

## **General Yantra Yoga Guidelines 2026**

This document was developed by the International Gakyil in collaboration with the International Atiyoga Foundation and the International Advisory Teachers Fabio Andrico, Laura Evangelisti, and the International Teachers Oni McKinstry, Jan Dolensky, and Maxim Leshchenko. It provides a set of general guidelines that are useful to facilitate the coordination, management and implementation of restricted and public Yantra Yoga (YY) courses.

This is an internal document intended for the Gakyils of Gars/Lings, for people working in the administration of the International Dzogchen Community (IDC) and of the International Atiyoga Foundation (ATIF) as well as for the YY Teachers. The programs of the various courses on YY are listed in separate documents for public and restricted YY courses. They are based on Chögyal Namkhai Norbu's indications about the responsibility of IDC to support the transmission of the inner aspects of Yantra Yoga and the responsibility of ATIF to manage courses and initiatives aimed at the general public. The IDC continues to fulfill this responsibility under the spiritual guidance of Namkhai Yeshe, son and disciple of Chögyal Namkhai Norbu.

IDC is supporting the International Teachers in the implementation of their activities that fulfill some aims expressed in the IDC statute. IDC and ATIF have come into an agreement by which they work in strict coordination in managing activities and events that relate to the involvement of authorized Yantra Yoga teachers.

### **Teachers**

Those who teach YY are classified in three main categories: International Advisory Teachers (IAT), International Teachers (IT) and Authorized Teachers (AT).

#### **International Advisory Teachers**

The International Advisory Teachers were appointed by Chögyal Namkhai Norbu (ChNN) to be responsible for YY Teaching. They are therefore responsible for the definition of the overall educational path and the detailed program of the various levels regarding their Teaching (YY), including the public levels and supporting teaching materials (books, tutorials, etc.).

They take care of the Teacher Training program and of the supervision of candidates together with the International Teachers.

#### **International Teachers**

International Teachers are the three 3rd Level Teachers who received the diploma from Chögyal Namkhai Norbu and in 2025 have been approved by the International Advisory Teachers to conduct Teacher Training and Supervision courses. They are also approved to conduct Teacher Training courses for the Open Level of the 8 Movements.

### Authorized Teachers

Authorized teachers are those YY teachers who have received their diploma from Chögyal Namkhai Norbu or from the International Advisory Teachers.

### **Organization of Courses**

The courses are organized with the collaboration of the different stakeholders through a clear understanding of the different roles and responsibilities and the boundaries of the respective spheres of contribution.

The awareness of specific circumstances and the collaboration among people involved is the first requirement for any activity. The following list of responsibilities is mainly aimed to be an organizational support to IDC Gars and Lings Gakyils, to ATIF, and to the International Advisory Teachers and the International Teachers.

The main stakeholders involved in the organization of the courses are:

- a) IDC
- b) ATIF
- c) The Gakyils of Gars and Lings
- d) Teachers
- e) Other centers/ organizations external to the Dzogchen Community (when it is the case)

## **1. Roles and Responsibilities**

### 1.1. IDC Responsibilities

- a) Collaborating with the International Advisory Teachers and the International Teachers by implementing the organization of the Teacher Training and other training to facilitate the teaching of YY available globally;
- b) Collaborating with the International Advisory Teachers to define the overall educational path and the detailed program of the various levels regarding the Teachings of YY, including the public levels;
- c) Issuing YY IDC Teachers' Diplomas;
- d) Developing, in collaboration with the Gars, general guidelines for the definition of the registration fees in relevant geographical areas;
- e) Developing general guidelines for the reimbursement of the teachers;
- f) Drafting and providing to Gars and Lings disclaimers to be signed by the course participants.

### 1.2. ATIF responsibilities

- a) Developing general guidelines for the management and organization of public courses with the IDC;

- b) Developing general guidelines for the promotion of public courses and related communication, and providing all relevant templates to Gars and Lings and to other centers/organizations external to the IDC (as needed);
- c) Providing general guidelines for relevant accounting and administration and all relevant templates;
- d) Developing Customers Satisfaction Survey forms and providing/collecting them to/from Gars and Lings; a sample form for collecting course feedback will be provided.
- e) Regularly monitoring and evaluating public courses;
- f) Preparing and distributing to Gars and Lings registration form templates for public courses;
- h) Paying teachers' travel expenses, board, and lodging, and any other local organizational costs for YY public courses at centers/organizations external to the IDC (on the basis of specific agreements defined, from time to time, with the course organizing center.)

