



NYINGMA CENTRUM NEDERLAND
Ancient wisdom – modern applications

Goals and activities

2024



Front of building Nyingma Centrum Nederland on the Reguliersgracht

Origins

Tarthang Tulku was one of the first Tibetan lamas to settle in the West. As a young tulku in his native Tibet, he had already been exceptionally well educated by a host of distinguished teachers when the Chinese invasion of Tibet took place in 1958. After several years' stay in India, Tarthang Tulku settled in California in the USA. From there, with the help of Western students, friends and donors, he built a network of organisations dedicated both to preserving and protecting Buddhist culture in the East and to establishing the wisdom of the Dharma in the West.



Head Lama Tarthang Tulku

Nyingma Centrum Nederland emerged from study groups established by Dutch people who had been introduced to his teachings in America in the 1970s and were inspired and motivated to work towards the same goals.

Purpose

The objective of the Nyingma Centrum Nederland foundation since its foundation in 1984 and amendment of the articles of association in 1989 is: To promote, protect, preserve and pass on the teachings and cultural heritage of Buddhism, in particular the Nyingma tradition of Tibetan Buddhism as offered by the Head Lama Tarthang Tulku of the Tibetan Nyingmapa Meditation Center, a non-profit corporation sole in California, USA.

This purpose includes: preserving, protecting and passing on the language, literature, culture, art and living wisdom of the classical tradition as well as the teachings developed by the Head Lama for the special needs of modern Western societies.

Nyingma Mandala

Nyingma Centrum Nederland (NCN for short), together with the international Nyingma Centers in Cologne, Porto Allegre, Rio de Janeiro and Sao Paolo, is part of Nyingma Centers International, a California non-profit public benefit corporation, with offices in the USA.

Since 2014, NCN has also been an independent member of the Nyingma Association of Mandala Organisations, the consultative body of all cooperating Nyingma organisations founded by Tarthang Tulku in 2012.

Activities

What activities does the institution carry out? When are which activities carried out? And how do they contribute to achieving the objective?

In line with its statutory objectives, NCN organizes teaching programs, projects and activities in support of the global projects initiated by TNMC, Tibetan Nyingma Meditation Centre led by Head Lama Tarthang Tulku. These TNMC projects are aimed at preserving culture and insights of Tibetan Buddhism in the East on the one hand, and establishing a base for Dharma practice in the West on the other.

Core activities taking place in NCN in the Netherlands include:

[Offering programs to the public](#)

Stichting Nyingma Centrum Nederland organizes programs in various formats and languages to help introduce the wisdom of the Dharma in the West. It does so by presenting programs and books provided by the Head Lama Tarthang Tulku - or created under his supervision. Nyingma Centrum teaches mainly in Dutch, but also regularly collaborates with sister organizations in other countries in producing English-language international programs. The programs (workshops, lectures, courses, annual trainings and retreats) are offered either online via Zoom or live at the center or on location. Sometimes a combination is offered.

The aim of all teaching is to promote wisdom and compassion among participants of all ages and origins. Sometimes programs are tailored to special target groups. For instance, there are regular young adult meditation courses and there is an ongoing offering of Kum Nye Tibetan Yoga for people over 50. In line with its objectives, NCN also encourages the creation of new practice groups at locations elsewhere in the Netherlands and Europe.

Forming a community

All tasks in NCN are performed by volunteers. This applies to all kinds of tasks: from cleaning to cooking, ICT, building maintenance, administration, organization and planning. Buddhism considers work for the benefit of others as a very positive path of practice and participants learn from each other and support each other in developing skills and inner growth. There are daily community meetings where the day's work and personal learning goals can be discussed. Teachers are also community members who are trained internally and perform their teaching duties unpaid. At least twice a year, there is a sangha meeting, a gathering of the community, where all volunteers and regular students come together to exchange and discuss plans for the future. In Buddhism, paying attention not only to oneself but also to others is central. The Community Care group aims to support sangha members who are struggling, so that even when times are tough, connection to the community is guaranteed. In 2024, the Community Care group also developed a policy for support by the sangha after death.

