

Merigar East Romania Summer 2019 Program

Date : June 7, 2019



... great retreats and courses with many experienced IDC instructors, enjoying, practicing and collaborating together...

Come to Merigar East to live the evolution!

Course on the Vajra Dance That Benefit Beings with Eleonora Folegnani

June 21 – 23

Vajra dance course with Eleonora Folegnani – second level authorised instructor of Vajra Dance. The “Dance of the Vajra that Benefits Beings” is a symbolic dance of compassion. It is more related to our physical level. It frees the tensions related to our conditioning by different emotions. Open course for everybody interested.

[More info](#)

Green Tara and Özer Chenma Retreat with Oliver Leick

June 27 – July 2

Tara embodies the compassion, the energy and the wisdom of all realized beings. She is considered to be the mother of all Buddhas and she personifies the perfection of wisdom. The course is open to all those who received the Dzogchen transmission from Chögyal Namkhai Norbu as well as for those with real and deep interest and strong desire and dedication to apply this practice.

[More info](#)

The Song of the Vajra Retreat Part I with Stoffelina Verdonk

July 7 – 14

The Vajra Dance is a meditation in movement. The simple, slow and fluid movements relax the

body, clear the mind, and relieve the tensions of our daily life.

Through dancing we activate and coordinate specific energy points in our body according to an ancient knowledge of channels and chakras. In this way the Vajra Dance dissolves energy blocks, harmonizes the three main aspects of our being – body, energy and mind – and develops presence and awareness.

[More info](#)

The Song of the Vajra Retreat Part II with Elisha Koppensteiner

July 17 – 24

The “Dance of the Song of the Vajra” is a complex symbolic dance connected particularly to the energetic aspect of our existence. Through their sound, all the syllables of the Song of the Vajra are linked to specific energy points within our inner mandala, our body, and our outer mandala, the external dimension of the world.

[More info](#)

Finishing the construction of the Second Stupa of Merigar East with Tsa Tsa and Mantra Rolls workshop

July 8 – 28

The Stupa is the oldest Buddhist monument. Originally stupas were built to enshrine the relics of the Buddha and of his most important disciples. As symbolic representations of the enlightened mind of the Buddha, they are of great significance and importance.

Building a stupa is considered extremely beneficial, leaving very positive karmic imprints in the minds of those involved.

COME TO ME! Open Retreat with Elías Capriles THE SIX SPECIAL MIND TRAININGS

August 4 – 8

In this retreat we will learn how to use suffering and happiness on the Path of Awakening, and how to turn them into the Path of Awakening, both through relative truth and through absolute truth, in the context of the Lojong (mind trainings) of the Dzogchen Menngagdé (Series of Pith Instructions) and a teaching by Jigme Tenpai Nyima, the Third Dodrub Chen Rinpoche.

Open course for everybody interested.

[More info](#)

Drajyor Course with Fabian Sanders combined with Khaita Joyful Dances led by Erika Motylova

August 28 – September 1

Drajyor, system used for phonetics in practice texts developed by Chögyal Namkhai Norbu, helps to understand the sound and right pronunciation of Tibetan language.

“Khaita” means “Harmony in Space”. “Kha” means “space/sky”. “Ta” means “harmony/melody”.

It is a simple and joyful way to experience inner harmony.

Khaita come from the Tibetan culture and promote harmony within the individual and between people and their environment through dance, which goes beyond protecting and supporting a

single culture.

While dancing we learn to be present in the inner display of thoughts and emotions. As we cultivate this relaxed presence in movement, harmony and joy develop naturally and we carry it to our daily life, moving more easily through our routines, activities.

Tibetan Language Beginner´s Course with Fabian Sanders combined with voice training with Alexandru Anton

September 2 – 7

The classical Tibetan language is an indispensable tool for all those interested in Buddhism, Tibetan traditions, sciences and culture. Not only does it preserve and transmit most of Indian Buddhist literature in translation, but it is also the expressive instrument of Tibetan Masters, yogis and scholars of great erudition and realisation of all times.

To make the language alive, we will combine it with a concrete experience through sound, movement, energy while exploring the creative possibilities that our voice has to offer.

Open course for everybody interested.

And what else is waiting for you...?

...a beautiful Gönpa to practice in, three outdoor solar mandalas ready for your Vajra Dance thun, unlimited possibilities for Karma Yoga, enlarged camping area to put your tent, Multi-Fun house to gather together, Black Sea just 10 minutes on foot from the Gar with soft sandy beaches and fish restaurants with delicious fresh seafood, healing mud in nearby Eforie Nord, meeting with friends, singing, dancing, enjoying the time together in infinite space....and many other unexpected experiences

With love

your Merigar East Gakyil and Geko

www.dzogchen.ro



