

Tsa Lung: Tibetan Breathing and Yoga Exercises (Part 2 of 2)

Dates: Feb. 7, 14; March 7, 21, April 11, 25, 2026 Time: Saturdays kl. 9:30-12:30

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

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

Prerequisite: All participants should have already taken the content of part 1 course.

Required Texts: All three books from <https://drikung.ch/shop-english/> (select book 1, 2, and 3)

Fee: 1 000 kr

Registration: Email to info@ratnashri.se by Feb. 1 and deposit fee to Plusgiro: 1287806-2 before the course begins.



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. The part 2 course will repeat and further develop the foundation and the practice of Tsa Lung. There will be six meetings for the course and the following topics will be covered: Exercises that balance the three humors, five winds, and five elements; Wind healing exercises; Marpa wind protection exercises; Wind balancing exercises; Opening eyes exercises; and Heart protection exercises.