



- Teaching of **Ngalso Tantric Self-Healing** practices and guided meditations
- **Peace Education** courses and workshops
- Buddhist study programmes directed by Tibetan lamas and Western Masters
- **Peace Retreats** and international conferences **Lama, Gendun Chopel Rinpoche.**
- **Ngalso Chagwang Reiki** initiations.
- Rituals for **Environmental Healing** and Conservation
- **Tibetan Medicine and Astrology**
- **Spiritual Art** courses (thangkas, mandalas)
- **Therapies:** Ngalso Chagwang Reiki, massage, yoga, chi-kung.