

## Kundrolling Weekly Schedule November 16–22

Date : November 17, 2020



Dear Vajra Family,

– Please join us on Sunday, November 22nd for two separate and important IDC Kundrolling Community meetings:

- **12:00 to 12:45 pm ET** – Hear from Mark Farrington about the journeys with the Ling space in London, as well IDC guidance from Rinpoche on Dzogchen Community spaces.
- **1:30 to 2:30 pm ET** – Review and discuss together the results of the recent IDC Kundrolling Questionnaire.

– **Please note that the Dance of the 12 A link changed last week.** Here is the [new link](#).

– **Please note that to follow Chod**, the best way to stay in touch with the link of the day is to join the Facebook group named [Dzogchen Community Online Chod w Steve Landsberg](#).

– **Practice Dedications** – Please let us know if you would like to add someone else to the dedications by mentioning it to the group before a practice or by emailing [nydzogchencomm@gmail.com](mailto:nydzogchencomm@gmail.com). Please practice for all people suffering from ill health and other conditions, as well as:

- Wayne Bianucci and another practitioner who recently underwent surgery
- all beings impacted by the fires on the West Coast, Colorado and in South America
- all beings impacted by the hurricanes in the Gulf Coast
- all beings impacted by the ongoing pandemic
- Joe Nixdorf
- Francine Hershkowitz
- Shane's mom Gena Crow
- the Kaiser family (Harvey, Rita and Tashi)
- Josefa Candelaria's family
- one practitioner overcoming potential homeless

Thank you.

**Upcoming Sessions:**

[Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#) – led by volunteers – occurs every weekday at 9:00 am ET, except Tuesday.

[Dream Yoga with Michael Katz and Tsegyalgar East](#) – Thursday from 3:00 – 4:30 pm ET. See Tsegyalgar East website for more details and how to sign up.

[Shitro Explanation and Practice with Michael Katz and Tsegyalgar East](#) – Sunday from 10:00 am – 12:00 pm ET. See Tsegyalgar East website for more details and how to sign up.

[Dance of the Song of the Vajra Online Study Group with Bodhi](#) – Remain in contact with the Dance of the Song of the Vajra from your home through this experimental study group.

\*\*\*[New link!](#)\*\*\*

Every second Sunday

\*\*\*3:00 – 4:30 pm ET\*\*\*

Sunday, November 29th

Email [nydzogchencomm@gmail.com](mailto:nydzogchencomm@gmail.com) for more information.

**Dondrubling in Berkeley, CA**, has a great schedule, which can be found [here](#):

- Vicky Sidley is teaching the [Eight Movements of Yantra Yoga](#) – Tuesday mornings
- [Guruyoga of the White A Practice](#) – some Tuesday nights
- [Total Space of Vajrasattva Study Group](#) – late Wednesday nights

### **Monday, 16th of November**

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

4:00 pm ET – [Mandarava Group Practice with Tsegyalgar East](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

\*\*\*8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) \*\*\*new link\*\*\*

### **Tuesday, 17th of November**

8:30 – 10:00 am ET – [Eight Movements of Yantra Yoga with Bernard Thibodeau](#)

10:00 – 11:45 am ET – [Yantra Yoga Practice Session with Naomi Zeitz](#) – 3 preliminary series and one series of Yantras and Rhythmic Breathing.

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

4:00 pm ET – [Mandarava Group Practice with Tsegyalgar East](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

\*\*\*8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) \*\*\*new link\*\*\*

### **Wednesday, 18th of November**

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

\*\*\*8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) \*\*\*new link\*\*\*

### **Thursday, 19th of November**

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#)

10:00 – 11:45 am ET – [Yantra Yoga Practice Session with Naomi Zeitz](#) – new link! 3 preliminary series and one series of Yantras and Rhythmic Breathing.

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

3:00 – 4:30 pm ET – [Dream Yoga with Michael Katz and Tsegyalgar East](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

\*\*\*8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) \*\*\*new link\*\*\*

### **Friday, 20th of November**

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#) – dedicated to Wayne and all sentient beings

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#) – dedicated to Wayne and all sentient beings

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#) – dedicated to Wayne and all sentient beings

\*\*\*8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) \*\*\*new link\*\*\*

### **Saturday, 21st of November**

8:30 – 10:00 am ET – [Eight Movements of Yantra Yoga with Bernard Thibodeau](#)

10:00 – 11:15 am ET – [Practice of the Precious Vase with Steve Landsberg and Tsegyalgar East](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#) – dedicated to Wayne and all sentient beings

\*\*\*8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) \*\*\*new link\*\*\*

### **Sunday, 22nd of November**

10:00 am – 12:00 pm ET – [Shitro Explanation and Practice with Michael Katz and Tsegyalgar East](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

\*\*\*12:00 – 12:45 pm ET – [IDC Kundrolling Community Meeting with Mark Farrington](#)\*\*\*

\*\*\*1:30 – 2:30 pm ET – [IDC Kundrolling Community Meeting to Review and Discuss the Results of the Questionnaire](#)\*\*\*

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

\*\*\*8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) \*\*\*new link\*\*\*

We look forward to seeing you online.

Jacopo Surricchio

Joseph Nixdorf

Stephen Korns

Tashi Kaiser