

[A Day in the Gomdra at Shenten Dargye Ling](#) [- a video by a participant](#)

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This short video, directed by Esther Pérez de Eulate in the autumn of 2021, brings you in Shenten Dargye Ling when it is closed to public. It gives a glimpse of the everyday life of the participants of Shenten Dargye Ling's in - depth meditation program - the Gomdra. The program was established in 2009. Each Gomdra consists of four annual 70 day long periods. Starting in September and finishing in November, around thirty participants stay in closed retreat. Currently the third cycle of Gomdra is taking place. Esther was shooting her video during the second year of the current cycle which started in 2019 but was interrupted in 2020 due to the pandemic. Between the cycles there is always a year long break.

A Day in the Gomdra: a video by Esther Pérez de Eulate, October-November 2021