

2020 Tashigar South Online practices

Argentina time (GMT -3)

Monday, 19 Oct

10:00 AM - Mandarava (short version): Ricardo Sued – Tashigar South (Spanish - via Zoom)

5:00 PM - Soft Yantra Yoga and training of the Rhythmic Breathing: Marisa Alonso - Argentina (Spanish - via Zoom)

7:00 PM – Purification of the Six Lokas: Marisa Alonso - Argentina (Spanish - via Zoom)

Tuesday, 20 Oct

9:30 AM - Training of the Pranayama of the 3rd Series of Yantras: Carolina Mingolla - Tashigar South (Spanish - via Zoom)

6:00 PM - Dance of the 12 A: Nélide Saporiti - Argentina (Spanish - via Facebook Live)

7:00 PM – Guruyoga of the White A: Ricardo Sued – Tashigar South (Spanish - via Zoom)

Wednesday, 21 Oct

9:30 AM - Yantra Yoga: Carolina Muñoz - Chile (Spanish - via Zoom)

6:00 PM - Dance of the 12 A: Alejandra Krasnogor - Uruguay (Spanish - via Facebook Live)

7:00 PM - Purification of the Six Lokas: Sergio Oliva - Argentina (Spanish - via Zoom)

Thursday, 22 Oct

9:30 AM - Yantra Yoga: Leticia Recepter - Argentina (Spanish - via Zoom)

6:00 PM - Dance of the 12 A: Nélide Saporiti - Argentina (Spanish - via Facebook Live)

7:00 PM - Shitro practice: Paula De Raedemaeker - Argentina (Spanish - via Zoom)

Friday, 23 Oct

10:00 AM – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish - via Facebook Live)

6:00 PM - Dance of the 12 A: Issa Cox - Perú (Spanish - via Facebook Live)

7:00 PM - Purification of the Six Lokas: Alonso Espinosa - Chile (Spanish - via Zoom)

Saturday, 24 Oct

10:00 AM - Mandarava (short version): Paola Damonte - Perú (Spanish - via Zoom)

Sunday, 25 Oct

No activities programmed

Argentina time (GMT -3)

Monday, 19 Oct

10:00 AM - Mandarava (short version): Ricardo Sued – Tashigar South (Spanish - via Zoom)

5:00 PM - Soft Yantra Yoga and training of the Rhythmic Breathing: Marisa Alonso - Argentina (Spanish - via Zoom)

7:00 PM – Purification of the Six Lokas: Marisa Alonso - Argentina (Spanish - via Zoom)

Tuesday, 20 Oct

9:30 AM - Training of the Pranayama of the 3rd Series of Yantras: Carolina Mingolla - Tashigar South (Spanish - via Zoom)

6:00 PM - Dance of the 12 A: Nélica Saporiti - Argentina (Spanish - via Facebook Live)

7:00 PM – Guruyoga of the White A: Ricardo Sued – Tashigar South (Spanish - via Zoom)

Wednesday, 21 Oct

9:30 AM - Yantra Yoga: Carolina Muñoz - Chile (Spanish - via Zoom)

6:00 PM - Dance of the 12 A: Alejandra Krasnogor - Uruguay (Spanish - via Facebook Live)

7:00 PM - Purification of the Six Lokas: Sergio Oliva - Argentina (Spanish - via Zoom)

Thursday, 22 Oct

9:30 AM - Yantra Yoga: Leticia Recepter - Argentina (Spanish - via Zoom)

6:00 PM - Dance of the 12 A: Nélica Saporiti - Argentina (Spanish - via Facebook Live)

7:00 PM - Shitro practice: Paula De Raedemaeker - Argentina (Spanish - via Zoom)

Friday, 23 Oct

10:00 AM - Yantra Yoga: Martín Fernández Cufre - Uruguay (Spanish - via Facebook Live)

6:00 PM - Dance of the 12 A: Issa Cox - Perú (Spanish - via Facebook Live)

7:00 PM - Purification of the Six Lokas: Alonso Espinosa - Chile (Spanish - via Zoom)

Saturday, 24 Oct

10:00 AM - Mandarava (short version): Paola Damonte - Perú (Spanish - via Zoom)

Sunday, 25 Oct

No activities programmed