### 1.3. Gakyils' Responsibilities:

*"The Gakyils have always the responsibility to protect the Teaching and the Transmission, not only the Teachings of YY and VD but all our precious Dzogchen Teachings and their transmission."* Chögyal Namkhai Norbu

#### 1.3.1. Responsibilities of the Gar Gakyil

In addition to the responsibilities of the Ling Gakyil (see 1.3.2. Responsibilities of the Ling Gakyil), the Gar Gakyil have the following responsibilities:

- a) to ensure that the YY restricted and public courses at the Gar and affiliated Lings are implemented in a consistent way (including consistent registration fees, teachers reimbursements etc.), in compliance with the present guidelines;
- b) to facilitate, in coordination with the teachers, Lings, and ATIF the promotion of public courses, as well as at other Buddhist Centers and centers interested in human well-being;
- c) to pay relevant insurance for the teachers;
- d) to assume responsibility in case of injuries of participants through relevant insurance coverage.

#### 1.3.2. Responsibilities of the Ling Gakyil

The Ling Gakyil has the responsibility of overseeing all administrative and organizational aspects of the courses.

More specifically the Ling Gakyil is responsible for:

- a) preparing the yearly course plan, and finalizing it by the end of the previous year. The goal is to plan local needs and responsibilities, and confirm the availability of International Advisory Teachers, International Teachers, and Authorized Teachers.
- b) entering all planned courses in the general calendar of events on the IDC portal ([dzogchen.net](http://dzogchen.net)) or other relevant IDC platforms, on the ATIF Educational Platform, regularly updating the programs as needed;

- c) appointing a project manager in charge of the organization of the courses; can be a member of the Gakyil;
- d) promoting the courses with adequate advance (promotional materials and relevant guidelines for public courses at IDC Gars and Lings will be provided by ATIF);
- e) making the necessary agreement with the teacher and defining their reimbursement according to the present guidelines (see below);
- f) taking care of all the logistic organization including suitable spaces for the implementation of the courses;
- g) fixing the registration fees according to the guidelines provided;
- h) defining the minimum number of participants needed to make the course economically viable;
- i) making sure that all participants complete registration forms and sign relevant disclaimers;
- j) collecting registration fees;
- k) paying relevant insurance for the teachers;
- l) paying relevant insurance for the participants.

When inviting a teacher from another location the Ling Gakyil is also responsible for:

- a) arranging their travel and accommodations;
- b) ensuring that the accommodation is adequate and as close as possible to where the course is held;
- c) communicating collaboratively with relevant teachers to find the most convenient solutions
- d) enquiring about the teacher's dietary requirements;
- e) appoint a course/retreat coordinator who is in charge of:
  - picking up and welcoming the teacher at the airport, bus or train station;
  - providing the teacher with his/her contact information in advance;
  - communicating to the teacher the address and telephone number of their lodging.

#### 1.4. International Advisory and International Teachers' Responsibilities

- a) Defining the overall educational path and a detailed program of the various levels regarding their Teaching on YY, including the public levels and supporting teaching materials (books, tutorials, etc.);
- b) Managing the development of Authorized Teachers worldwide in both quantity and quality which includes the Teacher Training program and the supervision of its candidates
- c) giving public courses on request
- d) collaborating with Gakyils in preparing course programs and their schedules;
- e) communicating to the IDC and ATIF the information of people (name, date of birth etc.) who have passed teacher exams and need to receive relevant certificates;
- f) preparing and distributing Teacher Training registration forms to the Gars.

#### 1.5. Authorized Teachers' Responsibilities:

- a) teaching YY according to the principles and instructions originally explained by Chögyal Namkhai Norbu;
- b) collaborating with the Gakyil in preparing course programs and relevant schedules;
- c) collaborating with the Gakyil, with a clear understanding of respective roles and responsibilities, in order to ensure the successful implementation of the courses;
- d) teaching according to the capacity and specific physical condition of the students;
- e) inform the students, when needed, about the registration requirements;

The Authorized Teachers, no matter which level they belong to, should not solicit any Gakyil from other countries to invite them to teach, and they should not take the initiative to request any Gakyil of a Gar/Ling, different from the one where they reside, to organize courses on their behalf. Authorized Teachers are requested to collaborate with the local Gakyil and avoid unusual requirements.

## **2. Guidelines for Communication**

Branding and content for any communication related to advertisement of YY courses and events will be made available by ATIF in collaboration with IDC/IG.

## **3. Financials**

The following guidelines define the different financial aspects involved with course implementation:

- a) Reimbursement to the Authorized Teachers
- b) Application of Sponsorship to the courses;
- c) Guidelines for the definition of registration fees and parameters to be adopted to guarantee economic viability of the courses;
- d) Donations to fund administrative and infrastructure expenses.

