

## **Merigar West, Italy**

Tibetan Dharma Language for Beginners  
October 12-13

Meditation and Yoga  
October 18-20

Yantra Yoga Base Course in 3 weekends  
November 8-10

Tibetan Dharma Language for Beginners  
November 9-10

Yantra Yoga Base Course in 3 weekends  
November 29 - December 1

Yantra Yoga Base Course in 3 weekends  
December 13-15

Tibetan Dharma Language for Beginners  
December 14-15

Welcome to Merigar Guided Tours  
October 20, 27, November 3, December 8, 29

Meditation and Yoga  
January 4-6, 2020

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