



April 12-18, 2026

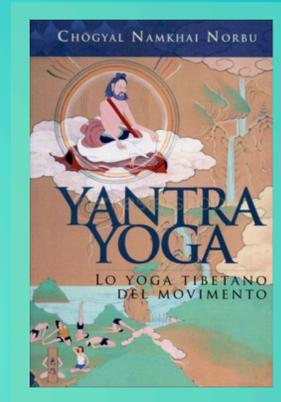
GURUYOGA



BREATHING, MOVEMENT & SOUND

Easter Namgyalgar retreat

with Emily Coleing & Arnaud Coquillard



With replays of Chögyal
Namkhai Norbu on the
root text of Yantra Yoga



This course is primarily made to deepen our understanding of Guruyoga, of our primordial state. We will approach this understanding methodically using Yantra Yoga series, Pranayamas, Shine & Lhagthong as well as Guruyoga practices linked with the transmission of Chögyal Namkhai Norbu and Namkhai Yeshe.



Teachings:

The main part of each day will be dedicated to the teachings of our precious teacher, **Chögyal Namkhai Norbu** on the Tsalung and Yantra Yoga retreat he gave in DzamlingGar in 2016.

“In conclusion, control of the prana is very important in order to approach knowledge of the nature of mind, our real potentiality. If we succeed in accessing this potentiality and mastering it, we are on the path and realisation is possible. On the other hand if we are ignorant of this condition we remain slaves of our mind and cannot abide in our true nature. Thus it is important to coordinate body and energy, and it is for that reason that Vairocana transmitted the Yantra Yoga teaching in relation to the characteristic principles of Dzogchen.” *Chögyal Namkhai Norbu in 'Yantra Yoga, The Tibetan Yoga of Movement'.*



In order to create this opportunity to control our prana correctly and relax fully into our real condition, **Emily Coleing** will guide us through series of Yantra Yoga and of Pranayamas following the instructions of the root text of Yantra Yoga: Trulkhor Nyida Khajor (The Union of the Sun and the Moon Yantra). With her caring and experienced approach, Emily helps practitioners develop their capacity by building inner confidence quickly.



Finally to connect these practices to the essence of the Dzogchen teachings, **Arnaud Coquillard** will lead some sessions on Shine, Lhagthong, sound and a special Guruyoga practice that was taught by Namkhai Yeshe in May 2025 in Paris. His teaching approach places learners' experiences and a playful mindset at the forefront.



Location:

We will gather and develop our knowledge at **Namgyalgar**, the centre of the Dzogchen Community in Oceania created by Chögyal namkhai Norbu in 2011. We will benefit from the presence of Rinpoche's empowering energy and the special energetical aspects of the Glasshouse Mountains to foster a spirit of collaboration, joy and depth in application.



Time:

Around the Easter school holidays 2026, we decided to run this retreat over a 7 day period, to develop both connection between each of us and depth in learning and stabilisation of experiences. The retreat will start on the Sunday 12th of April at 10am and ends on the Saturday 19th of April at 12pm.

For registration and/or information about this course contact Alima: alima@dzogchen.org.au