### a. Reimbursements

A Gakyil wishing to organize a course with one of the International Advisory Teachers or International Teachers can contact him/her directly. Once the course has been scheduled, the organizer of the course has the responsibility to input the event in the Events Calendar on dzogchen.net or ATIF Educational Platform or any other tool advised by the International Gakyil.

The share of the revenue, when applied, is therefore intended as an advised donation.

### Course types

Courses and lessons within IDC: recommended donation 140 €/day\*\*, 70 €/half day,

Supervision: recommended donation 120 €/day

Teachers Training: recommended donation 140 €/day\*\*

\*\*A lower donation may be exceptionally agreed when courses are held in countries affected by severe socio-economic circumstances (to be discussed with the IG). A course day is meant to consist of a minimum of 4-5 hours, up to 6 at teacher's will. A two hour unit is considered half a day.

The Gar or Ling hosting the teacher is responsible for travel expenses, visa expenses, board, and lodging. On arrival, the teacher should receive, without having to ask, a small amount of local currency for basic needs (telephone card, transportation, and so on). Round-trip transfer expenses to and from the airport, if any, are to be reimbursed to the teacher.

a.1. Reimbursement to the International Advisory Teachers (IAT), International Teachers (IT), and Authorized Teachers (AT)

<b>Activities of the International Advisory Teachers and International Teachers</b>	<b>Reimbursement</b>
Teaching courses and participating in events within the IDC (Supervision, Teacher Training etc.)	Depending on course type, see details below
Teaching courses and participating to events organized by other organizations	According to organizer's standard conditions.
Preparing teaching materials (DVD, books, e-learning) distributed or sold by an organization of a Community other than IDC (e.g. SSP)	By project.
Preparing teaching materials (DVD, books, e-learning) distributed or sold by an organization external to the IDC (e.g. a publishing company)	To be agreed with relevant counterpart.
Studying/preparing/reviewing the Teachings/practice	Covered by donations

<b>Main activities of Authorized Teachers</b>	<b>Reimbursement</b>
Teaching courses and participating to events within the IDC (direct)	See detailed cases in table below
Teaching courses and participating to events organised by other organizations	See detailed cases in table below

Helping to prepare teaching materials (DVD, books, e-learning) distributed or sold by any publishing house belonging to a Community other than IDC (e.g. SSP)	Karma yoga
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	<b>Authorized Teacher courses within IDC</b>	<b>Authorized Teacher courses outside DC (organized without the support of the IDC)</b>
To Authorized Teacher	From a minimum of 10 € / 11 USD to a maximum of 20 €/ 22 USD per hour of course, according to local economic situation (see table by Gar below)	As agreed by the Authorized Teacher
To IDC/ATIF	Possible Donation	Possible Donation
Organizer	Remaining profit net of costs according to possible ATIF Terms & Conditions	As agreed by the Authorized Teacher

#### a.2. Reimbursement to the Authorized Teacher

Advised reimbursement to Authorized Teachers according to the local economical situation:

<b>Gars</b>	<b>Maximum €/day</b>	<b>Maximum €/hour</b>
Tsegyalgar E, Merigar W, Namgyalgar, Dzamling Gar	100	20
Tashigar S, Tsegyalgar W, Munselling, Gephelling	75	15
Kunsangar N+S, Merigar E, Tashigar N	50	10

#### Support of Authorized Teacher by the Gars and the Lings

IDC invites Gars and Lings to evaluate the opportunity to support, when necessary, the educational path of local YY Authorized Teacher, as participation in Teacher Training, Supervision and Qualification Courses. They share the responsibility of

keeping intact the teaching of Yantra Yoga and supporting activities of their own Gar/Ling for the benefit of future generations.

#### Donations by the Authorized Teachers

The Authorized Teachers are suggested to give a donation to IDC for the courses they hold in or outside the Community.

The possible donation, by the Authorized Teacher(s) or/and by the organizer, is given in gratitude for the work of supporting the development and the continuation of the Yantra Yoga Teachings that Chögyal Namkhai Norbu and the IDC have been giving over the years.

#### b. Application of the Sponsorship to the courses

IDC recommends course organizers of IDC Gars and Lings to also consider applying for the Sponsorship to the courses of YY.

For the moment this does not apply to Teacher Trainings, where the fee is established by the IG.

#### c. Guidelines for the definition of the registration fees and economic viability of the courses

These General Guidelines for the establishment of the registration fees of the courses are developed taking into account the socio-economic circumstances of the different geographical areas where the Gars and Lings of the IDC are established.

