



COMUNIDAD DZOGCHEN  
INTERNACIONAL  
TASHIGAR SUR

Dear family,

We keep with our online practices hosted by Tashigar South.

All info: <https://www.facebook.com/groups/PracticandoenTashigarSur2020>

Also you can find all the info in Sangha App!

If you have a comment or question please write to [secretaria@tashigarsur.com](mailto:secretaria@tashigarsur.com).

Thanks to all the Vajra family that help us and collaborate!

Join us!

Tashigar South Gakyil

**Nov 16-22**

**Online practices from Tashigar South**

**Argentina time (GMT-3)**

**Monday, 16 Nov**

**10:00 AM** – Guru Amitayus: Elisa Copello – Italy (Spanish – via Zoom)

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

**7:00 PM** – Green Tara practice: Jaime Razuri – Peru (Spanish – via Zoom)

**9:00 PM** – REPLAY HOSTED BY NORBULING (PERU). Session 1: “Essential version of the Garab Dorje Guru Yoga” (2010, Peru). Info and registration: [https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf\\_link&urp=gmail\\_link&gxids=7628](https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf_link&urp=gmail_link&gxids=7628)

## **Tuesday, 17 Nov**

**8:30 AM** – Mandarava (short version): Ricardo Sued – Tashigar South (Spanish – via Zoom)

**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** – Short Thun: Griselda Gálmez – Argentina (Spanish – via Zoom)

**9:00 PM** – REPLAY HOSTED BY NORBULING (PERU). Session 2: “Essential version of the Garab Dorje Guru Yoga” (2010, Peru). Info and registration: [https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf\\_link&urp=gmail\\_link&gxids=7628](https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf_link&urp=gmail_link&gxids=7628)

## **Wednesday, 18 Nov**

**8:30 AM** – Mandarava (short version): Marisa Alonso – Argentina (Spanish – via Zoom)

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

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

**9:00 PM** – REPLAY HOSTED BY NORBULING (PERU). Session 3: “Essential version of the Garab Dorje Guru Yoga” (2010, Peru). Info and registration: [https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf\\_link&urp=gmail\\_link&gxids=7628](https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf_link&urp=gmail_link&gxids=7628)

### **Thursday, 19 Nov**

**8:30 AM** – Mandarava (short version): Alejandra Krasnogor – Uruguay (Spanish – via Zoom)

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

**7:00 PM** – Shitro practice: Sergio Oliva – Argentina (Spanish – via Zoom)

**9:00 PM** – REPLAY HOSTED BY NORBULING (PERU). Session 4: “Essential version of the Garab Dorje Guru Yoga” (2010, Peru). Info and registration: [https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf\\_link&urp=gmail\\_link&gxids=7628](https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf_link&urp=gmail_link&gxids=7628)

### **Friday, 20 Nov**

**8:30 AM** – Mandarava (short version): Paola Damonte – Perú (Spanish – via Zoom)

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

**7:00 PM** – Meditacion in motion and in no motion: Issa Cox – Perú / Ricardo Sued – Tashigar South (Spanish – via Zoom)

**9:00 PM** – REPLAY HOSTED BY NORBULING (PERU). Session 5: “Essential version of the Garab Dorje Guru Yoga” (2010, Peru). Info and registration: [https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf\\_link&urp=gmail\\_link&gxids=7628](https://docs.google.com/forms/u/1/d/e/1FAIpQLSc9DeZ8ig88Qd6ozEW11Cry8ENA4Lh9Nq2Lo8dvQeKiAh9lfg/view-form?usp=sf_link&urp=gmail_link&gxids=7628)

### **Saturday, 21 Nov**

**10:00 AM** – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

**11:00 AM** – Marme Monlam (Invocation of the Lamp) / Meaning, pronunciation, and practice: Fabian Sanders – Italy (English with Spanish translation – via Zoom)

### **Sunday, 22 Nov**

No activities programmed.