

Tsa Lung Courses: Tibetan Breathing and Yoga Exercises



Tsa Lung is an important method in the Drikung Kagyu lineage to harmonize the body and the mind. Through this practice, we balance the three humors (wind, bile, and phlegm), elements, channels, energy centers (chakras), winds, and vital essences. Tsa Lung is a natural Tibetan healing system to prevent the three basic disorders and the four hundred and four disease types. It consists of stress management and calming exercises. Yogi Milarepa said, “Tsa Lung is the best self-healing exercise, both physically and mentally.” Tsa are the subtle channels found in the physical body of every human being,

while Lung means the wind that flows in them. So Tsa Lung is a technique consisting of various yoga and breathing exercises that work with both the body and the breath (and with its retention known as vase-breath) together with visualization, meditation, and mantra recitation. There are many practices that develop our body and unlock energy in the chakras, but they do not go as deep as Tsa Lung. Just physical movements are not enough; to reach the subtle places in our body, we have to apply special techniques in combination with the breath and its retention. It is very advantageous to combine meditation with Tsa Lung practice since meditation can help us to transform our mind, to change our negative habitual pattern, to awake our innate love and compassion, relieve mental anxiety and stress. For Dharma practitioners, Tsa Lung is most effective when it is done within the framework of Lord Jigten Sumgön’s Fivefold Path of Mahamudra. That is, the cultivation of bodhicitta, yidam practice (Vajrayogini), guru yoga, mahamudra, and dedication. In this way, not only can Tsa Lung improve health, we can at the same time accumulate merits and wisdom as well as making progress on the Dharma path and benefit all sentient beings.

Tsa Lung Preparation Course

Two Options: April 4-6 (Sat.-Mon.) kl. 13:30-18 OR May 1-3 (Fri. to Sun.) kl. 13:30-18

Instructor: Zabrina Leung (a certified teacher, certified by Drubpon Kunsang)

Prerequisite: All participants have already taken refuge in the Three Jewels (Buddha, Dharma, and Sangha). You can do so by H.E. Garchen Rinpoche (<https://garchen.net/refuge-from-afar/>) Beginners are welcome. You do as much as you feel comfortable doing. Wear comfortable clothing and bring your own yoga mat.

Required Texts: Order two booklets from <https://drikung.ch/shop-english/> (select book 1 and 2)

Venue: Ratnashri Meditation Center, Friggavägen 11, Lidingö (Telephone: 08-7655878)

Fee: 700 kr each option.

Registration: Email to info@ratnashri.se two days before the course; and deposit fee to Plusgiro: 1287806-2 before the course.

The course will emphasize the foundation of Tsa Lung both on the theoretic background to the exercises and on experiencing the exercises. The following topics will be covered: nine breathings and vase breathing exercises; opening chakras downward and upward, and wind breaking exercises; seven harmonizing exercises; exercises that balance the three humors, five winds, and five elements.

Tsa Lung Repetition Course

Schedule: March 5 and 19, Thursdays, kl. 17:30-19:00

All with prior Tsa Lung training are welcome to join. In this course, all Tsa Lung exercises in all three Tsa Lung booklets och Marpa wind protection exercises will be repeated.

Instructor: Zabrina Leung (a certified teacher, certified by Drubpon Kunsang)

Venue: Ratnashri Meditation Center, Friggavägen 11, Lidingö (Telephone: 08-7655878)

Fee: 250 kr (includes both evenings).

Registration: Email to info@ratnashri.se two days before the course; and deposit fee to Plusgiro: 1287806-2 before the course.

Tsa Lung Refresher Course

Schedule: May 28, Thursday, kl. 17:30-19:00

All with prior Tsa Lung training and who have registered to participate in Drubpon Kunsang's course in June, 2026 are welcome to join. Selected Tsa Lung exercises in the Tsa Lung booklets will be repeated.

Instructor: Zabrina Leung (a certified teacher, certified by Drubpon Kunsang)

Venue: Ratnashri Meditation Center, Friggavägen 11, Lidingö (Telephone: 08-7655878)

Fee: No fee.

Registration: Email to info@ratnashri.se before May 26.