

Enjoy Tibet in Dzamling Gar Webcast November 1 & 3

Date : October 31, 2019



Dear all!

We're very pleased to announce our next webcast event

from Dzamling Gar, Tenerife, [GMT+0:00] Canary Islands Time

on 1st and 3rd November 2019



ENJOY TIBET IN DZAMLING GAR

Friday, 1st November

10:00 – 10:45 Introduction to Tibetan Culture with Dr. Phuntsog Wangmo.

10:45 – 12:30 Introduction to traditional Tibetan dance with Tenzin Phagdon

12:45 – 13:45 Introduction to Tibetan Art with Paola Minelli

16:00 – 17:45 Traditional Tibetan Dance workshop with Tenzin Phagdon*

18:00 – 20:00 Introduction to Khaita Joyful Dances

Sunday, 3rd November

12:30 – 13:30 Diet and Lifestyle according to Tibetan Medicine with Dr. Phuntsog Wangmo.

More info about the event:

[https://dzamlinggar.net/en/enjoy-tibet/icalevent.detail/2019/10/30/907/-](https://dzamlinggar.net/en/enjoy-tibet/icalevent.detail/2019/10/30/907/)

Connect to the webcast at:

<https://webcast.dzogchen.net/index.php?id=practicing-together-html5>

Thanks a lot for participating

With warm and kind regards

The Webcast Team