Ceremonies

Following Tibetan Buddhist tradition, NCN organizes various monthly ceremonies in which anyone in the sangha can participate. These ceremonies follow the lunar

calendar and are held at New Moon, 10th day (Padmasambhava Day), Full Moon and 25th day (Dakini Day). Some ceremonies are open to the public free of charge (e.g. the Full Moon Mantra chant and the Medicine Buddha ceremony).

Buddhist Sacred Art Studio

On its own or in collaboration with other Nyingma organizations, NCN participates in various projects in the field of Sacred Art. Sacred Art projects aim to preserve and spread the ancient symbols of wisdom and compassion throughout the world. The NCN Sacred Art Studio, located on the first floor of the building on Reguliersgracht, manufactures small tsatsa's that were used, among others, for the international Planting Seeds of Healing Project. The studio also produces prayer flags and stupas and worked on a special collection of clay stupas in 2023 and 2024. Activities are carried out by volunteers and costs are covered as much as possible through donations.



Four stupas crafted at the Sacred Art Studio

Projects

Ongoing activities also include: translating and publishing books by Tarthang Tulku in the Dutch language under the name Uitgeverij Dharma and manufacturing meditation mats and cushions in-house under the name Lotus Design. The books, mats and cushions, along with self-imported Buddhist items, are sold in the Lotus Design Shop, located on the ground floor of the NCN building on Reguliersgracht. The activities of Lotus Design, Dharma Publishing, the Lotus Design Shop and MindingWork, which provides outreach classes on location, are organized in the Nyingma Projects Netherlands Foundation. This foundation is also located at Reguliersgracht 25. Once per quarter, this foundation transfers all positive income through NCN for the benefit of our pledges. In 2024, the contribution through NPN totalled **€10,500**.

Income

How does the institution get income?

Stichting Nyingma Centrum Nederland obtains income through

- a. Donations
- b. Contributions for the teaching programmes we organise
- c. Income from projects.

There is also modest rental income from some permanent residents and NPN contributes to housing costs.

To which objectives will the income obtained be dedicated?

If your institution holds assets, please enter where and how these assets are held (e.g. savings account, investments etc).

After deducting costs for its own infrastructure (gas, water, electricity, maintenance and furnishing of the building, office costs, insurances, subscriptions, project costs, expenses of volunteers: see annual accounts), most of the net income goes to TNMC to support important projects initiated by Tarthang Tulku worldwide. In doing so, the Foundation, which manages a vulnerable property in Amsterdam's city center, always tries to keep a reserve buffer in its own bank account for any suddenly necessary improvements to the property or other necessary unforeseen

expenses.

Yeshe De Text Preservation Project

The main project of TNMC (Tibetan Nyingmapa Meditation Center) supported by financial contributions from NCN and the other international Nyingma Centers is the **Yeshe De Text Preservation Project**. In 1959, after the Chinese invasion of Tibet, many monastic libraries were destroyed and prominent teachers were imprisoned or killed. Yeshe De was established to collect texts, republish them and distribute them free of charge. New libraries and monasteries in the Himalayan region are being furnished with the books, ceremonies and gatherings and transmission of the knowledge are being organized,. In cooperation with Darma Publishing and Mangalam Research Center (USA) texts are being translated and future translations are being prepared.

Several films and books were made about this impressive and vast undertaking, which can be viewed via NCN or online.

Other goals

Another sizeable donation was made to TNMC in 2024 for the Karchag Encyclopaedia project of the Sarnath International Nyingma Institute. In it, all scriptures from the Kangyur will be mapped and provided with introductions. This donation was made possible by a contribution from the Netherlands-based Walborg Gunning Foundation, which manages the legacy of one of the first Dutch Nyingma students.

Occasionally, other TNMC projects are also supported with contributions from the Netherlands. For example, NCN received a large amount for the Kangyur project from another donor in 2024, which was transferred by NCN to TNMC, the producer of the Kangyur project . These major amounts can be found separately in the financial reports.

