

# HEVAJRA-NAIRATMYA OR VAJRAYOGINI FIVE YEAR PROGRAM

STARTING JANUARY 2025

LEAD BY DRUPON RACHEL DODDS AND GIORGIO SAVIGLIANO

## YEAR 1: NGONDRO PRELIMINARIES (2025)

### YOU WILL LEARN:

- VARIOUS TYPES OF ABDOMINAL BREATHING AND IMPORTANCE FOR HEALTH, POSTURE, JOINTS AND GLANDS EXERCISES, ANATOMY OF BREATH, HOW TO PURIFY BREATH. METHODS OF RELAXATION
- THE FOUR THOUGHTS, REFUGE, AND VAJRASATTVA
- DRIKUNG DHARMAPALA PUJA WITH SERKYEM OFFERING AND LAMA CHOPA
- HOW TO USE VAJRA BELL AND DAMARU

### ON YOUR OWN:

- MINIMUM 2 WEEKS SOLITARY RETREAT AT THE MILAREPA RETREAT CENTER (MRZ) WITH GUIDANCE (RECOMMENDED 6 WEEKS)
- MINIMUM 1 HOUR DAILY PRACTICE COMMITMENT (RECOMMENDED 2 HOURS)

### YOU MUST ATTEND:

- **IN PERSON** PROGRAM NEW YEAR 1 WEEK TEACHING JANUARY 1-6, 2025
- WEEKLY NGONDRO PRACTICE TUESDAY EVENINGS ONLINE
- ZOOM GROUP MONTHLY SUPPORT

### RECOMMENDED:

- WEEKLY YOGA OF THE SUBTLE BODY MORNING CLASS
- HEVAJRA/NAIRATMYA PUJA THURSDAY EVENING ONLINE
- Or ● VAJRAYOGINI PUJA SUNDAY BIMONTHLY ONLINE

**SOME SINGLE ELEMENTS ARE OFFERED IN THE DHARMADHARA PROGRAM**  
FOR MORE INFORMATION: [www.dharmadhara.de](http://www.dharmadhara.de)

## YEAR 2: NGONDRO PRELIMINARIES (2026)

### YOU WILL LEARN:

- BREATHING: STIMULATING, BALANCING AND CALMING AND HOW TO USE FOR MEDITATION, APPLIED ANATOMY OF ABDOMINAL REGION AND BREATHING MUSCLES, INTRODUCTION TO PRANA, RELATIONSHIP BETWEEN PRANA AND BREATH, YOGA NIDRA.
- MANDALA, GURU YOGA, SPECIAL BODHICITTA PRACTICE,
- ACHI CHOKYI DROLMA PRACTICE AND SMOKE OFFERING
- HOW TO MAKE BASIC TORMAS

## YEAR 2: CONTINUED

### ON YOUR OWN:

- MINIMUM 2 WEEKS SOLITARY RETREAT AT THE MILAREPA RETREAT CENTER (MRZ) WITH GUIDANCE (RECOMMENDED 6 WEEKS)
- MINIMUM 1 HOUR DAILY PRACTICE COMMITMENT (RECOMMENDED 2 HOURS)

### YOU MUST ATTEND:

- INPERSON PROGRAM NEW YEAR 1 WEEK: **DECEMBER 30, 2025 - JANUARY 6, 2026**
- WEEKLY NGONDRO COURSE TUESDAY EVENINGS
- ZOOM GROUP MONTHLY SUPPORT

### RECOMMENDED

- WEEKLY YOGA OF THE SUBTLE BODY MORNING CLASS
  - HEVAJRA/NAIRATMYA PUJA THURSDAY EVENINGS
- or
- VAJRAYOGINI PUJA SUNDAY BIMONTHLY

**SOME SINGLE ELEMENTS ARE OFFERED IN THE DHARMADHARA PROGRAM  
FOR MORE INFORMATION: [www.dharmadhara.de](http://www.dharmadhara.de)**

## YEAR 3: YIDAM DEITY GENERATION STAGE (2027)

### YOU WILL LEARN:

- DIRECTING PRANA IN THE SUBTLE BODY, THE FIVE WINDS AND ANATOMY OF MUSCLES INVOLVED IN VASE BREATHING, THEORY AND PRACTICE OF BHANDHAS, TSALUNG BASICS AND FIRST TRULKOR, INTRODUCTION TO VAJRA RECITATION WITH EXERCISES, YOGA NIDRA.
- HEVAJRA-NAIRATMYA OR VAJRAYOGINI FULL SADHANA TEACHINGS
- ALL RITUAL AND PREPARATIONS NECESSARY TO COMPLETE A SOLITARY YIDAM RETREAT
- DUSOLMA DHARMA PROTECTOR PUJA AND TORMA

