

Geshe Sonam Gurung & John Jackson

Tummo

Yoga of Inner Fire

Foundational workshop (Part 1/3)



20th – 23th
May
2026

Greece
Crete
Amiras



Tummo - The Practice of Inner Fire (Part 1/3)

Tummo, or the Practice of Inner Fire, is one of the six yogas described in the Kusum Rangshar, an extraordinary collection of Dzogchen teachings by Shardza Rinpoche, one of the greatest modern masters of the Bön tradition. The Inner Fire practice purifies the mind, allowing one to experience the emptiness of body and thoughts, brightens awakened awareness, and activates primordial wisdom. Tummo is an advanced practice involving the control of subtle winds (lung) within the body's main channels. This workshop requires participants to already have a strong meditation practice to "find stillness".

In this first stage of training, we will focus on:

- * Tsa Lung exercises for balancing the winds
- *The initial stages of visualization of chakras, channels, energy drops
- *The practice with Khandro Thuje Kundrolma

Once practitioners gain proficiency in these methods, Parts 2 and 3 of the retreat series will introduce jam lung, bar lung, and drak lung-practices that ignite the inner fire and elevate it to higher and higher levels of blissful pure awareness. Teachers will provide support between retreats and offer a review day prior to each subsequent retreat.

This retreat is the starting point of a broader series on the yogas and teachings of the Kusum Rangshar, including dream yoga, sleep yoga, teachings on death and consciousness transference, dark retreats, and advanced Dzogchen practices. We begin with Tummo, as it provides the foundation of clear awareness required for all subsequent practices.

During the non-teaching hours of retreat, participants will be able to book 2-hour Traditional Tibetan Medicine (TTM) consultations (not included in retreat cost), which includes diagnosis and treatment, by Amchi Khedup Loden Gurung, a highly accomplished doctor of Traditional Tibetan Medicine (Sowa Rigpa) from the Bön lineage. Please see our other [flyer](#) for more information.

After the four-day Inner Fire retreat, participants may join the teachers on an exclusive cultural excursion to visit some of Crete's most fascinating historical and scenic sites with a local guide, while having direct access to all three teachers. This journey will allow for continued group practice and clarification of the teachings and is a unique opportunity to ask questions and dive deeper. More information can be found in our other [flyer](#).

Recommended readings to support your practice during the retreat:

"Self-Arising Three-fold Embodiment of Enlightenment"
by Tashi Gyaltsen Shardza (Author), Daniel P. Brown (Translator), Geshe Sonam Gurung (Translator)
Publisher: Mustang Bon Foundation - Publication date 2022 - ISBN-13: 978-978-1956950014

For more information and booking,
please visit agapecrete.com/program/ or contact events@agapecrete.com



The Teachers

Geshe Sonam Gurung

Earned his Geshe degree under the guidance of His Holiness the 33rd Menri Trizin, the Abbot of Menri Monastery and a lineage holder of the Yungdrung Bön tradition. In partnership with the late Dr. Daniel Brown, he has translated numerous essential texts from the Bön Dzogchen canon, including major works by Shardza Tashi Gyaltsen Rinpoche. Under the guidance of HH the 33rd Menri Trizin, Geshe Sonam has been an instrumental part of further sharing Bön practices internationally, including regular retreats in the United States, Australia, Thailand, and Switzerland. He is the founder of the Shenten Thagye Ling monastery and Spiritual Center, as well as the director of the Mustang Cultural and Education Center in Jomsom, Nepal.

John Jackson

Has led more than 100 meditation retreats in over a dozen countries over the past 25 years and himself has spent extensive time in retreats at Menri and Triten Norbutse monasteries in Nepal and India. He served for 17 years as director of the Chamma Ling Retreat Center in Colorado and for 23 years as professor at the University of Virginia School of Medicine. He has trained for over 30 years with senior Bön lineage masters, including Yongdzin Tenzin Namdak Rinpoche, H.H. Lungtog Tenpai Nyima Rinpoche, Ponlob Tinley Nyima Rinpoche, and Tenzin Wangyal Rinpoche.

The Location - Agape Crete

Agape Crete is a spiritual community in the mountains of southeastern Crete.

Our Vision:

- *To offer advanced spiritual teachings, particularly in Bön, Shaivism, and Native American traditions, as well as other spiritual paths
- * To practice and promote regenerative agriculture and agroforestry, especially the reforestation of the Vachos Valley and the restoration of water cycles
- * To provide healing through alternative methods, especially where conventional medicine does not address root causes

Our seminar center is located in Amiras, at 700 meters altitude, with beautiful views of both mountains and sea.

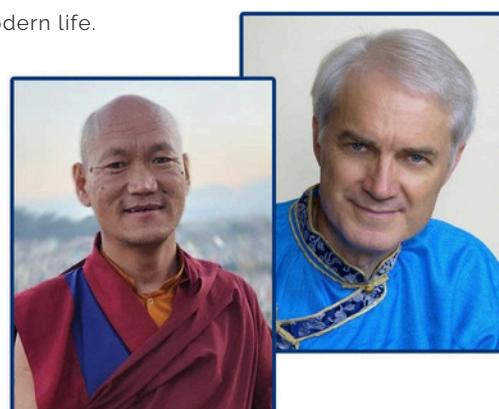
Numerous beaches - most of them completely empty - can be reached within 20 minutes by car.

This is still the authentic Crete, unspoiled by tourism and the rush of modern life.

Housing and Food

Housing: various options, from €15 to €120 per day

Meals (full board): €35 per day



Logistics and Costs

Closest airport: Heraklion (approx. 1 hour drive)

Airport pickup available, or car rental directly at the airport

Retreat fee: €450 per person

Scholarships available upon request

For more information and booking,
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