

Tsegyalgar East Online Practices: 22 February – 18 March

Date : February 22, 2021

Workshops and Events

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| 2/22 | Mandarava Practice
via videoconference |
| 2/22 | Padmasambhava Ganapuja
via videoconference |
| 2/24 | Yantra Yoga with Paula Barry
via videoconference |
| 2/24 | The Purification of the Six Lokas
via videoconference |
| 2/25 | Practice of Natural Light: Deepening our Clear Light Dream State with authorized SMS instructor Michael Katz
via videoconference |
| 2/25 | Complete Breathing and the Application of the Pranayamas of Yantra Yoga with Paula Barry
via videoconference |
| 2/26 | Yantra Yoga with Paula Barry
via videoconference |
| 2/27 | Full Moon Ganapuja
via videoconference |
| 3/3 | Practise of the Precious Vase with Steven Landsberg
via videoconference |
| 3/4 | Jnanadakini Thugthig Group Practice led by Steven Landsberg |
| 3/5 | The Eight Movements of Yantra Yoga in a Chair with Naomi Zeitz
via videoconference |
| 3/7 | Tsegyalgar East Gakyil Meeting
via videoconference |
| 3/8 | Dakini Day Ganapuja
via videoconference |
| 3/13 | New Moon Ganapuja
via video conference |
| 3/18 | Dream Yoga: The Lucid Dream Experience with Michael Katz
via videoconference |

