

How to Organize Yantra Yoga and Vajra Dance Courses

The Gar or Ling intending to organize Yantra Yoga or Vajra Dance courses should supply all information relating to the course to the course coordinators at the following e-mail address: courses@dzogchen.net

The information should arrive well in advance so that the courses can be well organized, and in any case before the course is advertised online.

Everyone probably remembers that I officially appointed four instructors for Yantra Yoga and the Vajra Dance: two of my students for Yantra Yoga, Fabio Andrico and Laura Evangelisti, and two of my students for the Vajra Dance, Prima Mai and Adriana Dal Borgo. At that time, I explained why we need these instructor-teachers for Yantra Yoga and the Vajra Dance, and why among all my students I chose these four people.

This does not mean that all courses of Yantra Yoga and the Vajra Dance should be led only by Fabio, Laura, Prima, and Adriana, but rather that they should be the source of Yantra Yoga and Vajra Dance teachings for all other teachers of those two practices. In that way we can check that the teaching of Yantra Yoga and the Vajra Dance develops correctly.

December, 2011

Chögyal Namkhai Norbu

General points:

Vajra Dance and Yantra Yoga teachers are classified according to two levels of competence:

Main Teachers: the four teachers chosen by Rinpoche as holders of the VD and YY teaching as taught by him. The programs of these teachers are coordinated by the IDC

Local Teachers: all other VD and YY teachers who have passed examinations with the Master and are thus authorized to teach. These teachers may not give courses outside their own country unless directly authorized to do so by the Main teachers. Their courses are organized locally and not by the course coordinators.

External Courses Open to Everyone:

The Teachers, the Gakyils and the city representatives of the Dzogchen Community should make a special effort to organize courses of Yantra Yoga and the Dance which Benefits Beings which are open to everyone. Yantra Yoga in particular, besides its intrinsic benefits, is a powerful tool for permitting new people to come into contact with the Master and the Dzogchen transmission.

Effective means of promotion can be through the media, such as magazines, newspapers, and other forms of communication, as well as fairs and festivals.

Events and presentations of Kumar Kumari Yantra can be organized at primary and middle schools and of Yantra Yoga at secondary schools, with a view to eventually giving courses at those institutions.

Note: Courses open to the public can be given by the Main and Local teachers. It is not necessary to be a member of the Dzogchen Community to participate in these courses. Any Gar/ Ling/ Gakyil of the Dzogchen Community can organize Open Courses.

During Open Courses, the Gakyil should undertake to provide information about and encourage membership in the Dzogchen Community.

Concerning courses for members of the Dzogchen Community, participants should be up-to-date with payment of their membership fee.

PROCEDURE for the Preparation of a Course

Before the Confirmation of a Course

Courses with the Main Teachers:

A Gakyil which wishes to organize a course with one of the Main teachers, after having contacted the teacher, should inform the IDC through <courses@dzogchen.net>.

Courses with Local Teachers:

The Gakyil should collaborate with the teacher to organize both weekly courses and intensive courses, always informing the Main teachers through the IDC: courses@dzogchen.net . The Gakyil should always inform the IDC about its annual calendar and send updates every six months. Every six months the IDC informs Rinpoche directly about the Yantra and Dance courses which take place at the various Gars and Lings. The Gakyil should inform the teacher and the IDC immediately about any cancellation or change of program of a course with a Main teacher.

Note: It is a good idea to designate a particular person to make certain that the teacher has a comfortable situation for the entire period of the course. The teacher's lodging should be comfortable and have a degree of privacy. It should not be far from the place where the course is held.

After the Confirmation of a Course:

Provide the IDC with all information related to the logistics (travel, transfers, board, and lodging) of the teacher. To facilitate planning for the teacher, before buying an air ticket, the organizers should communicate by e-mail with him/her, copy to the IDC, the proposals for the flight with several alternatives.

Send the name and telephone number of the person who is going to pick up the teacher at the airport.

Send the address and telephone number of the place where the teacher will be lodged. Clarify any doubts you might have with the IDC about the organization of the course.

After the Course send:

The list of participants with the number and type of membership of each person.

The price at which the course was offered.

The statement of accounts – income / expenses for the course (divided into entries, for example, logistics, instructor's expenses, and so forth).

The number of new members.

For contributions related to courses held after 1.7.2015, payments must be made to the IDC account, details below:

Beneficiary: **Associazione Internazionale Comunita' Dzogchen**

loc. Merigar, 1 - 58031 Arcidosso (GR) - Italy

Bank: **Monte dei Paschi di Siena** - Filiale di Arcidosso

corso Toscana, 3 - 58031 Arcidosso (GR) - Italy

For transfer in EUR, EUR account:

IBAN: IT 22 S 01030 72160 000000 798242

BIC: PASCITM1G99

For transfer in USD, USD account:

IBAN: IT 73V0103072160000000000006

BIC: PASCITM1G99

FINANCIAL CONDITIONS

- Offer the recognized membership discounts.
- Teacher Training Courses for Yantra Yoga and Vajra Dance do not offer discounts.
- Communicate problems of any type, copy to the IDC.

- Make sure that participants have paid their membership fees. In the case of persons at their first contact with the Community, collect the relevant information and have them sign the document on handling personal data.
- Communicate problems of any type, IDC.

Main Teachers: The Gar or Ling should pay IDC a charge of €120 per day or the corresponding amount in USD for the participation of a Main teacher plus 25% of the gross income of the course. The Gar/Ling organizing the event is responsible for travel expenses, board, and lodging and anything else which is necessary.

On arrival, the teacher should receive, without having to ask, a small amount of local currency for basic needs (telephone card, transportation, and so forth.)

