

I am a romanian monk, following Mahamudra Ocean of Certainty by Tai Situpa Rinpoche, so did the ngondro and specific practices for the 4th year of Mahamudra, also Tara and Mahakala. I stay in Palpung Sherabling Monastery most of the time doing retreat and learning tibetan. Also attending pujas with the monks from puja departement. Last year I participated at Khenpo's David Choephel Tibetan Course in Nammo Buddha Nepal.

Also followed Namkhai Norbu Rinpoche, did anuyoga and dzogchen practices from Him