



Namgyalgar Online Practice Calendar

Dear Vajra Family, you are welcome to participate in Namgyalgar's online collective practices including Yantra Yoga, Breathe, Ganapujas, Khaitea, etc. Except where indicated activities are Open.

Practice Program (see Zoom link below)

All times are Australian Eastern Daylight Saving Time (AEDT) i.e. Sydney, Australia. Check your time zone: <https://www.timeanddate.com/worldclock/converter.html>

*** Tuesday, October 20**

7:30am **The Essence of Longchen - 25 Spaces*** [EVERY DAY for those with transmission]

5:45pm Canberra Practice Group

3pm - 4.30pm Open **Beginner's Yantra Yoga** [EVERY TUESDAY until 1st December]

Zoom

Link: <https://us02web.zoom.us/j/84020589971?pwd=V21DRnllTWRFREtqOTc2Sk5GRjRvZz09#success>

Meeting ID: 840 2058 9971

*** Wednesday, October 21**

7:30am The Essence of Longchen - 25 Spaces*

6 -7:30pm **Intermediate Yantra Yoga** [EVERY WEDNESDAY ongoing class]

Zoom ID: Meeting ID: 857 3254 8624 / Passcode: 923999

*** Thursday, October 22**

7:30am The Essence of Longchen - 25 Spaces*

*** Friday, October 23**

7:30am The Essence of Longchen - 25 Spaces*

*** Saturday, October 24**

7:30am The Essence of Longchen - 25 Spaces*

4:00pm **Beginners Yantra** [Weekly ongoing class]

*** Sunday, October 25**

7:30am The Essence of Longchen - 25 Spaces*

7:45 - 8.45am **Khaita Workshop** [8.45 - 9.45am AEDT - Sydney time) [EVERY SUNDAY ongoing class]

[Please email Topgyal tibet4you@gmail.com to receive khaita material for singing practice and explanation.]

10-11.15am **Intermediate Breathe** [Weekly ongoing class]

4:00pm **Beginners Breathe** [Weekly ongoing class]

* **Monday, October 26**

7:30am The Essence of Longchen - 25 Spaces*

5:00pm Guru Padmasambhava - **Ganapuja**

* **Tuesday, October 27**

7:30am The Essence of Longchen - 25 Spaces*

5:45pm Canberra Practice Group

3pm - 4.30pm Open **Beginner's Yantra Yoga** [EVERY TUESDAY until 1st December]

Zoom

Link: <https://us02web.zoom.us/j/84020589971?pwd=V21DRnllTWRFREtqOTc2Sk5GRjRvZz09#success>

Meeting ID: 840 2058 9971

* **Wednesday, October 28**

7:30am The Essence of Longchen - 25 Spaces*

6 -7:30pm **Intermediate Yantra Yoga** [EVERY WEDNESDAY ongoing class]

Zoom ID: Meeting ID: 857 3254 8624 / Passcode: 923999

* **Thursday, October 29**

7:30am The Essence of Longchen - 25 Spaces*

* **Friday, October 30**

7:30am The Essence of Longchen - 25 Spaces*

* **Saturday, October 31**

7:30am The Essence of Longchen - 25 Spaces*

4:00pm **Beginners Yantra**

6:30pm Full Moon **Ganapuja**

* **Sunday, November 1**

7:30am The Essence of Longchen - 25 Spaces*

7:45 - 8.45am **Khaita Workshop** [8.45 - 9.45am AEDT - Sydney time) [EVERY SUNDAY ongoing class]

[Please email Topgyal tibet4you@gmail.com to receive khaita material for singing practice and explanation.]

10-11.15am **Intermediate Breathe**

4:00pm **Beginners Breathe**

*** Monday, November 2**

7:30am [The Essence of Longchen - 25 Spaces*](#)

Videoconference link for above activities except those with separate Zoom ID:

Join with Zoom via one click: <https://zoom.us/j/8616749815>

Meeting ID: 861 674 9815

To download the Zoom app go to www.zoom.us/download

For your phone or tablet go to the App store & download.

***For a more complete schedule of global IDC online practices use the Sangha app on your phone.**

To learn more visit: www.mahasangha.net. The Sangha app is only open to those who have received transmission. Email your local Gakyil if you need an invitation code.

Donations: can be made at: paypal.me/namgyalgar

In the payment description option in Paypal please indicate your donation is for "Online practice" or specifically "Yantra Yoga" or "Breathe" etc. If you're unable to use Paypal and wish to make a deposit or an international transfer into the Namgyalgar bank account please contact the secretary for details: namgyalgar.secretary@gmail.com

Namgyalgar Blue Gakyil

<https://www.dzogchen.org.au/>