

PROGRAM

VISIT OF MINGYUR RINPOCHE TO FRANCE

July 10 - 19, 2026 | Mauges-sur-Loire, Laval



Ten extraordinary days of **teachings, practice, and fellowship** with Mingyur Rinpoche

Through teachings, guided practices, a lecture, a screening, and opportunities for deeper exploration, this event offers **various ways to approach meditation**.

Whether you're discovering this world for the first time, are simply curious, or are already engaged in a practice, **everyone can find a space for experience, reflection, and discovery, at their own pace**.

Above all, this program invites you to have an **accessible** and deeply **human** experience, where meditation can engage with **daily life, personal questions, and the desire to better understand oneself**.

July 10 - 15. Friday through wednesday

“PATH OF LIBERATION” RETREAT - LEVEL 1 & 2

Les Jardins de l'Anjou - Mauges-sur-Loire
Language of instruction : English
Translations : French, German, Spanish

July 14. Tuesday

7 PM - 10 PM — WHITE TARA EMPOWERMENT

Les Jardins de l'Anjou - Mauges-sur-Loire
Language : English
Translations : French, German, Spanish

Events open to everyone

Events with prerequisites : see the website for details on participation requirements

July 17. Friday

1:30 PM - 4:30 PM — DORJE DROLÖ EMPOWERMENT

Espace Mayenne - Laval

Language : English

Translations : French, German, Spanish

7:00 PM - 9:00 PM — LECTURE WITH ALEXANDRE JOLLIEN & MINGYUR RINPOCHE

Espace Mayenne - Laval

Language : English

Translations : French, German, Spanish

July 18. Saturday

10:30 AM - 12:30 PM — SCREENING OF THE DOCUMENTARY FILM “SUR LE CHEMIN”

Espace Mayenne - Laval

Language : Original version with French subtitles, followed by a discussion in English with Lama Tashi

July 18 - 19. Saturday through sunday

“ANYWHERE, ANYTIME MEDITATION” PROGRAM

Espace Mayenne - Laval

Language of instruction : English

Translations : French, German, Spanish, Portuguese, Russian, Chinese, French Sign Language