

Tashigar South Online Practices on June 15–21

Date : June 15, 2020

Dear family,

Tashigar Sur 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 (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 and you will find all the info.

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 15-21

Online practices from Tashigar South
Argentina time (GMT -3)

Monday, 15 June

Dakini Day

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 – Short Ganapuja: Issa Cox – Peru (Spanish – via Zoom)

Tuesday, 16 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 – Medium Thun: Sergio Oliva – Argentina (Spanish – via Facebook Live)

Wednesday, 17 June

11:30 AM – The attainment of Immortal Vajra life: Fabio Andrico – Dzamling Gar (only Spanish – via Zoom)

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

Thursday, 18 June

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

11:30 AM – Mandala of the elements: Migmar Tsering – Merigar West (English with Spanish 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 – 2nd meeting – Learning the melodies of our collective practices: 6 Lokas Purification: Issa Cox – Peru (Spanish – via Zoom)

Friday, 19 June

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

11:30 AM – Explanation and practice of Tara: Oliver Leick – Merigar West (English with Spanish translation – via Zoom)

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

7:30 PM – We learn to cook fresh pasta with Tuscan style sauce: Thinley Koblensky – Costa Rica (Spanish – via Facebook Live)

Saturday, 20 June

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

11:30 AM – Health and sickness (working with the fears of COVID 19): Menpa Phuntsog Wangmo – USA (English with Spanish translation – via Zoom)

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

Sunday, 21 June

New moon

5:00 PM – Short Ganapuja: Richard Kogel – Costa Rica (Spanish – via Zoom)

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

7:00 PM – Shitro practice for Beatriz Wirsch: Paula De Raedemaeker – Argentina (Spanish – via Facebook Live)

Comunidad Dzogchen Tashigar Sur

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