

Merigar West Weekly Program 3-9 January 2022

Date : January 3, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



On Monday January 3 the retreat on the practice of Shine connected to Longsal Ati Gongpa Ngötröd ends. During the coming weekend we will have the Meditation and Yoga course with Fabio Risolo and Tiziana Gottardi.

In the buildings at Merigar please follow the rules for social distancing and wear a mask. In the program below you can see which activities require a green pass.

Happy 2022!

Monday January 3rd

10-12:15 The practice of Shine related with Longsal Ati Gongpa Ngötröd – Last session (onsite and online)

Wednesday January 5th

18:00 [Yantra Yoga for beginners](#) (Sala Mandala, with green pass)

Thursday January 6th

11:00 [Welcome to Merigar – guided tours](#)

Friday January 7th

10:00-13:00 [Meditation and Yoga](#) (Gönpa)

15:00-18:00 Meditation and Yoga (Mandala hall)

Saturday January 8th

10:00-13:00 Meditation and Yoga (Mandala hall)

15:00-18:00 Meditation and Yoga (Gönpa)

18:15 Chöd practice (Gönpa)

Sunday January 9th

8:30 Yantra Yoga Practice (Mandala Hall, with green pass)

10:00-13:00 Meditation and Yoga (Gönpa)

14:00-15:00 Vajra Dance (Gönpa)

Practice via Zoom

The online practice of Yantra Yoga continues on Sunday at 8.30 am; Yoga on a chair Wednesday 9:00am. The link to participate online is <https://us02web.zoom.us/j/4865700590>, for the connection you can contact Dina. Respira is on Friday at 09:00 with Natasha here: <https://us02web.zoom.us/j/9840523802>

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