

Upcoming Activities in Tsegyalgar West, Baja

Date : March 11, 2015



INTERNATIONAL
DZOGCHEN COMMUNITY
TSEGYALGAR WEST

*Dance of the
Song of the
Vajra
(Part II)*

*With instructor
of second level*

Anya Neyman



**Retreat At Tsegyalgar West, BCS
March 29 - April 5, 2015**

Vajra Dance is a meditation in movement based on the Song of Vajra and other mantras found in the original Tantras of Dzogchen. It is practiced on a Mandala that represents the correspondence between the internal dimension of the individual and the external dimension of the world. The Vajra Dance uses sound and movement to harmonize the energy of the individual and to integrate the three existences of body, voice and mind in the knowledge of the real condition, in the state of contemplation.

For those with transmission from Rinpoche.

**Info & Contact: TsegyalgarWestSecretary@gmail.com
www.tsegyalgarwest.org and <http://bajagar.blogspot.mx>**



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YANTRA YOGA

With Josefina Robles



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Yantra Yoga, "the union of the sun and moon" is one of the oldest recorded system of Yoga in the world. It offers a unique series of positions and movements, combined with conscious breathing, that help coordinate and harmonize personal energy so that body and mind can relax and find their authentic, natural balance.

El sistema de Yantra Yoga, muy probablemente el más antiguo entre los distintos sistemas de Yantras difundidos en el Tibet, es llamado "la unión del sol y de la luna". Una maravillosa práctica que trabaja con los tres aspectos de nuestra existencia: cuerpo, voz y mente; conformando un medio excepcional para permitir la relajación y llevarnos a descubrir nuestra condición natural

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