

## **Presence & Awareness and Annual General Meeting (IDC)**

**Date :** March 30, 2018

Dear all!!

We are very pleased to announce our next webcast from Dzamling Gar, regarding The International Conference of Presence & Awareness, the monthly Practicing Together Ganapuja [this time on regular webcast channel] and the International Dzogchen Community Annual General Meeting (IDC AGM), all in one. Below you have the schedule and more details.

You're more than welcome at: <http://webcast.dzogchen.net/>  
and please check your time: <http://www.timeanddate.com/worldclock/>

With warm and kind regards

Webcast Team

### **Webcast Schedule Tenerife time [gmt+1:00]**

#### **31st March:**

9:30-12:30pm Presence & Awareness morning session  
2:30-05:00pm Presence & Awareness afternoon session  
5:30pm Short Mandarava Ganapuja with Namkha & Lungta

#### **1st April**

**10.00-12.00pm** International Dzogchen Community Annual General Meeting(IDC AGM)

#### **Agenda:**

1. Registration of voting members
2. Presentation of 2017 Annual Report
3. Approve 2017 financial statement
4. History & Evolution of IDC's Mission
5. Proposed 2018 IDC budget
6. Approve 2018 IDC mission and budget
7. International Gakyil Succession

**2:00-4:00pm** International Coordination Committee (ICC)  
meeting of all Gyakil Members of International Dzogchen Community

Proposal of topics to discuss:

? The role of Gar Gakyils in coordinating the ling Alignment process.

- ? How to make Affiliation Agreement Requirement for new ling gakyil members less complicated
- ? Membership renewal process – how to make it easier for members
- ? Educational programs for Gyakil Members – what we would like to improve in field of communication and collaboration in IDC
- ? Open Question & Answer session.

### **2nd April:**

10:00-12:30pm Presence & Awareness morning session

2:30-05:00pm Presence & Awareness afternoon session

### **3rd April:**

10:00-12:30pm Presence & Awareness morning session

2:30-05:00pm Presence & Awareness afternoon session

## **INTERNATIONAL CONFERENCE OF PRESENCE AND AWARENESS**

In a world overburdened with movement, tension, and distraction, it is becoming increasingly essential that we find ways to relax, coordinate mind and energy. Recognizing the importance of harmonizing thought and feeling within the context of our complicated and multi faceted lives, Dzamling Gar, on behalf the International Dzogchen Community and Shang Shung Foundation, is happy to organize this event.

Instructors from the International Dzogchen Community will present brief talks on this subject and then give advice on how methods of practical training can be applied. Perspectives on this training will also be introduced by yoga and dance instructors.

“Mindfulness”, rendered by Dzogchen Master Chögyal Namkhai Norbu as “presence”, is a means of bringing ones attention into the experience of the present moment. Many scientific studies have proven its benefits in improving general well-being, and mental and emotional health while eliminating stress and other causes of disease.

List of presenters and titles:

1. Elio Guarisco – Finding mindful presence in cognitive processes
2. Igor Legati – I like and I don't like as the source of all our problems: the solution depends on ourselves, not on anything else.
3. Steven Landsberg – Presence, Well Being, and a Happy Llife
4. Lukas Chmelik – Understanding and application of Presence and Awareness in meditation and daily life
5. Monica Gentile – Exploring our intention
6. Stoffelina Verdonk – What, why, how is Presence and Awareness? Calming the mind.
7. Igor Berkhin – What is mind?

8. Fabio Risolo – Introduction to Meditation
9. Oliver Leick – Presence and Awareness for Contemporary Youth
10. Patrizia Pearl – Harmonious breathing
11. Fabio Andrico – Yantra yoga – Presence and Movement
12. Maaja Zelmin – Yantra yoga – Presence and Awareness in Yantrayoga