Considering local economic circumstances on the basis of the criteria illustrated in the present Guidelines, the local Gakyils can determine the reimbursement of the Authorized Teachers and also the registration fees of the courses. The minimum number of participants should be considered to make the course economically viable.

The IDC states the fees of Teacher Trainings globally, as these courses are of special interest for the transmission of the Teaching of YY.

The IDC advises the Lings and Gars to apply the fees in the table below to the other courses (non TT), differentiated when taught by an International Advisory Teacher (IAT), or by an International Teacher (IT), or by an Authorized Teacher (AT).

The suggested daily fees are in the table below, according to the Gar where the course is organized. To calculate the price of the course, just multiply these daily fees by the number of days of the course (generally including the half days at the beginning or end if any). The three groups of Gars were determined on the combined basis of Gross Domestic Product per capita calculated by Gar and the Average

Membership Fee by Gar. The prices are based on amounts presently charged, separated into the three levels to have a gap 1:2 (lowest:highest).

Gars	Fee for TT and courses held by IAT and IT €/day (4h/d)	Courses held by AT - Advised €/day
Tsegyalgar E, Merigar W, Namgyalgar, Dzamling Gar	40	36
Tashigar S, Tsegyalgar W, Munselling, Gephelling	30	24
Kunsangar N+S Merigar E Tashigar N	20	18

#### d. Donations to fund administrative and infrastructure expenses of ATIF

ATIF may recommend a donation for funding the costs of the development of technical tools used for offering a certain activity for the community (e.g. the Educational Platform, the development of Khaita programs, etc.) and for the central course manager dealing with the various events and courses.

Moreover, other services may need to be supported, if they have a cost, like Promotional support or on each certificate released, being it an attendance certificate or a diploma.

A percentage of the participant's fee is donated by the hosting organization to ATIF, to support the activities above mentioned, when the course is public or coordinated by ATIF on behalf of IDC.

ATIF shares part of these donations with the IDC to continue supporting their role in the overall quality of the courses and to maintain a relation between the two organizations in the activity of students' certification.

## **4. Certifications and Discounts**

### 4.1 - Certifications offered

The certifications offered are the following:

#### Attendance Certifications

These can be offered to all students, attending the courses (whether or not they are members of the Dzogchen Community).

The organizers should register the public courses and participants in ATIF's Educational Platform.

Any attendance certifications issued by ATIF as a pdf-file are free, while a high quality paper version costs 7 euros to cover mailing costs. A draft certificate will be proposed for each department, which can be customized.

### Teacher Certifications

These are offered to the candidates who are authorized to teach Yantra Yoga.

Authorizations to teach have an expiry date. Once this is reached, students are required to attend a review course to ensure their preparation is still up to date and faithful to the Teachings received.

The 8 Movements teachers are required to attend a review course every 3 years in order to maintain their status.

The expiry date does not apply, nor does the requirement to attend a review course, when the Authorized Teacher attends a Teacher Training course at the same level or a level higher than their current authorization.

### 4.2 - Participants' fees and discounts

Course fees may offer several discount levels based on IDC membership type, age of student and other criteria.

Members of the IDC

- Ordinary and Local Sustaining member discounts are applicable according to local benefit conditions.

The Ling has the option not to apply discounts, but this must be published.

- Global Meritorious and Global Sustaining member discounts are applicable everywhere according to the international membership policy.
- Student and Senior discounts (optional)


### Teacher Training Courses

Existing Authorised Teachers who wish to attain a Teacher training of their level, receive a discount.

For the 1st Level TTs, existing 1st Level Authorized Teachers receive a discount of 50%; while 2nd Level Authorized Teachers are exempt from the fee.

For the 2nd Level TTs, existing 2nd Level Authorized Teachers receive a discount of 50%.

Concerning TT Courses, the International Gakyil of the IDC and the ATIF Board of Directors agreed to follow the scheme summarized in the file

 Responsibility and budget of activities TT . This file is an example based on Yantra

Yoga Teacher Training in January 2024 in Dzamling Gar, Tenerife, Spain. Local economic conditions need to be taken into consideration.

### Supervision Courses

It is advisable to offer Supervision courses at a lesser rate for participants to ensure adequate attendance.

### Exclusions

There is no membership discount for TT and review courses.

## **5. Diplomas**

Diplomas awarded by Chögyal Namkhai Norbu never expire as long as the authorised teachers are members of the Dzogchen Community, even if they do not attend any supervision or Teacher Training.

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