



INTERNATIONAL  
DZOGCHEN  
COMMUNITY  
YESELLING / AUSTRIA



## Vajra Dance Practice Weekend in Yeselling led by Elisha Koppensteiner May 29<sup>th</sup> – June 1<sup>st</sup>, 2025

During this Vajra Dance Practice Retreat, we will repeat and deepen the different Vajra Dances, depending on the wishes of the participants, but with a special focus on the *Vajra Dance for the Benefit of all Beings*, *Vajra Dance of the 3 Vajras*, *Vajra Dance of the Space of the 12 A's*. We also dedicate ourselves to the integration of chanting the mantra and movement of the dance.



Elisha Koppensteiner has a degree in biology/human ecology, is trained in physical theatre and voice work, and is a holistic voice therapist. Chögyal Namkhai Norbu authorized her as Vajra Dance and Khaitea teacher.

Course starts on Thursday, May 29<sup>th</sup>, 2025 at 4:00 p.m.  
Course ends on Sunday, June 1<sup>st</sup>, 2025 at approx. 1.00 p.m.  
*The course times will be aligned with the participants on site.*

The donation for the course is made according to the principle of generosity (a minimum amount of EUR 100 is recommended).

We ask you to register in advance by **May 15<sup>th</sup>, 2025**

We look forward to seeing you again in Yeselling!

Best regards,  
your Gakyil

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