

## Tashigar South Online Practices 22–28 June

**Date :** June 22, 2020

Dear family,

Tashigar South has a Facebook group for practicing together. The group is private and there is a **requirement to have received Transmission from Rinpoche for entering it.**

This week we have many instructors sharing knowledge and practitioners from all over the world. So, if you like and you have the transmission you can join! Also we have organised Yantra Yoga, Harmonious Breathing, Shitro and other sessions. Most of them are in Spanish and sometimes they are in English with Spanish translation.

Some meetings will be via **Zoom**. It is important to notice that the Zoom links only will be posted on Facebook Group. Other sessions will be via **Facebook Live**.

Also, all the info is always posted on Sangha App. If you are a user, you can find all the info there.

For entering the Facebook group, please, reply to **all the questions** in the beginning so we can accept your request <https://www.facebook.com/groups/PracticandoenTashigarSur2020>.

If you have a comment or a question please write to [secretaria@tashigarsur.com](mailto:secretaria@tashigarsur.com).

We want to thank all Vajra siblings that help us and collaborate!

Tashi Delegs!

Tashigar South Gakyil

**June 22-28**

## Online practices from Tashigar South

### Argentina time (GMT-3)

#### Monday, 22 June

9:30 AM – Yantra Yoga: Carolina Muñoz – Chile (Spanish – via Facebook Live)

6:30 PM – Dance of the 12 A: Alejandra Krasnogor (Spanish – via Facebook Live)

7:00 PM – Green Tara: Carlotta Jovino – Costa Rica (Spanish – via Zoom)

#### Tuesday, 23 June

9:30 AM – Training of the Pranayama of the 3rd Series of Yantras: Carolina Mingolla – Tashigar South (Spanish – via Zoom)

5:15 PM – Soft Yantra Yoga and training of the Rhythmic Breathing: Marisa Alonso – Argentina (Spanish – via Zoom)

6:30 PM – Dance of the 12 A: Nélica Saporiti – Argentina (Spanish – via Zoom)

7:00 PM – Medium Thun: Sergio Oliva – Argentina (Spanish – via Facebook Live)

#### Wednesday, 24 June

9:30 AM – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)

5:30 PM – Harmonious Breathing: Haimavati Nakai – Brazil (Spanish – via Zoom)

6:30 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

7:00 PM – Mandarava (long version): Paola Damonte – Perú (Spanish – via Zoom)

#### Thursday, 25 June

9:30 AM – Yantra Yoga: Leticia Recepter – Argentina (Spanish – via Zoom)

5:30 PM – Harmonious Breathing: Haimavati Nakai – Brazil (Spanish – via Facebook Live)

6:30 PM – Dance of the 12 A: Nélica Saporiti – Argentina (Spanish – via Facebook Live)

7:00 PM – 6 Lokas Purification Practice: Renato Ibieta – Chile (Spanish – via Zoom)

### **Friday, 26 June**

9:30 AM – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)

11:30 AM – Santi Maha Sangha: "All actions are the cause of suffering". Igor Legati – Merigar West (English with Spanish translation – via Zoom)

6:00 PM – We learn to cook Sicilian caponatina: Rosa María Lo Schiavo – Italia (Spanish – via Facebook Live)

### **Saturday, 27 June**

9:30 AM – Yantra Yoga: Carolina Muñoz – Chile (Spanish – via Zoom)

11:30 AM – Deepening the knowledge of the real state of Guru Yoga: Grigory (Grisha) Mokhin – Russia (English with Spanish translation – via Zoom)

6:00 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

7:00 PM – From the Himalayas to the clinics: Alejandro Chaoul – USA (Spanish without translation – via Zoom)

### **Sunday, 28 June**

6:30 PM – Dance of the 12 A: Alejandra Krasnogor (Spanish – via Facebook Live)

7:00 PM – Shitro practice for Beatriz Wirsch (day 49): Alonso Espinosa – Chile (Spanish – via Facebook Live)

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