Through NCN, many donations from Dutch individuals also go to Odiyan, the temple complex in Northern California where Tarthang Tulku lives and works.

At Tarthang Rinpoche's request, NCN itself has also been contributing since 1 April 2023, a monthly sum of US\$1,000 to the upkeep of Odiyan as “Home for the Dharma in the West” Royalties are paid to TNMC on some new teaching programs such as the teaching series based on Tarthang Tulku's most recent book *Caring*.

Compensation policy

Virtually all work at Nyingma, including board duties and teaching, is carried out by volunteers. Where appropriate, a volunteer allowance or occasional reimbursement of expenses such as travel expenses is provided in some cases.



Rear of the NCN-builing at the Reguliersgracht



NYINGMA CENTRUM NEDERLAND
Ancient wisdom-modern applications

ACTIVITY REPORT 2024

NYINGMA CENTRUM NEDERLAND
Tibetaans Boeddhistisch Centrum
Reguliersgracht 25 1017LJ Amsterdam

ACTIVITY REPORT 2024

Class program

A large number of courses and retreats took place in 2024, spread over two semesters and various fields of study. In the ongoing training of students, the international Nyingma centers distinguish four global stages of development: 1. Searching for peace and relaxation 2. Starting to recognize and transform personal patterning 3. Learning to understand self and mind 4. Recognizing and trusting the path of Dharma in one's own experience. The time it takes for individual students to develop can vary enormously and the combination of classes and projects that invite inner growth can also vary enormously from person to person. The Nyingma path as offered by Tarthang Rinpoche is surely a vast and ongoing practice. The class programs offered by NCN are organized in a format of annual nine to ten month programs offered in two semesters. Most programs can be combined with a suitable range of workshops and sometimes retreats at favorable financial conditions.

Next to these annual programs NCN offers a wide range of low-threshold activities, short courses and workshops: opportunities for new interested people to get a taste of the programs offered. To announce the overall program a brief brochure is sent out prior to each semester and all activities and courses are described in detail on the website.

Live-online-hybrid

Originated during Covid, online and hybrid courses remained the norm in 2024. A major advantage of this is that we can also serve students living further away and effortlessly facilitate English-language international courses for participants from various European countries. Still, the in person experience is irreplaceable. We therefore also continue to experiment with reinvigorating in person gatherings and events. For longer programs like weekend retreats, this works best so far. In 2024, we have also begun again to offer drop-in classes that can only be attended live on location.

International retreats and co-productions

In 2024, NCN continued to initiate international cooperation and co-productions. Several factors encourage this: online teaching makes geographical distances

irrelevant and English as the language of instruction is no obstacle to participation for many Dutch participants. The coming together of practitioners from different countries also adds value to the mutual exchange.

Cooperation and coproduction with other centers was also deliberately intensified in preparation for the planned cooperation in the World Perace Stupa Retreat Center Europe.

To inform our international contacts, NCN has been sending out an English-language newsletter several times a year since early 2021, next to its Dutch language monthly newsletter. This newsletter announces English-language programs and international projects and highlights interesting offerings from sister organisations.



Retreatcenter in Neu Plaue, Germany

Training new instructors

In January 2024, the fifth edition of the level 1 training for Kum Nye Instructor started with a group of ten highly motivated students. This training lasts one and a half years: its current students are expected to graduate in May 2025.

In September 2023, under the auspices of MindingWork, the first edition of *Krachtig in Balans* took place led by Ineke Smits and Thieu Berkhout. This a

practice-based training program aims at transferring the Skillful Means module ‘Transforming Stress into Wellbeing’ to groups. A first group of four students successfully completed the training in February 2024.

In collaboration with all international Nyingma Centers and the Nyingma Institute, the second international instructor training in the Knowledge of Freedom program took place under the guidance of an international teaching team with Elske van de Hulst representing NCN. Thirty-eight students were selected to attend this training which was completed in December 2024. From NCN, four candidates graduated successfully. This training authorizes -other than the Kum Nye training and the *Krachtig in Balans* training- only for teaching in the Nyingma Centers themselves, not outside.

