



**INTERNATIONAL  
DZOGCHEN COMMUNITY  
DZAMLING GAR**

## **Dzamling Gar Weekly Program 16/11/202 - 22/11/2020**

### **Monday 16/11/2020**

8:00 AM to 9:00 AM Mandarava Practice

9:30 AM to 11:00 AM Yantra Yoga Practice Gönpa

10:00 AM to 11:00 AM Soft Yantra Yoga (ZOOM)& Zoom

link:<https://us02web.zoom.us/j/5052220229> Meeting ID: 505 222 0229

Passcode: yantrayoga

12:00 PM to 1:00 PM Vajra Dance and Guruyoga of the White A

5:00 PM to 6:00 PM Medium Thun

6:05 PM to 7:30 PM Khaita Singing & Dancing

7:35 PM to 8:35 PM Vajra Dance

### **Tuesday 17/11/2020**

8:00 AM to 9:00 AM Mandarava Practice

9:30 AM to 11:00 AM Yantra Yoga Practice Gönpa

10:00 AM to 10:45 AM Children's Sports Class in Jyagcip

12:00 PM to 1:00 PM Vajra Dance

4:30 PM to 6:00 PM Yantra Yoga Beginners Course (Jyagcip)

5:00 PM to 6:00 PM Medium Thun

6:05 PM to 7:30 PM Khaita Singing & Dancing

7:35 PM to 8:35 PM Vajra Dance

### **Wednesday 18/11/2020**

8:00 AM to 9:00 AM Mandarava Practice

9:30 AM to 11:00 AM Yantra Yoga Practice Gönpa

12:00 PM to 1:00 PM Vajra Dance

5:00 PM to 6:00 PM Medium Thun

5:30 PM to 7:30 PM to 4th Series of Yantras Study and Practice in Jyagcip

6:05 PM to 7:30 PM Khaita Singing & Dancing

7:35 PM to 8:35 PM Vajra Dance

### **Thursday 19/11/2020**

8:00 AM to 9:00 AM Mandarava Practice

9:30 AM to 11:00 AM Yantra Yoga Practice Gönpa

12:00 PM to 1:00 PM Vajra Dance

4:30 PM to 6:00 PM Yantra Yoga Beginners Course (Jyagcip)

5:00 PM to 6:00 PM Medium Thun

6:05 PM to 7:30 PM Khaita Singing & Dancing

7:35 PM to 8:35 PM Khalong Dorjekar  
8:40 PM to 9:40 PM Goma Devi Practice

### **Friday 20/11/2020**

8:00 AM to 9:00 AM Mandarava Practice  
9:30 AM to 11:00 AM Yantra Yoga Practice Gönpa  
9:30 AM to 11:00 AM Kumbhaka Course (ZOOM). To receive the zoom link information please contact: [mirror@tsegyalgar.org](mailto:mirror@tsegyalgar.org)  
12:00 PM to 1:00 PM Vajra Dance  
2:30 PM to 3:30 PM Medium Thun  
4:00 PM to 6:00 PM Base, Path and Fruit with Elias Capriles in Gönpa and Zoom. Register here: <https://forms.gle/QQd75avsVH29qnJT9>  
6:05 PM to 7:30 PM Khaita Singing & Dancing  
7:35 PM to 8:35 PM Vajra Dance

### **Saturday 21/11/2020**

8:00 AM to 9:00 AM Mandarava Practice  
10:00 AM to 12:00 PM Base, Path and Fruit with Elias Capriles in Gönpa and Zoom. Register here: <https://forms.gle/QQd75avsVH29qnJT9>  
12:00 PM to 1:00 PM Vajra Dance  
3:00 PM to 5:00 PM Base, Path and Fruit with Elias Capriles in Gönpa and Zoom. Register here: <https://forms.gle/QQd75avsVH29qnJT9>  
5:00 PM to 6:00 PM Medium Thun  
7:35 PM to 8:35 PM Vajra Dance

### **Sunday 22/11/2020**

8:00 AM to 9:00 AM Mandarava Practice  
9:30 AM to 10:30 AM Sang and Serkyem  
10:00 AM to 12:00 PM Base, Path and Fruit with Elias Capriles in Gönpa and Zoom. Register here: <https://forms.gle/QQd75avsVH29qnJT9>  
1:00 PM to 2:00 PM Khalong Dorjekar  
3:00 PM to 5:00 PM Base, Path and Fruit with Elias Capriles in Gönpa and Zoom. Register here: <https://forms.gle/QQd75avsVH29qnJT9>  
5:00 PM to 6:00 PM Medium Thun  
6:05 PM to 7:30 PM Khaita Singing & Dancing  
7:35 PM to 8:35 PM Vajra Dance