



Merigar West, Italy, Autumn Program

November 2020 Program of Webcasts

<https://www.merigar.it/en/courses-and-events/monthly-program-in-webcast-from-merigar-and-dzamling-gar/>

November 4-December 30

Harmony of the Mind Guided Meditation online with Fabio Risolo - online
For reasons of logistics, this course will be offered in Italian only.

<https://www.merigar.it/it/corsi-e-eventi/armonia-della-mente-2/>

November 21-22

Deepening Yantra Yoga with Laura Evangelisti – II

Intensive practice, deepening and supervision of the preliminaries of Yantra Yoga and rhythmic breathing.

<https://www.merigar.it/en/courses-and-events/deepening-yantra-yoga-ii/>

December 12-13

Deepening Yantra Yoga with Laura Evangelisti – III

Intensive practice, deepening and supervision of the preliminaries of Yantra Yoga and rhythmic breathing.

<https://www.merigar.it/en/courses-and-events/deepening-yantra-yoga-iii/>

January 3-6, 2021

Harmony of the Mind with Fabio Risolo & Tiziana Gottardi

For reasons of logistics, this course will be offered in Italian only.

<https://www.merigar.it/en/courses-and-events/armonia-della-mente-1/>

Regular Weekly Practices

Tara practice Monday, Wednesday, Saturday 18.00

<https://webcast.dzogchen.net/index.php?id=practicing-together-html5>

Dorje Sempa Namkhache Study Group Wednesdays 16.30-17.30 (Zoom)

Khaita Dances Wednesdays 17.00-18.00

<https://webcast.dzogchen.net/index.php?id=practicing-together-html5>

Yantra Yoga Thursdays 17.30-18.45

<https://us02web.zoom.us/j/4865700590>, password: ymerigar

Breathe on Fridays at 09.00

<https://zoom.us/j/9840523802>

Yoga on the Chair on Wednesdays at 09.00

<https://us02web.zoom.us/j/4865700590>, password: ymerigar

Contact: office @dzogchen.it

Website: <https://www.merigar.it/>