

Come to the Merigar East Summer Retreat Romania 27-31 July 2018

Date : July 12, 2018

THE THREE PATHS OF LIBERATION.

INTRODUCTION TO THE PRACTICE OF PRESENCE AND AWARENESS

(according to the instructions in “THE MIRROR” by Chögyal Namkhai Norbu)

**Explanation and practice retreat with Fabio Risolo accompanied by sessions
and courses of Yantra Yoga, Vajra Dance practices and Khaita Joyful Dances!**

Friday 27th July

17:00 – 19:00 Welcoming.

Opening Speech by Fabio Risolo – Introduction to the Dzogchen Community. The Buddhadharma.
The mental trainings.

Short Ganapuja (it's the full moon and so Ganapuja day)

19:00 – 21:00 Khaita Session with Erika Motylova, Monika Walczak and Wojciech Torczynski

Saturday 28th July

8:30 – 10:30 The Dance of the Three Vajras Beginners Course with Eleonora Folegnani

9:00 – 10:30 Yantra Yoga Session with Anastasia Panfilova

11:00 – 13:00 Teaching Session with Fabio Risolo – The three paths of liberation. The four awarenesses. Observing the mind

15:00 Merigar East General Assembly – First Call

16:00 – 17:30 Introduction to Yantra Yoga with Magdalena Ourecka

17:30 – 19:00 Vajra Dance Session with Eleonora Folegnani

19:00 – 21:00 Khaita Session with Erika Motylova, Monika Walczak and Wojciech Torczynski

Sunday 29th July

8:30 – 10:30 The Dance of the Three Vajras Beginners Course with Eleonora Folegnani

9:00 – 10:30 Yantra Yoga Session with Magdalena Ourecka

11:00 – 13:00 Teaching Session with Fabio Risolo – The practice of presence

15:00 Merigar East General Assembly – Second Call

17:00 – 18:30 – Preliminaries of Yantra Yoga with Anastasia Panfilova

17:30 – 19:00 Vajra Dance Session with Eleonora Folegnani

19:00 – 21:00 Khaita Session with Erika Motylova, Monika Walczak and Wojciech Torczynski

Monday 30th July

8:30 – 10:30 – The Dance of the Three Vajras Beginners Course with Eleonora Folegnani

9:00 – 10:30 Yantra Yoga Session with Anastasia Panfilova

11:00 – 13:00 Teaching Session with Fabio Risolo – Relaxing the mind and dealing with thoughts in meditation

15:00 ME and You Summit – Meeting of as many ME lings as possible

17:00 – 19:00 Khaita Session with Erika Motylova, Monika Walczak and Wojciech Torczynski

19:00 – 20:30 Vajra Dance Session with Eleonora Folegnani

Tuesday 31st July

9:00 – 10:30 Yantra Yoga Session with Magdalena Ourecka

11:00 – 13:00 Closing Session with Fabio Risolo – How to integrate presence and awareness in daily life

Every evening get ready for rich cultural programme prepared by the lings of Merigar East!

For more information and registration go here: <https://goo.gl/forms/cU5kJCcIGAHphiWH2>

We would be happy if you can help to make the retreat happen by sending us your donation which will be used to cover all the retreat expenses. The recommended contribution is 60 Euro.

For possibilities on how to donate please visit the website: <https://dzogchen.ro/our-bank-accounts>

You can also donate cash right on the place. Thank you in advance for any donation!

Looking forward to meeting you soon in ME!

[Merigar East](#) Gakyil and Geko