Also in 2024 , the first trainings of instructors *Gesture of Great Love* took place, led by Helena Gold, educational director of Nyingma Centers International. These trainings are still ongoing in 2025.

Ceremonies

Devotional practice and ceremonies are an important entry point within the Nyingma tradition, and a strong incentive for some to develop compassion and wisdom. Tarthang Tulku Rinpoche gives us more and more opportunities to empower and deepen our practice through ceremonies and prayers.

The public ceremonies - once a month Full Moon Mantra Chant and once a month Medicine Buddha practice - are listed on the website. Anyone can sign up for them. To join the community practice, we ask for a commitment to do so for an extended period of time. Weekly from Monday to Friday from 7am-8am at the Nyingma Centre, there is a morning practice with various prayers. Sangha members living nearby or staying at the Nyingma Centre are welcome to join this.

Every month with New Moon, Padmasambhava Day, Full Moon and Dakini Day, we recite powerful prayers early in the morning that we dedicate to the welfare of all beings. These ceremonies take place between 7am - 8am, live at the Nyingma Centre with a number of people living in or near the Nyingma Centre. Every Friday morning from 8.00 - 8.30 am, we recite powerful prayers online for Tarthang Tulku Rinpoche and the Nyingma Community.

For the 4 monthly ceremonies, it is possible to send us names of those you would like us to include in the devotions of these monthly ceremonies. These names will then be read aloud during the ceremony. For this, we ask for a donation of at least €20, which is earmarked for the future World Peace Stupa in Winterswijk.



Our meditation hall on a ceremony day: beauty inside and out

The most important annual Nyingma Ceremony, the Longchenpa Ceremony took place for the 27th time in January 2024. Since the previous 3 years the ceremony had necessarily (because of Covid) taken place online, it was now very special to practice this sadhana exclusively live together again. The ceremony was well attended and warmly welcomed back

The invitation for the ceremony was sent out in cooperation with Nyingma Zentrum Deutschland, which chose to organize a daily online chant for three days. Both options were thus possible for both German and Dutch sangha members.

Due to the unfamiliarity of a new generation of students with this practice, NCN co-deans decided to organize a preparatory workshop which they led together.

Boeddhisme Online

The number of students who used the opportunity to take self-study courses through Buddhism Online increased slightly in 2024. This represents a nice steady influx of new students, some of whom also find their way to other NCN offerings. Unfortunately, due to busy work with other course offerings, both co-deans lacked

the time to invest in expanding the number of courses and targeted promotion of existing courses. They have therefore decided to look out for a suitable separate coordinator for Buddhism Online so that existing opportunities can be better utilised in the future.



Charaka Jurgens in the new selfstudy course Kum Nye for 50 plus

Buddhist Sacred Art Studio

Marianne Moerbeek, coordinator of the Buddhist Sacred Art Studio, stayed in Odiyan in the autumn of 2022 to collaborate on a major new stupa project there and to be trained to make clay stupas in the Netherlands. In 2023 and 2024, the Sacred Art Studio focused on crafting these stupas in Amsterdam. A total of eight large stupas were crafted and four slightly smaller ones. The eight stupas have since found their way to engaged individuals who were asked to make a donation of 1,000 euros in return. The donation was used to fund new Dharma projects in the Netherlands (50%) and returned to Odiyan (50%).

Four stupas are earmarked for the opening of the new outdoor centre in Winterswijk - planned for September 2025.

The intention is to continue the Clay Stupa Project Europe there in 2025.



Stoepa's crafted at the Sacred Art Studio Amsterdam

Every Friday afternoon, the Sacred Art Studio additionally worked on crafting small tsatsas, symbols of enlightenment and harmony.

