

## **How to Organize Yantra Yoga Restricted Courses 2026**

### **1.Introduction - Aim and Scope of this Document**

This document developed by the International Gakyil in collaboration with the International Atiyoga Foundation and the International Advisory Teachers Fabio Andrico and Laura Evangelisti, is aimed at the Gakyils of Gars and Lings, at people working in the administration of the Dzogchen Community and at the YY teachers, providing a quick set of general guidelines useful to facilitate the implementation of YY courses reserved to the practitioners who received the transmission from Chögyal Namkhai Norbu and Namkhai Yeshe (so called “restricted” courses).

It is based on Chögyal Namkhai Norbu’s indications about the responsibility of IDC to support the transmission of the inner aspects of Yantra Yoga. The IDC continues to fulfill this responsibility under the spiritual guidance of Namkhai Yeshe, son and disciple of Chögyal Namkhai Norbu.

This document is a short simplified version of the GENERAL YANTRA YOGA GUIDELINES 2025 for a more comfortable and practical reading. Therefore, to get a complete picture of the principles and directions for organizing a course, the reading of the full document is warmly recommended ([dzogchencommunity.org/documents/](http://dzogchencommunity.org/documents/)). The programs of the various courses of YY are written in separate documents.

### **2.Teachers**

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

#### **2.1.International Advisory Teachers**

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

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

#### **2.2.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 Teachers Training courses for the Open Level of the 8 Movements.

#### **2.3.Authorized Teachers**

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

Authorized Teachers Responsibilities include:

- a) teaching YY according to the principles and instructions originally explained by Chögyal Namkhai Norbu;
- b) collaborating with the Gakyil in preparing courses 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 accordingly to the capacity and specific physical condition of the students;
- e) informing 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.

Authorized Teachers who are organizing and implementing public courses, events and/or publishing activities of any sort are requested to inform the International Advisory Teachers and the Gars/Lings Gakyils of the area where the activity is implemented.

There are three levels of Authorized Teachers, according to their level of competence, authorized to teach by Rinpoche or IAT after passing relevant examinations.

### **3. 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 of the boundaries of the respective spheres of contribution.

The awareness of specific circumstances and the collaboration among people involved is anyway the first requirement for any activity. In this short practical version the roles and responsibilities of the organising Gakyils are mainly expressed as tasks of the Project Manager, the person in charge of organization of courses or events on behalf of Gakyil. For full detail of Gakyil responsibilities, as well as of IDC and of teachers, please read carefully the GENERAL GUIDELINES above mentioned, particularly with regard to taking care of the teachers.

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

### **3.1.Responsibilities of the Project Manager**

The Project Manager nominated by the Gakyil of a Gar or Ling has the responsibility of overseeing all the administrative and organizational aspects of the course. In collaboration with the teacher, has the responsibility of deciding on the precise program to be taught and learned during the event. This decision should be based on the capacity and experience of the expected participants. More specifically the Project Manager has the responsibility of:

1. Getting in contact with the teacher to plan the course dates and program
2. Arranging and booking a suitable venue with enough space for the course to be held, which may include taking out relevant insurance
3. Taking care of the financial management of the course: define the method of funding the course (fee/donations/sponsorships), make a budget of the course and define the minimum number of participants, account the actual expenses.
4. Entering all planned courses in the general calendar of events on the IDC portal ([dzogchen.net](http://dzogchen.net)) or other tools communicated by IDC, on the ATIF Educational Platform, and [here](#)- regularly updating the program in case of any change;
5. Promoting the course with adequate advance notice and producing all promotional material (emails, social networking, flyers, website etc.). All relevant templates are provided by ATIF to Gars and Lings and to other centers/organisations external to the IDC (as needed)
6. Arranging the travel and a suitable (ideally nearby) accommodation for the course teacher;
7. Ensuring that the course teacher is welcomed at the airport or train station, checking that their dietary needs are met and that they are looked after and supported throughout their visit (see GENERAL GUIDELINES for further details);
8. Ensuring that relevant books etc. for the course from Shang Shung Publication are available on site;
9. Informing everybody who participates about the possibility of attending regular sessions at the Gar or Ling and providing them with information about the next ongoing activities
10. Collecting the course fee or the donations from all the participants
11. Registering the participants in the Educational Platform of ATIF when the course is part of a Diploma Certification and sending the updated lists to the international Blue Gakyil at [blue@dzogchen.net](mailto:blue@dzogchen.net).

