

Tashigar South Online Practices June 1-7

Date : June 2, 2020



Dear Community,

From Tashigar Sur we started 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 international 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 organized Yantra Yoga, Harmonious Breathing, Ganapujas, Shitro and many others practice thuns.

Most sessions are in Spanish and sometimes they are in English with Spanish translation. Some sessions will be via **Zoom** (green color). It is important to notice that the Zoom links only will be posted on Facebook Group. Other sessions will be via **Facebook Live** (black color). Also, all the info is always posted on Sangha App. If you are user, you can see it there.

For entering on Facebook group, please, reply all the questions in the beginning so we can accept your request.

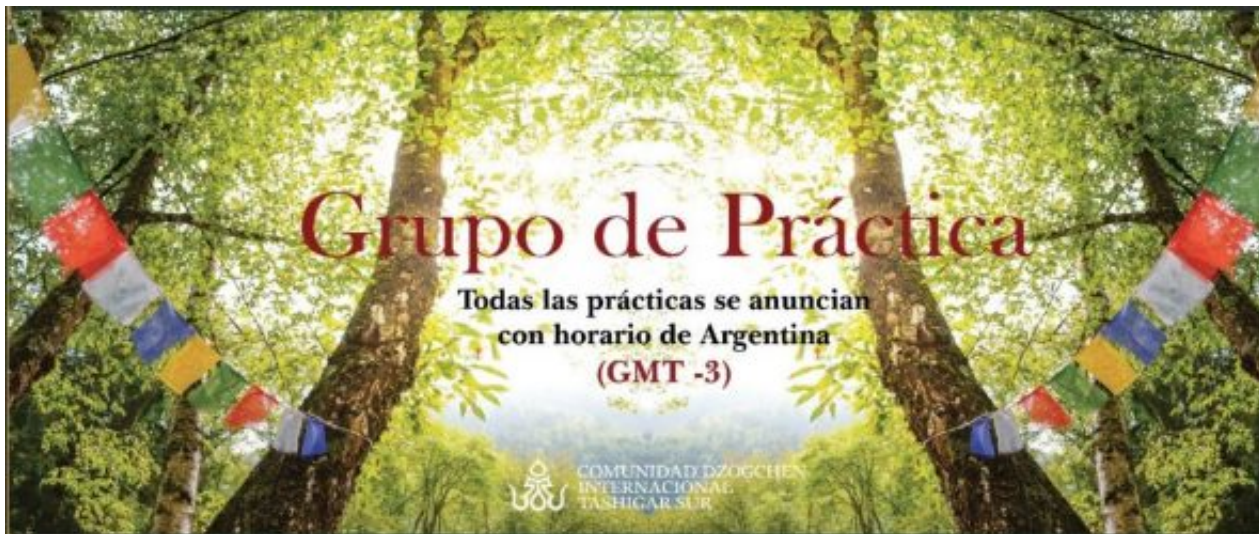
<https://www.facebook.com/groups/PracticandoenTashigarSur2020>

If you have a comment or question please write to secretaria@tashigarsur.com.

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

Tashi Delegs!

Tashigar South Gakyil



June 1-7 Online practices from Tashigar South

Argentina time (GMT -3)

Monday, 1 June Padmasambhava day

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

5:30 PM – Breathing on a chair: Nataly Nitsche – Costa Rica (Spanish – via Zoom)

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

7:00 PM – Short Ganapuja: Sara Hanono – Argentina (Spanish – via Zoom)

Tuesday, 2 June

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

5:30 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 Facebook Live)

7:00 PM – Green Tara: Marisa Alonso – Argentina (Spanish – via Facebook Live)

Wednesday, 3 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: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

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

Thursday, 4 June

11:30 AM – Breathing of Presence: Fabio Andrico – Dzamling Gar (Spanish, no translation – 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 – Medium Thun: Sergio Oliva – Argentina (Spanish – via Facebook Live)

Friday, 5 June Paranirvana of Buddha / full moon

Globally synchronized Vajra Dance practice

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

11:00 AM – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

11:30 AM – Tara explanation: Oliver Leick – Austria (English with Spanish translation – via Zoom)

4:00 PM – Dance of the 12 A: Nélica Saporiti – Argentina (Spanish – via Facebook Live)

4:30 PM – Short Ganapuja: Carlos Mena – Argentina (Spanish – via Zoom)

6:00 PM – Khaita Joyful Dances: Alejandra Krasnogor – Uruguay (Spanish – via Zoom)

7:00 PM – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

7:30 PM – We learn to cook tasty, easy, and inexpensive breads: Mónica & Almendra – Uruguay (Spanish – via Facebook Live)

Saturday, 6 June

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

11:30 AM – 30 years of ASIA in Tibet: Andrea Dell'Angelo – Italy (English with Spanish translation – via Zoom)

5:30 PM – Tips for dealing with the Tibetan calendar (Based on the current calendar pocket version and the book “Key for Consulting the Tibetan Calendar” by Chögyal Namkhai Norbu): Paul Sablich & María Luisa Flores Guerra – Peru (Spanish – via Zoom)

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

Sunday, 7 June

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

7:00 PM – Shitró practice for Beatriz Wirsch: Nanay Valdivia – Peru (Spanish – via Facebook Live)

Comunidad Dzogchen Tashigar Sur

Calle Prof. Namkhai Norbu, Ruta Prov. 28, Km 143 – El Durazno, Tanti (CP 5155)

Provincia de Córdoba, Argentina

Tel: +54 9 351 8116874

www.tashigarsur.org

e-mail: secretaria@tashigarsur.com

