



Trul Khor Part 5: Postgraduate Training November 5–8 , 2015

New Series of Trul Khor Will Begin in 2016

Join Alejandro Chaoul-Reich, Ph.D., and honored guest Geshe Tenzin Yangton for the Tibetan Bon Yoga Postgraduate Retreat to be held at Serenity Ridge Nov. 5–8, 2015. *This retreat is open to only those who have completed the Trul Khor training (Parts 1, 2, 3 & 4).*

Deepen your training in the ancient practice of yoga (trul khor) from the Bon Buddhist tradition of Tibet as we explore the body's energetic dimensions and integrate the practice with everyday life. Open to all who completed the training and received the certificate after Part 4 of the Tibetan Bon yoga from Ligmincha since 2002.

[Learn more](#)

Coming in 2016: Trul Khor Part 1 – open to all. Details coming soon!