Community Care

Community Care volunteers are available when someone in the sangha indicates they could use some extra support. Two members bring volunteers and sanghalid together. In 2024, several sangha members thus received support. In 2022, the board, in consultation with the Community Care group, also established a protocol for passing away of sangha members - each time tailoring it to individual

circumstances and wishes and to possibilities of the sangha at the time. Thankfully, we did not have to apply this in 2024....

Confidential counsellor

Nyingma Centrum Nederland believes it is important that everyone can feel safe in our centre. It was therefore decided in mid-2022 to appoint an independent confidential counsellor, Francesca Knol, that students or volunteers can contact if situations arise in which they do not feel at ease. Francesca Knol knows our center from personal experience and has extensive professional experience in mental health care and elsewhere. She also underwent training as an independent confidential counsellor. In 2024, the confidential counsellor was consulted only once in an informational matter that was clarified to everyone's satisfaction.

Bridges of Goodness 2024



Khenpo Kunga Dakpa teaching in Amsterdam Bridges of Goodness 2024

In 2024, one of Tarthang Tulku's many visionary long-term projects reached an important new stage. For the first time, a highly learned traditionally trained khenpo came to Europe to give Dharma teachings. This had been made possible by

the *English for Dharma Purposes program*, initiated years before at the **Sarnath International Nyingma Institute (SINI)** in India. Khenpo Kunga Dakpa, accompanied by Renate Marx, first visited the center in Cologne for a fortnight in February, then our center in Amsterdam for a fortnight. The Amsterdam opening was performed by Tsering Gellek, director of SINI. The Bridges of Goodness 2024 programme included two weekend retreats, various workshops and meetings, sanga meetings and walk-in classes. All in all, it was a very successful first visit that would be repeated in 2025 with the same khenpo. For those interested: we made a separate report of the Bridges of Goodness Europe I events.

Country center

There has long been a long-held wish to have a country center in Europe. Both NZD (Nyingma Zentrum Deutschland, based in Cologne) and NCN are located in city centers that provide an excellent base for weekly classes and part-time volunteer projects. By starting a retreat center together, these metropolitan options are complemented by the possibility of organizing longer retreats and full-time work-study pathways in a natural setting. The new outdoor centre also aims to offer groups of Tarthang Tulku 's students from other European countries a haven for their practice.

Due to fundraising for the Yidzhin Norbu Kangyur, preparations for the country centre were temporarily on hold in autumn 2023. In early 2024, work resumed and plans were submitted to Tarthang Tulku who simultaneously launched the World Peace Stupa Project. This included an invitation to his students to build a World Peace Stupa on four different continents (Japan, Middle East, South America and Europe). The European working group decided to merge this invitation with the now advanced plans for the retreat centre.

Founding World Peace Stupa Center Europe

After a special retreat month around the Odiyan Enlightenment Stupa, the World Peace Stupa Center Europe Foundation was established on August 7. The board consisted of Guda van der Lee and Elske van de Hulst on behalf of NCN, Anja Nogaitzig and Alois Gehrmeijer on behalf of NZD. Henk Toorman became treasurer. Immediately after the foundation, crowdfunding was started for the purchase of premises in Winterswijk Woold that already had a licence to host

groups. Finally, a final purchase agreement was reached in the first months of 2025 and the new World Peace Stupa Centre Europe will be inaugurated on September 1 2025.



Foundation WPSCE on augustus 7 2024 in Amsterdam

Program overview 2024 Jan-June (semester 1)

Arranged by semester and by field of study.

The numbers after the activity represent the number of registered participants.

