

June 8-14 Online Practices Tashigar South

Date : June 8, 2020



Dear family,

Tashigar Sur has a Facebook group for practicing together. The group is private and there is a requirement to have received Transmission from Rinpoche for entering it.

This week we have many instructors sharing knowledge and practitioners from all over the world. So if you like and you have the Transmission you can join! Also we have organized Yantra Yoga, Harmonious Breathing, Shitro and other sessions.

Most of them are in Spanish and sometimes they are in English with Spanish translation.

Some meetings will be via Zoom (**green color**). It is important to notice that the Zoom links only will be posted on Facebook Group. Other sessions will be via Facebook Live (**black color**).

Also, all the info is always posted on Sangha App. If you are user, you can see it there and you will find all the info.

For entering on Facebook group, please, reply all the questions in the beginning so we can accept your request.

<https://www.facebook.com/groups/PracticandoenTashigarSur2020>

If you have a comment or question please write to secretaria@tashigarsur.com.

We want to thank all Vajra Siblings that help us and collaborate!

Tashi Delegs!
Tashigar South Gakyil

June 8-14 Online practices from Tashigar South Argentina time (GMT -3)

Monday, 8 June

9:30 AM – Yantra Yoga: Carolina Muñoz – Chile (Spanish – via Facebook Live)
5:30 PM – Harmonious Breathing: Nataly Nitsche – Costa Rica (Spanish – via Zoom)
6:30 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)
7:00 PM – Green Tara: Marisa Alonso – Argentina (Spanish – via Facebook Live)

Tuesday, 9 June

9:30 AM – Training of the Pranayama of the 3rd Series of Yantras: Carolina Mingolla – Tashigar South (Spanish – via Zoom)
5:30 PM – Soft Yantra Yoga and training of the Rhythmic Breathing: Marisa Alonso – Argentina (Spanish – via Zoom)
6:30 PM – Dance of the 12 A: Nélica Saporiti – Argentina (Spanish – via Facebook Live)
7:00 PM – Medium Thun: Sergio Oliva – Argentina (Spanish – via Facebook Live)

Wednesday, 10 June

9:30 AM – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)
5:30 PM – Harmonious Breathing: Haimavati Nakai – Brazil (Spanish – via Zoom)
6:30 PM – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)
7:00 PM – Mandarava (long version): Paola Damonte – Perú (Spanish – via Zoom)

Thursday, 11 June

9:30 AM – Yantra Yoga: Leticia Recepter – Argentina (Spanish – via Facebook Live)
11:30 AM – The true meaning and application of meditation and how to approach contemplation in Dzogchen Atiyoga: Alexander Pubants – Germany (English with Spanish translation – via Zoom)
5:30 PM – Harmonious Breathing: Haimavati Nakai – Brazil (Spanish – via Facebook Live)
6:30 PM – Dance of the 12 A: Nélica Saporiti – Argentina (Spanish – via Facebook Live)
7:00 PM – 6 Lokas Purification: Alonso Espinosa – Chile (Spanish – via Facebook Live)

Friday, 12 June

9:30 AM – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)
11:30 AM – Explanation and practice of the 7th Lodjong: Maxim Leshchenko – Costa Rica (English with Spanish translation – via Zoom)
5:00 PM – Short explanation on how to use Zoom App: Paola Damonte – Peru (Spanish – via Zoom)
6:00 PM – Khaita Joyful Dances: Alejandra Krasnogor – Uruguay (Spanish – via Zoom)
7:00 PM – Group reading and meditation (Spanish/English – via Zoom)

We are opening this Reading Room where you will be the protagonist.

For sure, reading some book of our Master something you read moved you or opened something inside you. Share it with us! Read it for us!

It should be something brief, maybe one or two paragraphs that you will read for everyone, and after we'll take a few minutes to meditate on those words.

In order to coordinate this first meeting, send that text you chose, to ricksued@gmail.com. and marisa.alonso@gmail.com, deadline on Thursday 11th. On the morning of Friday 12th we will confirm the list and order of the readers. English language is welcome too!

Saturday, 13 June

9:30 AM – Yantra Yoga: Carolina Muñoz – Chile (Spanish – via Zoom)

5:30 PM – Looking at death from the perspective of Buddhism and Psychology in this pandemic time: Laura Yoffe – Argentina (Spanish – via Zoom)

7:00 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

Sunday, 14 June

4:45 PM – We join Guru Dragphur global chain. We start at 4:45 PM with preliminaries and we continue with the mantra chain from 5 to 6 PM. Cecilia Elgueta – Chile (Spanish – via Facebook Live)

7:00 PM – Shitro practice for Beatriz Wirsch: Rosario Charo Verástegui – Peru (Spanish – via Facebook Live)

Comunidad Dzogchen Tashigar Sur

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