

Tashigar Sur, Argentina

2020 Program

January 10 - 14

Deepening course on the Dance of the Song of the Vajra
with Nelida Saporiti

January 16 - 17

Vajra Dance practice retreat
with Nelida Saporiti

January 20 - 26

Vajrasattva meditation retreat for purifying obstacles
with Sergio Oliva

January 31 - February 2

Course on the Vajra Dance that Benefit Beings
with Adrian Mascherpa

February 3 - 5

Deepening and practice retreat: Vajra Dance that Benefit Beings
with Adrian Mascherpa

February 7 - 16

30th Anniversary of Tashigar Sur - Let's celebrate together!

Each one of us belongs to this Community, the ship we have chosen to sail through this ocean. And we have a Captain that is always present and has given us the tools that we need for a safe trip.

Sometimes the waters are calm, some other times not so much! If they are agitated and we feel we could have a shipwreck, His voice sounds inside of each of us and thus we recall what is the most important.

Different paths lead us to the Dzogchen Teachings and here we are, this time celebrating!

From February 7 to the 16 we will have the chance to meet, practice together, recall, learn and enjoy! We will celebrate on the 7th followed by 9 days with different activities. Under the guidance of our instructors, we will meditate, contemplate, do Yantra Yoga, Vajra Dance, Khaita and also walks, swimming in our swimming pool, games, food...

If you want to stay at the Gar you need to book in advance!

Program February 7 to 16

Friday 7

9:00 - Guru Yoga of the White A - 10-minute contemplation

Celebration for the Anniversary - Soon we will send the complete program.

Saturday 8

9:00 - Yantra Yoga

10:30 - Tea

11:00 - Guru Yoga of the White A – short version - 10-minute contemplation

11:45 – Practice of Long Life of Mandarava

15:30 – Explanation of the game MIQMAR and playing

16:30 – Vajra Dance

18:00 - Tea

18:30 - Khaita

20:30 – Group Dinner

Sunday 9

Free open activities

9:30 - Yantra Yoga

11:00 - Tea

11:30 - Meditation

13:30 – Group lunch

15:00 – Explanation of the game BAGCHEN and playing

16:30 – Vajra Dance

18:00 - Kumar Kumari

19:15 - Khaita

Monday 10

9:00 - Yantra Yoga

10:30 - Tea

11:00 - Guru Yoga of the White A – short version - 10-minute contemplation

11:45 - Shitró

16:30 – Vajra Dance

18:00 - Tea

18:30 - Khaita

20:15 - Chöd

Tuesday 11

9:00 - Yantra Yoga

10:30 - Tea

11:00 - Guru Yoga of the White A – short version - 10-minute contemplation

11:45 – Purification of Six Lokas

16:30 – Vajra Dance

18:00 - Tea

18:30 - Khaita

20:15 - Chöd

Wednesday 12

9:00 - Yantra Yoga

10:30 - Tea

11:00 - Guru Yoga of the White A – short version - 10-minute contemplation

11:45 - Rushen of the Mind

16:30 – Vajra Dance

18:00 - Kumar Kumari

19:00 - Khaita

20:15 - Chöd

Thursday 13

9:00 - Yantra Yoga

10:30 - Tea

11:00 - Guru Yoga of the White A – short version - 10-minute contemplation

11:45 – Green Tara

16:30 – Vajra Dance

18:00 - Tea

18:30 - Khaita

20:15 - Chöd

Friday 14

9:00 - Yantra Yoga

10:30 - Tea

11:00 - Guru Yoga of the White A – short version - 10- minute contemplation

11:45 - Semdzin letter Hum / Rushen of the Voice

16:30 – Vajra Dance

18:00 - Tea

18:30 - Khaita

20:15 - Chöd

Saturday 15

8:00 – Long Life Practice of Padmasambhava

9:00 - Yantra Yoga

10:30 - Tea

11:00 – Preparation of PUTI (Tibetan food) among the present ones

15:30 – Explanation and playing of BAGCHEN

16:30 – Vajra Dance

18:00 - Kumar Kumari

19:15 - Khaita

20:30 – Group Dinner

Sunday 16

Open and Free Activities

8:30 to 12:30 - Walk

(it includes Yantra Yoga, breathing exercises, meditation and Dance)

13:30 – Group lunch

15:30 – Swimming pool afternoon

17:30 –Vajra Dance followed by Khaita

19:00 – Tea and ending of the celebration activities

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