

Tsegyalgar East Report and 2019 Events

Date : May 4, 2019



Performance of Khaita Dances at the 250th Anniversary of the Town of Conway

2019 has brought renewed energy and a flurry of activity to Tsegyalgar East, as we prepare for spring and summer, our busiest times of year at our sacred land of Khandroling, situated in Buckland, MA. For the past year, the fall and winter activity level at our schoolhouse Gönpa in Conway, MA, has increased exponentially to include not only our weekly practices, but also monthly movie nights, public talks, recurrent practice retreats along with the growing of our public programs.

Our Community at large has become ever closer through the wonders of technology. We are now able to reach out to all members near and far by means of webcast and videoconferencing of Ganapujas, sitting practices, Santi Maha Sangha Base and First Level study groups, and numerous courses.

Thanks to Rinpoche, the Teachings and the generosity and active support of our membership – our programs are flourishing, our instructors are teaching us, our practice leaders are guiding us through our practices, and our webcast/videoconference team gives us the opportunity to join in practice with our far away Vajra family.



Furthermore, through our collaborative efforts Rinpoche's cabin, The Fortress of the Dakinis, has now been renovated, the Khandroling Stupa is being repaired, the webcast equipment and set-up will soon be updated, and we have numerous other projects in the pipeline as well.

Please note our current program below or visit our website, www.tsegylgareast.org and check back regularly for updated course and retreat information.

April brings Global Yantra Yoga Instructor **Fabio Andrico** who will teach **Kumbhaka, Parlung and Tsalungs of Mandarava** from Sunday, April 21 through Thursday, April 25, 2019, and **Chair Yoga** Saturday, April 27 through Sunday, April 28, 2019.

May follows with authorized Vajra Dance instructor **Ed Hayes** teaching the **Vajra Dance that Benefits Beings** on Saturday, May 18 and Sunday, May 19, 2019.

Authorized SMS instructor **Lynn Newdome** will teach **Body, Mind, Heart** on Saturday, June 8, 2019.



Friends with Evolution Creations: Top photos Ed Hayes and Dominik Niceva. Bottom photo left to right: Menpa Phuntsog Wangmo, Sarale Lidzas, Amanda Pollock, Yuchen Namkhai. Photos by Paula Barry

Starting July 2019, our courses and retreats will move to Khandroling for the summer,

unless otherwise noted. Our offerings will be as follows:

Introduction to Yantra Yoga with authorized Yantra Yoga instructors Nataly Nitsche and Max Leshchenko from Friday, July 12 to Sunday, July 14, 2019 (location TBA).

Tsegyalgar East 4th Annual Summer Sangha Retreat from Saturday, July 20 to Sunday, July 28, 2019 with authorized instructors: Paula Barry, Mariano Gil, Michael Katz, Bodhi Krause, Kyu Kyuno, Max Leshchenko, Lynn Newdome, Nataly Nitsche, Carisa O'Kelly, and Naomi Zeitz.

Advanced Yantra Yoga with authorized 3rd level Yantra Yoga instructor Max Leshchenko from Monday, July 29 to Wednesday, July 31, 2019.

The Dance of the Song of the Vajra with International Vajra Dance Teacher Prima Mai from Thursday, August 1 to Friday, August 9, 2019. A course for both beginners and advanced dancers.

The Vajra Dance of Space of the Song of the Vajra (KDK SOV) with International Vajra Dance Teacher Prima Mai for Wednesday, August 14 to Sunday, August 18, 2019

Tsegyalgar East **2nd Annual Dance Dance Dance Instructor led practice retreat** from Monday, August 19 to Sunday, September 1, 2019.

We hope that you will come to Tsegyalgar East this summer, and join us in practice throughout the year.

Tsegyalgar East Gakyil
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Conway, MA, U.S.A.

<https://www.tsegyalgar.org/>