Merigar West, Italy

2020 Program

January 5, February 23, March 8 & 29
Welcome to Merigar Guided Tours

January 11 – 12
Vajrasattva Practice Retreat

January 18 – 19
Practice Retreat of the Dance of the Vajra

February 1 – 2
From Meditation to Contemplation

February 22 – 26
Losar at Merigar

April 17 – 20
7th Lojong – Practice and Explanation

May 15 – 17
Yantra Yoga and Ku-nye

June 1 – 7
The Eight Movements of Yantra Yoga: Teacher Training Part 1

Contact: office@dzogchen.it
Website: https://www.merigar.it