

## Tsegyalgar East Online Practices: January 4–10

Date : January 3, 2021



We are launching a newly updated Tsegyalgar East website to coincide with the 2021 New Year. Visit us any time at [Tsegyalgar.org](http://Tsegyalgar.org)!

---

Dear Vajra Family,

We welcome you to join Tsegyalgar East in the following online practices. For more information contact [bluegakyil@tsegyalgar.org](mailto:bluegakyil@tsegyalgar.org).

[Click here to join our videoconference email list.](#)

---

### Upcoming Online Practices and Programs:

- Saturday, 01/09/21 & Sunday, 01/10/21
    - The View, Meditation and Conduct of the Dzogchen teachings through the Dzamling Gar Song – led by international Khaita and Vajra Dance teacher Adriana Dal Borgo and authorized SMS First Level instructor Fabio Risolo – [Learn more>>](#)
  - Thursday, 01/21/21
    - Dream Yoga Practice with an induction for lucid dreaming with authorized Santi Maha Sangha (SMS) instructor Michael Katz\* – [Learn more>>](#)
- 

### Tsegyalgar East – Collective Practices: January 4 – January 10, 2021

[Scroll down to view the collective practice videoconference link\\*](#)

All times are (ET) check your time zone: <https://www.timeanddate.com/worldclock/converter.html>

---

- Monday, 01/04/21
-

- 8:15am-9:45am: [Yantra Yoga with Paula Barry\\*](#)
- 10:00am-11:15am: Practise of the Precious Vase with Steven Landsberg Portuguese, Russian, and Spanish translation channels available Join the course mailing list to obtain the Zoom link – [Learn more>>](#)
- 4:00pm-5:00pm: [Mandarava practice\\*](#)
- Tuesday, 01/05/21
  - 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz – [Learn more>>](#)
  - 4:00pm-5:00pm: [Mandarava practice\\*](#)
- Wednesday, 01/06/21
  - 8:15am-9:45am: [Yantra Yoga with Paula Barry\\*](#)
  - 10:00am-11:15am: Practise of the Precious Vase with Steven Landsberg Portuguese, Russian, and Spanish translation channels available Join the course mailing list to obtain the Zoom link – [Learn more>>](#)
  - 5:00pm-6:00pm: [Shitro practice](#): Dedicated to all those who have passed away and to those who are in need\*
- Thursday, 01/07/21
  - 10:30am-11:30am: Jnanadakini Thugthig Group Practice led by Steven Landsberg – [Learn more>>](#)
  - 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz – [Learn more>>](#)
  - 5:00pm-6:30pm: [Complete Breathing and the Application of the Pranayamas of Yantra Yoga](#) with Paula Barry
- Friday, 01/08/21
  - 8:15am-9:45am: [Yantra Yoga with Paula Barry\\*](#)
  - 10:00am-11:30am: [The Eight Movements of Yantra Yoga in a Chair](#) with Naomi Zeitz\*
  - 7:00pm-8:00pm: [Dakini Day Ganapuja](#) followed by the Vajra Dance 12 A with Bodhi\*
- Saturday, 01/09/21
  - 10:00am-11:15am: Practise of the Precious Vase with Steven Landsberg Portuguese, Russian, and Spanish translation channels available Join the course mailing list to obtain the Zoom link – [Learn more>>](#)
  - 11:30am-1:30pm: The View, Meditation and Conduct of the Dzogchen teachings through the Dzamling Gar Song – led by international Khaita and Vajra Dance teacher Adriana Dal Borgo and authorized SMS First Level instructor Fabio Risolo – [Learn more>>](#)
- Sunday, 01/10/21
  - 11:30am-2:00pm: The View, Meditation and Conduct of the Dzogchen teachings through the Dzamling Gar Song – led by international Khaita and Vajra Dance teacher Adriana Dal Borgo and authorized SMS First Level instructor Fabio Risolo – [Learn more>>](#)

---

Open to members of the International Dzogchen Community (IDC).

Support [Tsegyalgar East](#), or your local Gar or Ling, by joining or rejoining the International Dzogchen Community (IDC) in 2020. Your membership benefits your Gar/Ling of choice, and enables you to support our global community as you participate in online weekly programs/courses/practice retreats.

Please donate to [Tsegyalgar East Online Programs](#), remember each Gar and Ling is responsible for the different programs you participate in!

With gratitude,

Tsegyalgar East Gakyil

---

**\*Our weekly collective practice videoconference link:**

**Join Zoom videoconference via one click**

<https://us02web.zoom.us/j/81667111041?pwd=RW5yUlg2Wi9BR2tGYWxkMmZzNDFVQT09>

**or via Zoom Join Meeting:** <https://zoom.us/join>

**Meeting ID:** 816 6711 1041

**Password:** 221262

---

**\*For a more complete schedule of global IDC online practices use the Sangha app on your phone.** To learn more visit: [www.mahasangha.net](http://www.mahasangha.net).

The Sangha app is only open to those who have received transmission.

Email [bluegakyil@tsegyalgar.org](mailto:bluegakyil@tsegyalgar.org) if you need an invitation code.

---

All together in the same State

All together purifying our Samaya

All together keeping the precious Teachings in our hearts

Wishing you all good health and the best of luck,

Tsegyalgar East Gakyil