Buddhist Study and Practice

| | |
|---|----|
| Jaartraining BSB1 De Dharma als Gids olv Ineke Smits | 8 |
| Jaartraining BSB III Onderzoeken van het zelf olv Ans Vos | 3 |
| Jaartraining BSB V Lojong/Path of Heroes olv Ans Vos | 12 |
| MME 8 Seven Branches Practice olv Lama Palzang en Pema Gellek | 19 |
| Cursus Reading the Sutras olv Pema Gellek ism Nyingma Institute | 5 |

Bridges of Goodness Europe I met Khenpo Kunga Dakpa ism SINI349

| Public events | Participants |
|---|---------------------|
| <u>One month meditation Intensive</u> | 41 |
| <u>Amsterdam Opening Meeting</u> | 34 |
| <u>Walk-in classes on Dependent Origination</u> | 17 |
| <u>Walk-in Class on The Four Seals</u> | 14 |
| <u>Weekend retreat on the Four Noble Truths</u> | 20 |
| <u>Meeting about the Stupa Project</u> | 8 |
| <u>Walk-in Class on the Wheel of Life</u> | 16 |
| <u>Walk-in Class Skillful Means</u> | 17 |
| <u>Walk-in Class on the Four Immeasurables</u> | 23 |
| <u>Weekend retreat on the Heart Sutra</u> | 22 |
| | |
| <u>Full Moon Chant for World Peace</u> | 56 |
| <u>Workshop on Transitions of Aging and Dying</u> | 49 |
| <u>Meeting on the Meaning of Sangha</u> | 32 |
| | 349 |

Understanding Self and Mind

| | |
|---|----|
| Knowledge of Freedom olv Elske van de Hulst en Abbe Blum | 17 |
| Jaartraining Revelations of Mind olv Elske van de Hulst | 11 |
| International Instructor Training Knowledge of Freedom | 48 |

Meditation-Buddhist Psychology

| | |
|--|----|
| Jaartraining/cursus MED/NP I olv Ans Vos | 7 |
| Dagstart jan 2024 tevens onderdeel van verscheidene jaartrainingen | 31 |
| Dagstart feb 2024 | 30 |
| Dagstart maart 2024 | 30 |
| | |
| Dagstart april 2024 | 29 |
| Dagstart mei 2024 | 23 |
| Dagstart juni 2024 | 26 |
| Workshop Meditatie: de adem als gids | 8 |
| Workshop Meditatie: emoties en evenwicht | 3 |
| Workshop Meditatie: verborgen vrijheid | 6 |
| Workshop Meditatie: omgaan met tegenslag en pijn | 8 |
| Workshop Meditatie: meditatie in actie | 6 |

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|---|----|
| Workshop Meditatie: meditatie volhouden | 11 |
|---|----|

Caring

| | |
|---|---|
| Cursus Caring I: zelfzorg ontwikkelen | 5 |
|---|---|

Kum Nye

| | |
|---|----|
| Jaartraining /cursus KN I olv Ien Oud Live in het Nyingma Centrum | 5 |
| Jaartraining /cursus KN I olv Hanneke van Bakelen Online op Zoom | 11 |
| Cursus KN50plus olv Charaka Jurgens | 24 |
| Jaartraining/cursus Kum Nye III Vreugde van Zijn olv Rinske Alberts | 10 |
| Jaartraining/cursus Kum Nye Werkt! | |
| olv Inge Barmentlo en Ton van der Scheer | 13 |
| Cursus Kum Nye in Alkmaar olv Ien Oud | 10 |
| Bijeenkomst Kum Nye community | 13 |
| Opleiding Kum Nye trainer - level 1 – oriëntatiebijeenkomst | 12 |
| Workshop Kum Nye yoga Innerlijke ruimte | 18 |
| Workshop Kum Nye yoga Energiecentra in balans | 28 |
| Workshop Kum Nye yoga Het hart openen | 29 |
| Workshop Kum Nye yoga Lichaam en geest in balans | 29 |
| Workshop Kum Nye yoga De helende kracht van Kum Nye | 31 |
| Workshop Kum Nye yoga Vreugde van zijn | 32 |

Skillful Means

| | |
|---|---|
| Workshop Skillful Means: Transforming Stress into Wellbeing | 5 |
|---|---|

Tibetan Language and Literature

| | |
|--|----|
| Cursus Klassiek Tibetaans I olv Corine Tempel | 10 |
| Cursus Klassiek Tibetaans II - Module 1 Woordsoorten | 5 |
| Cursus Klassiek Tibetaanse Taal II - | |
| Module 3 en 4 Samengestelde Zinnen | 3 |
| Cursus Klassiek Tibetaans III Beginnend vertalen | |
| olv Guda van der Lee en Marjolein Peeters | 5 |

