

Online Practices for the Week June 15-21

Date : June 15, 2020



Dear all,

We hope this announcement finds you all in good health, and we are very pleased to announce our webcast practices from Dzamling Gar and Merigar for the next week.

All times are from Dzamling Gar, Tenerife [GMT+1:00] Canary Islands Time

Monday, 15 June 2020

5:00 PM 5:45 PM Ganapuja

6:15 PM 7:45 PM Loosening the Grip of Selfishness and Difficult Emotions with Elio Guarisco

Tuesday, 16 June 2020

9:30 AM 11:00 AM Yantra Yoga

11:05 AM 11:20 AM Dance of the 12 A

Wednesday, 17 June 2020

9:30 AM 11:00 AM Yantra Yoga

11:05 AM 11:20 AM Dance of the 12 A

6:15 PM 7:45 PM Loosening the Grip of Selfishness and Difficult Emotions with Elio Guarisco

Thursday, 18 June 2020

9:30 AM 11:00 AM Yantra Yoga

11:05 AM 11:20 AM Dance of the 12 A

Friday, 19 June 2020

9:30 AM 11:00 AM Yantra Yoga

11:05 AM 11:20 AM Dance of the 12 A

6:15 PM 7:45 PM Loosening the Grip of Selfishness and Difficult Emotions with Elio Guarisco

Saturday, 20 June 2020

9:30 AM 11:00 AM Yantra Yoga
11:05 AM 11:20 AM Dance of the 12 A

Sunday, 21 June 2020

9:30 AM 11:00 AM Yantra Yoga
5:00 PM 6:00 PM Ganapuja with Invocation of Samantabhadra

to connect to the webcast:

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

thanks a lot for your interest and participation,
be well and healthy
with warm and kind regards
Webcast Team