### ON YOUR OWN:

- MINIMUM 4 WEEKS SOLITARY RETREAT AT THE MILAREPA RETREAT CENTER (MRZ) WITH GUIDANCE (RECOMMENDED 8 WEEKS)
- MINIMUM 1.5 HOUR DAILY PRACTICE COMMITMENT (RECOMMENDED 2 HOURS)

### YOU MUST ATTEND:

#### HEVAJRA NAIRATMYA GROUP:

- INPERSON PROGRAM NEW YEAR 1 WEEK: **DECEMBER 30 2026 - JANUARY 6, 2027 (THIS IS FOR ONLY HEVAJRA NAIRATMYA GROUP)**
- ONLINE HEVAJRA/NAIRATMYA PUJA THURSDAY EVENINGS
- WEEKLY YOGA OF THE SUBTLE BODY MORNING CLASS
- ZOOM GROUP MONTHLY SUPPORT
- HEVAJRA OR NAIRATMYA DRUPCHEN (RECOMMENDED)

#### VAJRAYOGINI GROUP:

- **VAJRAYOGINI RETREAT IN PERSON IN (2WEEKS) \*\*NOVEMBER 2026\*\***
- VAJRAYOGINI PUJA SUNDAY BI MONTHLY
- WEEKLY YOGA OF THE SUBTLE BODY MORNING CLASS
- ZOOM GROUP MONTHLY SUPPORT

## YEAR 4: COMPLETION STAGE (2028)

### YOU WILL LEARN:

- BREATH SUSPENSION, VASE BREATHING IN DEPTH, PURIFICATION OF PRANA AND CHAKRAS, VAJRA RECITATION IN DEPTH.
- SHAMATA; VIPASSANA, MAHAMUDRA CONNECTED TO YOUR YIDAM DEITY

### ON YOUR OWN:

- MINIMUM 4 WEEKS SOLITARY RETREAT AT THE MILAREPA RETREAT CENTER (MRZ) WITH GUIDANCE (RECOMMENDED 8 WEEKS)
- MINIMUM 1.5 HOUR DAILY PRACTICE COMMITMENT (RECOMMENDED 2 HOURS)

### YOU MUST ATTEND:

- INPERSON PROGRAM NEW YEAR 1 WEEK: DECEMBER 30 2027 -JANUARY 6, 2028
- INPERSON TIBETAN YOGA COURSE SEPTEMBER 2028
- ZOOM GROUP MONTHLY SUPPORT QUESTIONS AND SHARING ONLINE
- ONLINE YOGA OF THE SUBTLE BODY MORNING CLASS

### ONE OF THE FOLLOWING

- HEVAJRA/NAIRATMYA PUJA THURSDAY EVENINGS ONLINE

or

- VAJRAYOGINI PUJA SUNDAY BI MONTHLY ONLINE

## YEAR 5: TSALUNG AND TUMMO(2029)

### YOU WILL LEARN:

TRULKOR, ADVANCED VASE BREATHING  
WINDS, CHANNELS, CHAKRAS AND DROPS (TIGLE) THEORY AND PRACTICE  
TUMMO HOW TO IGNITE, HOW TO INCREASE AND STABILIZE TUMMO  
ALL USING THE YIDAM DIETY AS THE BASIS

### ON YOUR OWN:

- MINIMUM 4 WEEKS SOLITARY RETREAT AT THE MILAREPA RETREAT CENTER (MRZ) WITH GUIDANCE (RECOMMENDED 8 WEEKS)
- MINIMUM 1.5 HOUR DAILY PRACTICE COMMITMENT (RECOMMENDED 2 HOURS)

### YOU MUST ATTEND

- INPERSON PROGRAM NEW YEAR 1 WEEK: DECEMBER 30 2028 -JANUARY 6, 2029
- ONLINE ZOOM MONTHLY SUPPORT GROUP
- YOGA OF THE SUBTLE BODY ONLINE MORNING CLASS

### ONE OF THE FOLLOWING

- HEVAJRA/NAIRATMYA PUJA THURSDAY EVENINGS ONLINE

or

- VAJRAYOGINI PUJA SUNDAY BI MONTHLY ONLINE

## GRADUATE PROGRAM (2-3 YEARS)

After the 5 years, graduates can continue with Advanced Tummo and the rest of the Six Yogas of Naropa: Clear Light, Dream Yoga, Illusory Body, Phowa and Bardo

NOTE: For students who have completed the full Ngondro 100,000 of each of the 4 practices, you do not have to repeat the Ngondro in your daily practice. However, you do have to start the program from beginning and attend the January public teachings as there will be many supports given to work with body, breath, emotions and mind as well as tips for retreat and deepening your meditation that will benefit you. You will still be required to follow the daily practice commitments and solitary retreat each year, but you will be given an individualized practice based on your situation and you are still recommended to attend some of the weekly classes as decided in conjunction with Drupon Rachel and Giorgio.