

Merigar West Webcast Retreats 5-10 August / 11-15 August

Date : August 2, 2019



Dear all,

We're really pleased to announce our next webcast from Merigar West.
Looking forward to your participation.

with warm and kind regards

The Webcast Team

Collective Practices 5-10 August Merigar West

The time at Merigar [GMT+2:00] To connect: <https://webcast.dzogchen.net/index.php?id=practicing-together-html5>

5-9 August Daily Practices

8.30-9:40	Purification of Vajrasattva
10.00-11:20	Purification of Vajrasattva
11:25-11:50	Khalongdorejeikar of 12 A
12.00-13.00	Guruyoga of the White A (Garab Dorje)
15.30-16:45	Guruyoga of the White A (Garab Dorje)
17:30	Ganapuja with Invocation of the Lamp (Marme Monlam)

10 August

5:00	Worldwide Practice of Guruyoga on the occasion of the Anniversary of Guru Padmasambhava
7:00-17:00	The entire day will be dedicated to the practice of Guruyoga
17.10	Ganapuja with Invocation of Samantabhadra (a link to download the text will be available soon) and Invocation of the Lamp (Marme Monlam) practice download on this link : https://www.merigar.it/en/courses-and-events/august-retreat-practice-2019/

11-15 August

Presence and Awareness in the Body, Energy and Mind according to 'Birth, Life and Death' by Chögyal Namkhai Norbu

please check the link for updates: <https://www.merigar.it/en/courses-and-events/birth-life-death-2019/>

Provisional Program

August 11

11.00	Welcome to Merigar
17.00	Introduction to the Retreat: Presence and Awareness in the Body, Energy and Mind. How Chögyal Namkhai Norbu Rinpoche introduces the three doors in 'Birth, Life and Death'
18.30	Benedetta Tagliabue presents the Conference Hall/ Gönpa at Dzamling Gar

August 12

10.00	The dynamics of the body. Awakening presence of the body.
16.00	The dynamics of the body. Awakening presence of the body. The body in motion – Vajra Dance of the 12 A.

August 13

10.00	The dynamics of energy. The dynamics of movement. The body in motion – Vajra Dance of the 12 A.
16.00	The dynamics of energy. Awakening the dynamics of movement. The body in motion – Vajra Dance of the 12 A.

August 14

10.00	The disposition of the Mind: presence and awareness. Relaxing the mind through breathing.
16.00	The disposition of the Mind: The fundamental nature of the mind. Relaxing the mind through breathing.

August 15

10.00

The dynamics of living: how to maintain presence and awareness in everyday life

12.00

Ganapuja