Retreats

| | |
|---|----|
| Retreat Grounded in Freedom, | |
| olv Elske van de Hulst en Abbe Blum | 15 |
| Retreat Mind at Ease online participation | |
| olv Elske van de Hulst en Abbe Blum | 16 |
| Retraite Hemelvaart: Schoonheid van Zijn | |
| olv Monique Verschuuren en Lieneke Akkermans | 18 |
| Bridges of Goodness weekendretraites (zie Boeddhisme) | |

Divers

| | |
|---|----|
| Vorbereidingsworkshop Longchenpa Ceremony | 7 |
| Oriëntatiebijeenkomst Lotus Team Project | |
| instructor's training MME - Module 1 | 10 |
| zelfstudie cursussen Boeddhisme Online | 27 |

Programme overview 2024 July-December (semester 2)

Buddhist Study and Practice

| | |
|--|----|
| Jaartraining BSB 2: Mind en de drie trainingen olv Ans Vos en Ineke Smits | 6 |
| Jaartraining BSB 4: Vertrouwen en Toevlucht olv Ans Vos | 5 |
| Jaartraining BSB 5: Lojong, tweede jaar olv Ans Vos | 8 |
| MME-9: Nyingma History & TNMC Lineage met Lama Palzang en Pema Gellek | 37 |

Understanding Self and Mind

| | |
|--|----|
| Q&A Deepening Dimensions of Mind | 14 |
| Jaartraining Deepening Dimensions of Mind olv Elske van de Hulst en Abbe Blum | 13 |
| Course Gesture of Great Love module 1 olv Elske van de Hulst | 16 |

Meditation-Buddhist Psychology

| | |
|--|----|
| Dagstart sep tevens onderdeel van verscheidene jaartrainingen | 18 |
| Dagstart, okt tevens onderdeel van verscheidene jaartrainingen | 17 |
| Dagstart nov tevens onderdeel van verscheidene jaartrainingen | 14 |
| Dagstart dec tevens onderdeel van verscheidene jaartrainingen | 10 |

| | |
|---|---|
| Open les Kalmte door meditatie, les 1 | 3 |
| Open les Kalmte door meditatie, les 2 | 3 |
| Open les Kalmte door meditatie, les 3 | 4 |
| Open les Kalmte door meditatie, les 4 | 3 |

| | |
|--|----|
| Cursus Compassie met jezelf en anderen | 5 |
| Cursus Dieper contact met jezelf | 11 |

| | |
|--|----|
| Introductieworkshop Meditatie en mindfulness | 10 |
| Workshopserie Meditatie | 2 |

Kum Nye

| | |
|--|----|
| Cursus Kum Nye Ontwikkelen deel 1 olv Hanneke van Bakelen | 11 |
| Jaartraining Kum Nye ontwikkelen olv Hanneke van Bakelen | 4 |
| Cursus Kum Nye 50+ olv Charaka Jurgens | 28 |
| Cursus Kum Nye in Alkmaar | 6 |
| Introductie cursus Kum Nye Dance olv Kum Nye Dance oefengroep | 2 |
| Jaartraining Kum Nye in het dagelijks leven olv Rinske Alberts | 15 |
| Jaartraining Kum Nye in het dagelijks leven, incl. Dagstart en 6 meditatie workshop | 1 |
| Global Kum Nye Fest II 2024 | 25 |
| Bijeenkomst Kum Nye community | 12 |
| Opleiding Kum Nye trainer - level 1 | 10 |
| Jaartraining Kum Nye Vreugde van Zijn olv Inge Barmentlo en Ton van der Scheer | 9 |
| Jaartraining Kum Nye Vreugde van Zijn inclusief Dagstart en 6 workshops | 2 |
| Proefles Kum Nye: Vreugde van zijn | 3 |
| Workshop Kum Nye yoga: leve het lichaam | 12 |

| | |
|--|----|
| Workshop Kum Nye yoga: open voor alles | 18 |
| Workshop Kum Nye yoga: leven ademt, | 19 |
| Workshopserie Kum Nye yoga | 9 |