### **4.Financials**

#### **4.1.Reimbursements**

A Gakyil wishing to organize a course with one of the International Advisory Teachers or International Teachers can directly 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 very severe socio-economic circumstances (to be conferred with 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 day.

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

#### **4.1.1.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 the 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

#### **4.1.2.Reimbursement to the Authorized Teachers**

Authorized Teachers helping to prepare teaching materials (DVD, books, e-learning) distributed or sold by any publishing house belonging to the IDC (e.g. SSP) are practicing Karma yoga.

	<b>Authorized Teachers course within IDC</b>	<b>Authorized Teachers course outside IDC (organized without the support of the IDC)</b>
To Authorized Teacher	From a minimum of 10 EUR / 11 USD to a maximum of 20 EUR/ 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

According to the local economic situation

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

#### **4.1.3.Support of Authorized Teachers 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 Teachers, as participation to 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.

#### **4.1.4. 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 doing over the years.

IDC invites Gars and Lings to evaluate the opportunity to support, when necessary the educational path of local YY and YY Instructors, who share the responsibility of continuing the Dzogchen Teachings and that they are passed on authentically intact for future generations. Their training certainly yields concrete help for Ling and Gar.

#### **5. Application of the Sponsorship to the courses**

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

For the moment this doesn't apply to Teachers Trainings, where the fee is established by the IG.

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

The GENERAL GUIDELINES provide a framework for the consistent implementation of the courses across the board and, at the same time, they allow the necessary level of flexibility needed in dealing with specific circumstances in the different countries.

The courses are supposed to be promoted, organized and implemented in a way to be profitable or at least economically sustainable, considering them also as a value for membership.

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

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 IAT or by an AT. The criteria of calculation of this table are explained in the General Guidelines (please read them).

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 beginning or end if any). The three

groups of Gars were determined on the combined base 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).

<b>Gars</b>	<b>Fee for TT and courses held by International Advisory Teachers €/day (at least 4h/d up to 5-6h/day)</b>	<b>Courses held by Authorised Teachers €/day</b>
Tsegyalgar E, Merigar W, Namgyalgar	40	36
Dzamling Gar, Tashigar S, Tsegyalgar  W, Munselling, Gephelling	30	24
Kunsangar N+S Merigar E Tashigar N	20	18

## **7.Certifications**

### **7.1.Attendance Certifications**

These can be offered to all the students, members or not of the Dzogchen Community, attending the courses.

The organizers should register the public course and participants in the ATIF Educational Platform. Any attendance certifications issued by ATIF as a pdf-file is free, while a high quality paper version costs 7 euros to cover mailing costs. A draft certificate will be proposed for each ATIF department, which can be customized.

### **7.2.Teacher Certifications**

These are offered to the candidates who have been 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.

## **8. 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.

## **9. Participants fees and discounts**

The course fees are prone to several levels of discount which may take into account IDC membership type, age of student and other criteria.

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

### **9.1. Members of the IDC**

- Ordinary and Local Sustaining member discounts are applicable according to local benefits 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 benefits conditions
- Student and Senior discount (optional).

### **9.2. Teacher Training Courses**

Existing Authorized 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 YY Teacher Training 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 YY TT of January 2024 in Dzamling Gar. Local economic conditions need to be taken into consideration.

### **9.3. Supervision Courses**

It is advisable to offer Supervision Courses at an additional discount to ensure adequate attendance.

#### **9.4. Exclusions**

There is no membership discount for TT and review courses.

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