

Online Practices for the Week June 29-July 5

Date : June 29, 2020



Dear all,

We hope this announcement finds you all in good health, and we are very pleased to announce our webcast practices from Dzamling Gar and Merigar for the next week

All times are from Dzamling Gar, Tenerife [GMT+1:00] Canary Islands Time

Monday 29 June 2020

6:15 PM to 7:45 PM Loosening the Grip of Selfishness and Difficult Emotions with Elio Guarisco

Tuesday 30 June 2020

6:00 PM to 6:45 PM Ganapuja

Wednesday 1 July 2020

6:15 PM to 7:45 PM Loosening the Grip of Selfishness and Difficult Emotions with Elio Guarisco

Thursday 2 July 2020

9:30 AM to 11:00 AM Yantra Yoga

11:05 AM to 11:20 AM Dance of the 12 A

Friday 3 July 2020

9:30 AM to 11:00 AM Yantra Yoga

11:05 AM to 11:20 AM Dance of the 12 A

Saturday 4 July 2020

9:30 AM to 11:00 AM Yantra Yoga

11:05 AM to 11:20 AM Dance of the 12 A

Sunday 5 July 2020

5:00 PM to 5:45 PM Ganapuja

to connect to the webcast:

<https://webcast.dzogchen.net/index.php?id=practicing-together-html5>

thanks a lot for your interest and participation,

be well and healthy

with warm and kind regards

Webcast Team