

Tsegyalgar East Online Practices: June 25 – July 5

Date : June 29, 2020



Dear Vajra Family,

We welcome you to join Tsegyalgar East in the following online practices. For more information contact bluegakyil@tsegyalgar.org.

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

Upcoming Online Programs:

[Mandarava Long Life Practice & Chudlen with Nina Robinson](#)

July 21 & 22, July 28 & 29, August 2 & 3, 2020

Tsegyalgar East – Collective Practices: June 22 – June 25, 2020:

Scroll down to view this week's collective practice videoconference link.

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

- Monday, 06/29/20
 - 4:00pm-5:00pm: Mandarava Practice
 - Tuesday, 06/30/20
 - 10:30am-11:30am: Welcome to the Dzogchen Community – Opening the Door to Practice with Steven Landsberg
Portuguese and Russian simultaneous translation channels available.
Join the course mailing list to obtain the Zoom link [Learn more>>](#)
 - 4:00pm-5:00pm: Mandarava Practice
 - 7:00pm-8:00pm: Padmasambhava Ganapuja followed by the Vajra Dance of 12 A
 - Wednesday, 07/01/20
 - 8:15am-9:45am: Yantra Yoga with Paula Barry
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- 4:00pm-5:00pm: Medium Tun with Guru Tragphur and extra Nagkong
 - Thursday, 07/02/20
 - 10:30am-11:30am: Welcome to the Dzogchen Community – Opening the Door to Practice with Steven Landsberg
Portuguese and Russian simultaneous translation channels available.
Join the course mailing list to obtain the Zoom link [Learn more>>](#)
 - 5:00pm-6:30pm: Complete Breathing and the Application of the Pranayamas of Yantra Yoga with Paula Barry
 - Friday, 07/03/20
 - 8:15am-9:45am: Yantra Yoga with Paula Barry
 - 10:15am-11:45am: The Eight Movements of Yantra Yoga in a Chair with Naomi Zeitz
 - Sunday, 07/05/20
 - 5:00pm-6:00pm: Full Moon Ganapuja followed by the Vajra Dance of 12 A
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Open to members of the International Dzogchen Community (IDC).

[To renew your membership or to join the IDC>>](#)

For questions contact: bluegakyil@tsegyalgar.org

Please support Tsegyalgar East webcasts/videoconferences with a donation:

[Videoconference Donation>>](#)

This week's videoconference link:

Join Zoom videoconference via one click

<https://us02web.zoom.us/j/84994166036?pwd=VmJKZUdseXZyOEUHJHUHZRaDFrU3plUT09>

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

Meeting ID: 871 6054 0731

Password: 627148

For a more complete schedule of global IDC online practices use the Sangha app on your phone. To learn more visit: www.mahasangha.net.

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

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