzong, London, UK	Akong Rinpoche
06/2012	White Tara empowerment	Samye Dzong, London, UK	Akong Rinpoche
06/2012	Guru Rinpoche empowerment	Samye Dzong, London, UK	Akong Rinpoche
06/2012	Bodhisattva Vow	Samye Dzong, London, UK	Akong Rinpoche
09/2012	Guru Rinpoche empowerment	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche
10/2012	1 week Guru Rinpoche retreat	Samye Ling, Eskdalemuir, UK	Lama Zangmo
01/2013	3 months Ngondro retreat	Holy Isle, UK	Lama Rinchen
03/2013	Dorje Sempa empowerment	Holy Isle, UK	Akong Rinpoche
03/2013	Green Tara empowerment	Holy Isle, UK	Akong Rinpoche
09/2013	Chakrasamvara empowerment (1st step only)	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche
09/2013	1 month Shedra course on Karmapa's "Profound Inner Meaning"	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche
12/2013	Amitayus long life empowerment	Lingdum Monastery, Gangtok, India	Zurmang Gharwang Rinpoche
01/2014	3 months Ngondro retreat	Holy Isle, UK	Lama Rinchen
05/2014	Teachings Karmapa's "Short Ngondro" and on the "Mahamudra Lineage Prayer"	Germany	HH Karmapa
05/2014	84 Mahasiddhas empowerment	Germany	HH Karmapa
05/2014	Dorje Sempa empowerment	Germany	HH Karmapa
05/2014	Medicine Buddha empowerment	Germany	HH Karmapa

03/2015	Long-life empowerment	Sherab Ling, India	HH Dalaï Lama
03/2015	Bodhisattva Vow	Sherab Ling, India	HH Dalaï Lama
03/2015	Teaching on Bodhichitta and oral transmission for Atisa's "Lamp for the Path of Enlightenment"	Sherab Ling, India	HH Dalaï Lama
10/2015	Teachings on Jamgön Kongtrul's "Torch of Certainty"	Samye Dechen Shing, Arran, UK	Drupon Rinpoche
11/2015	1 year Ngondro retreat	Samye Dechen Shing, Arran, UK	Drupon Rinpoche
03/2016	Teachings on Jamgön Kongtrul's "Torch of Certainty"	Samye Dechen Shing, Arran, UK <i>via internet</i>	Drupon Rinpoche
05/2016	Teachings on Sachen Kunga Nyingpo's "Parting from the 4 Clingings"	Samye Dechen Shing, Arran, UK <i>via internet</i>	Drupon Rinpoche
06/2016	Teachings on Jamgön Kongtrul's "The Great Path of Awakening"	Samye Dechen Shing, Arran, UK <i>via internet</i>	Drupon Rinpoche
06/2016	Teachings on Gampopa's "Ornament of Precious Liberation"	Samye Dechen Shing, Arran, UK <i>via internet</i>	Drupon Rinpoche
10/2016	Teachings on Gyalse Tokme Zangpo's "37 Practices of a Bodhisattva"	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche
10/2016	Teachings on Shamarpa's "Calling the Guru from Afar"	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche
10/2016	Teachings on Jamgön Kongtrul's "The Great Path of Awakening"	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche
10/2016	Teachings on the Vajrayana Vows chapter of Jamgön Kongtrul's "Buddhist Ethics"	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche
11/2016	Bodhisattva Vow	Samye Ling, Eskdalemuir, UK	Drupon Rinpoche