

## **Tashigar South Online Practices October 5–18**

**Date :** October 8, 2020



**COMUNIDAD DZOGCHEN  
INTERNACIONAL  
TASHIGAR SUR**

Dear family,

We keep with our online practices hosted by Tashigar South. This time we have scheduled activities for the next 2 weeks. All info:

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

If you have Sangha App, also you will find all the info in the App. If you have a comment or question please write to [secretaria@tashigarsur.com](mailto:secretaria@tashigarsur.com).

Thanks to all the Vajra family that help us and collaborate!  
Join us!

Tashigar South Gakyil

**October 5-18**

**Online practices from Tashigar South**

**Argentina time (GMT-3)**

**Monday, 5 Oct**

**10:00 AM** – Mandarava (short version): Ricardo Sued – Tashigar South (Spanish – via Zoom)

**5:00 PM** – Soft Yantra Yoga and training of the Rhythmic Breathing: Marisa Alonso – Argentina (Spanish – via Zoom)

### Tuesday, 6 Oct

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

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Marisa Alonso – Argentina (Spanish – via Zoom)

### Wednesday, 7 Oct

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

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Nélica Saporiti – Argentina (Spanish – via Zoom)

### Thursday, 8 Oct

**11:00 AM** – Shitro practice: Carlos Mena – Argentina (Spanish – via Zoom)

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Sergio Oliva – Argentina (Spanish – via Zoom)

### Friday, 9 Oct

**10:00 AM** – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Alonso Espinosa – Chile (Spanish – via Zoom)

## Saturday, 10 Oct

**10:00 AM – SPECIAL SESSION** – Learn how to use your breath to live with less fear and anxiety: Fabio Andrico – Merigar West (Spanish – via Zoom)

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Renato Ibieta – Chile (Spanish – via Zoom)

## Sunday, 11 Oct

No activities programmed.

## Monday, 12 Oct

### *Dakini Day*

**10:00 AM** – Guru Amitayus practice: Elisa Copello – Italy (Spanish – via Zoom)

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Short Ganapuja: Paula De Raedemaeker – Argentina (Spanish – via Zoom)

## Tuesday, 13 Oct

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

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Ana Paula Vieira – Brazil (Spanish – via Zoom)

## Wednesday, 14 Oct

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

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Griselda Gálmez – Argentina (Spanish – via Zoom)

### Thursday, 15 Oct

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

**11:00 AM** – Shitro practice: Ricardo Sued – Tashigar South (Spanish – via Zoom)

**5:30 PM** – Dance of the 12 A: Nélica Saporiti – Argentina (Spanish – via Facebook Live)

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Purification of Six Lokas: Paul Sablich – Peru (Spanish – via Zoom)

### Friday, 16 Oct

*New moon*

**10:00 AM** – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)

**6:00 PM** – Chögyal Namkhai Norbu video: Freedom from Attachment – Tashigar South, 2014 (English with Spanish translation – via Zoom)

**7:00 PM** – Short Ganapuja: Ma. Luisa Flores Guerra – Peru (Spanish – via Zoom)

### Saturday, 17 Oct

**10:00 AM** – Mandarava (short version): Ricardo Sued – Tashigar South (Spanish – via Zoom)

**6:00 PM** – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

### Sunday, 18 Oct

No activities programmed.