

## Practices at Merigar West in the Coming Weeks

Date : October 7, 2018



The practices at Merigar are continuing in the coming weeks.

Here are some events. Updates on activities scheduled in the coming months are on the [calendar](#).

### 8-14 OCTOBER – PRACTICES AT MERIGAR

#### Gönpa

8:00 – 9:20 Vajrasattva Practice

9:30 – 9:50 Khalongdorejeikar of 12 A

10:00 – 11:20 Purification with Vajrasattva and the 25 spaces of Samantabhadra

11:30 – 11:50 Khalongdorjeikar of 12 A

15:00 – 16:15 Guruyoga of the white A

17:00 – 19:00 Ganapuja with the Invocation of the Lamp (Marme Monlam)

19.00 – 19.45pm Khaita

#### **Mandala Room – only 8-12 October (13-14 course with Nina Robinson see below)**

8.30 – 10.00 Guided practice of Yantra Yoga

12:15 – 13.45 Dance of the Song of the Vajra (6 times)

16:00 Dance of the Vajra for the Benefit of the Beings and Dance of the Three Vajras.

### 13-14 OCTOBER

as in the previous days the practices in the Gönpa continue

**IN THE MANDALA ROOM**  
**A COURSE WITH NINA ROBINSON**

A short course of explanations and practice on the **Long Life Practice of Mandarava and Tsalung** led by Nina Robinson. Explanations according to the latest indications given by Rinpoche during the Drubchen of 2017 and 2018

**Saturday 13 October**

10.00 – 10.45 ~ Brief explanation of the long, essential and very essential practice of Mandarava with sogtig breathing

11.00 – 12.00 ~ Practice

15.00 – 16.00 ~ explanation of the tsalung for the development of sensation, Thigle Khajor

16.10 – 16.50 ~ Practice

**Sunday October 14**

10.00 – 10.45 ~ Explanation of the tsalung for purification with the wisdom of fire

11.00 – 12.00 ~ Practice

15.00 – 16.00 ~ Explanation of preliminary practice and tsalung to develop internal heat mainly through body positions and movements

16.10 – 16.50 ~ Practice

[Enrol for the course with Nina Robinson](#)

**OCTOBER 14 TO NOVEMBER 17**

**PRACTICES AT MERIGAR**

Daily practices will continue, schedules will be established according to circumstances.

**1-4 NOVEMBER – DAYS OF INTENSIVE PRACTICE**

in particular

**2 NOVEMBER: SHITRO PRACTICE**

for all the deceased

**GURUYOGA**

for the anniversary of Adzom Drugpa

## Details of the program