

Online Practices for the Week June 22-26

Date : June 22, 2020



Dear all,

We hope this announcement finds you all in good health, and we are very pleased to announce our next 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, 22 June 2020

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

Wednesday, 24 June 2020

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

Friday, 26 June 2020

9:30 AM to 11:00 AM Yantra Yoga

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

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

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