NOTE FOR ALL COURSES ABROAD WITH MAIN TEACHERS: A fixed amount of €140 has been set as roundtrip travelling expenses to and from the airport. The teacher should be reimbursed that sum.

- Local Instructors:

The amount paid to a Local instructor is established by the local Gakyil.

Supervised Courses: payments to Main teachers are subject to the same financial conditions as normal courses, except that the 25% contribution is not required.

APPENDIX – Citations from the writings of Chögyal Namkhai Norbu

The Correct Way to become a Yantra Yoga or Vajra Dance Teacher

First of all, a person interested in teaching must understand that Yantra Yoga and the Vajra Dance are spiritual teachings which are connected totally to the Dzogchen teaching. In other words, these teachings belong to the Dzogchen teaching and therefore practitioners who are interested in teaching Yantra Yoga or the Vajra Dance must be interested in receiving the main transmission of the Dzogchen teaching. When they have that base, they can start the first level training. When they have learned the first level well and trained in it thoroughly, one of our instructor-teachers will present this candidate to the Teacher of the Dzogchen Community. This is the correct way to follow in becoming a teacher of Yantra Yoga or of the Vajra Dance.

The Way to Qualify through Training

There are three principles to follow:

1. The candidate should learn the First Level well in general courses and in particular from the Special Training Courses of Yantra Yoga or the Vajra Dance held by one of our instructor teachers.
2. The candidate should lead a complete First Level course of Yantra Yoga or the Vajra Dance in the presence of one or more of our instructor-teachers.

3. After one or more of our instructor-teachers have completely checked and verified the first level Yantra Yoga or Vajra Dance competence of the candidate, the instructor-teacher can present the candidate to the Teacher of the Dzogchen Community. If the Teacher considers that person sufficiently qualified to be a teacher, then that person has obtained the authorization to teach Yantra Yoga or the Vajra Dance, and can proceed to the second and third level trainings. After receiving each of these permissions, the trained person is considered qualified to lead the local courses of Yantra Yoga or Vajra Dance examinations.

The Correct Way of Attending a Course

First of all, one must receive the essence of the transmission of the Yantra Yoga and Vajra Dance teachings and that is the transmission of the Dzogchen Teaching. This means that those who are interested in Yantra Yoga and the Vajra Dance must be interested in the Dzogchen Teaching and its transmission. It is necessary for those who would like to attend the Yantra Yoga or Vajra Dance courses to receive some transmission of the essence of the Dzogchen Teaching. Otherwise these spiritual practices would risk being regarded as an ordinary kind of physical gymnastics or dance.

What should someone do who has not received transmission of the Dzogchen teaching? It is very simple: firstly, new people who are interested in learning Yantra Yoga or the Vajra Dance should receive information about Yantra Yoga or the Vajra Dance from our instructor teachers or local teachers. The instructors should make it clear that these teachings belong to the Dzogchen teaching and that the Dzogchen transmission is the heart of Yantra Yoga and the Vajra Dance. Someone lacks a heart cannot live; in the same way, without a root transmission of these teachings no one can receive the correct benefit.

Yantra Yoga and the Vajra Dance are not at all like ordinary gymnastics or dance: instead they are about how we govern firstly our physical body, then our energy, and finally, and most importantly, our mind. The main mental level practice is totally related to the Dzogchen transmission.

Therefore, to learn Yantra Yoga and the Vajra Dance correctly, we always need to receive the transmission of the Dzogchen teaching before taking a course. If there is no possibility to receive a Dzogchen transmission before attending a course, the person should commit themselves to receive the transmission when the possibility exists. If someone indicates that his or her interest is limited to Yantra Yoga or the Vajra Dance, then with regard to Yantra Yoga, this person can receive only the following teachings:

- Nine purification breaths.
- Tsijong.
- The eight movements.
- The rhythmic breathing up to the minor kumbhaka, and some main yantras (first and second group) with their related breathing, so as not to harm themselves by doing the breathing in the wrong way.

They should certainly not receive any kind of main pranayamas and their yantras, because of their strict link to the root transmission.

With regard to the Vajra Dance, a person with limited interest can receive only the Dance which liberates beings. Of course, this Dance is also closely linked to the Dzogchen transmission, but at the same time it is the method of the Six Liberations and for that reason, even if someone is not interested in the Dzogchen teaching and its transmission, that Dance can bring them benefit by creating a precise relationship with this precious teaching. The Dance of the Three Vajras and the Song of the Vajra have the same qualifications, but in the Dance of the Three Vajras the essence is much too concentrated and in the Song of the Vajra the principles of the Dzogchen

teaching are too naked. Therefore the Dance which Liberates Beings is the only one suitable for this kind of person.

How to Receive the Teachers

Communities must be organized and prepared to receive the teachers I send to instruct them now and in the future. It is important that the teachers are not received in a haphazard way or without the proper preparation or thought as to their needs. That is why I am suggesting a few points that the Communities should take into consideration when inviting teachers to lead courses.

A teacher's full expenses should be paid by the Communities or joint Communities that are inviting him or her. This includes airfare, room, and board. People should remember that the teachers' expenses begin the minute they set foot outside their home for your country - meaning taxis, telephone calls, food, and so on. They should not have to ask for petty cash for living expenses, but should be provided immediately upon arrival with a small amount of local currency. The teachers should be treated with respect from the first moment they set foot in your country, remembering that they are sent by me, are traveling alone, and are providing a service to the Community. For example, it is kind and appropriate to send at least one Community member to meet the instructor at the airport when he or she arrives, as well as to provide accompaniment to the airport at departure.