

Tsegyalgar East Online Practices on 15–21 June

Date : June 15, 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 Program:

- [Mandarava Long Life Practice & Chudlen with Nina Robinson](#)
July 21 & 22, July 28 & 29, August 2 & 3, 2020
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Tsegyalgar East – Collective Practices: June 15 – June 21, 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, 06/15/20
 - 8:15am-9:45am: Yantra Yoga with Paula Barry
 - 4:00pm-5:00pm: Mandarava Practice
 - 7:00pm-8:00pm: Dakini Day Ganapuja – followed by video of Vajra Dance of 12 A
 - Tuesday, 06/16/20
 - 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
 - Wednesday, 06/17/20
 - 8:15am-9:45am: Yantra Yoga with Paula Barry
 - 4:00pm-5:00pm: Medium Tun with extra Ngagkong & Simhamukha
 - Thursday, 06/18/20
 - 10:30am-11:30am: Welcome to the Dzogchen Community – Opening the Door to Practice with Steven Landsberg
Portuguese and Russian simultaneous translation channels available.
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- Join the course mailing list to obtain the Zoom link – [Learn more>>](#)
- 3:00pm-4:30pm: Short Thun followed by Dream Yoga with Michael Katz
 - 5:00pm-6:30pm: Complete Breathing and the Application of the Pranayamas of Yantra Yoga with Paula Barry
 - Friday, 06/19/20
 - 8:15am-9:45am: Yantra Yoga with Paula Barry
 - Sunday, 06/21/20
 - 5:00pm-6:00pm: New Moon Ganapuja – followed by video of 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/84035201428?pwd=QnZkZWtZQ24zLzhybkcvSWh3OGp5Zz09>

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

Meeting ID: 840 3520 1428

Password: 041102

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

International Dzogchen Community Tsegyalgar East

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