

## Practice Retreat from Merigar 28 October-2 November

Date : October 26, 2021



Dear all,

We are very pleased to announce our next webcast practices from Merigar, [GMT+2:00] Italian time (CEST) for 28 to 30 October, [GMT+1:00] for 31 October to 2 November. The time change will happen at 2:00am on 31 October.

### **Thursday, October 28th**

18:00 Practice of Shitro

### **Friday, October 29th**

17-19:15 Retreat on "The most important points of Vision, Meditation, Behavior and Fruit, or Ati Nazer" starts with an introduction and the video of the first session of the Master's retreat.

### **Saturday, October 30th**

10-12 Video of the of the second session of the Master's retreat

16-18 Thun explanation and practice

### **Sunday, October 31st**

Please note that during the night we will switch from CEST to CET from [GMT+2:00] to [GMT+1:00] in Italy.

10:00-12:00 Video of the third session of the Master's retreat

12:15-12:45 Explanation of the Worldwide Guruyoga Practice for the Anniversary of Adzom Drugpa

13:00 Worldwide Guruyoga Practice for the Anniversary of Adzom Drugpa

16:00-18:00 Ganapuja explanation

18:30 Short Ganapuja (Dakini Day)

### **Monday, November 1st**

10:00-12:00 Video of the fourth session of the Master's retreat

16:00-18:00 Guruyoga explanation and practice

**Tuesday November 2nd**

10-12 Video of the fifth session of the Master's retreat.

Retreat ends.

Connect to the webcast at:

<https://webcast.dzogchen.net/index.php?id=practicing-together-html5>

Thanks for your participation

Wishing the best to all of you

With warm and kind regards

Webcast Team