Skillful Means

| | |
|---|---|
| Proefles Skillful Means: Transforming Stress into Wellbeing | 8 |
|---|---|

Tibetan Language and Literature

| | |
|---|---|
| Cursus Klassiek Tibetaans II - Module 2 olv Corine Tempel | 3 |
| Cursus Klassiek Tibetaans III - Module 4 olv Guda van der Lee | 5 |

Retreats

| | |
|---|----|
| Retreat Cultivating the Four Immeasurables met Mark Henderson en Hugh Joswick | 19 |
| Retraite Het levenswiel: introductie Boeddhisme olv Ineke Smits en Ans Vos | 9 |
| Weekendretraite Caring vanuit het hart olv Guda van der Lee | 4 |
| Weekendretreat Embracing the Silent Heart of Being Now olv Jack Petranker | 22 |
| Annual TSK retreat Europe What does it mean to be free? With Jack Petranker | 13 |
| Kerstretraite Kum Nye en Meditatie olv Hanneke van Bakelen en Ien oud | 8 |
| Retraite Kum Nye yoga: Waarden van je leven olv Charaka Jurgens Ien Oud en Karin Janssen | 9 |
| Retraite Stilteweekend olv Ineke Smits en Tetske Hoitsma | 6 |

Boeddhisme Online

| | |
|-------------------|----|
| Selfstudy courses | 48 |
|-------------------|----|

Divers

| | |
|---|-----|
| Nyingma Events Hart van Onderwijs | 25 |
| Oud en Nieuw Mantra zingen | 14 |
| Open Dag | 24 |
| Sanghadag | 23 |
| Eindejaar Sangha bijeenkomst | 23 |
| Tarhang Rinpoche longevity chant 10 oktober | 121 |



Enlightenment Stupa Nyingma Centrum roofgarden

Income and expenses Stichting NCN in 2024

| Winst en Verliesrekening Stichting NCN | | R2024 |
|--|----------------|----------------|
| | Debet | Credit |
| Income: | | € |
| Class programs NCN Amsterdam | | 58.097 |
| Class programs NCN elsewhere in NL and B | | 6.712 |
| Retreats | | 25.415 |
| Kum Nye Level 1 Instructor training | | 6.744 |
| Donations NCN | | 4.832 |
| Rental income | | 14.041 |
| Pledsge contribution through St Nyingma Projects Nederland | | 10.500 |
| Other income | | 7.171 |
| Total | | 133.512 |
| Expenses: | | |
| Volunteer stipends | 2.035 | |
| Publicity | 4.749 | |
| Housing costs | 30.322 | |
| Office costs | 2.990 | |
| Website, internet, computer | 4.556 | |
| Sacred Art expenses | 1.380 | |
| Other | 1.343 | |
| Total | 47.373 | |
| Donations from and through NCN | | |
| Donations NCN to Odyan (quarterly pledge) | 12.714 | |
| Donations NCN to Yeshe De (quarterly pledge) | 58.377 | |
| Donations to TNMC for SINI en LBDFI | | 12.904 |
| Donations to TNMC for SINI and LBDFI | 12.904 | |
| Donation St WD Gunning for SINI | | 57.500 |
| Donation to TNMC for SINI | 57.356 | |
| Donation for Kangyur en Tangyur | | 65.000 |
| Donation to TNMC for Kangyur en Tengyur | 65.000 | |
| Result | 15.192 | |
| TOTAAL | 268.916 | 268.916 |

Many thanks to all who contributed! The NCN Board thanks Rinpoche, our colleagues and all volunteers, students and donors who made this wealth of events, classes and projects possible in 2024! May the effects benefit a more peaceful, compassionate and wise world and promote well-being for all sentient beings.