

Tibetan healing practices

Mantras and yoga for everyday use
with Drukmo Gyal Yogini



When: Sunday, Nov. 23, 2025 | 2-5 pm CEST

What: Drukmo Gyal will share some essential wisdom from Tibetan medicine for physical, mental, and spiritual well-being. Experience the transformative power of the Tibetan healing tradition. This afternoon workshop combines various mantra healings and simple physical exercises that use breathwork to open the channels, balance the inner energies, relax the mind, and nourish the internal organs. The exercises, which have their roots in the Kalachakra tradition, have been prescribed by Tibetan doctors for centuries to improve health and vitality and support spiritual practice. Suitable for all ages, physical conditions, spiritual backgrounds, and experience levels.

Where: Online on ZOOM (access details will be sent a few days before the event after registration).

Cost: Free of charge. We welcome donations.
Recommended donation: €15-30

Registration: buddhismus@bghh.de
(Required)

www.DrukmoGyal.com/about

Please note:

This event does not include or replace medical treatment.
Workshop will be held in English without translation
into other languages.



Drukmo
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Please join us!



Buddhistische Gesellschaft
Hamburg e.V.