



Dear Vajra Family,

We welcome you to join Tsegyalgar East in the following online practices.
For more information contact bluegakyil@tsegyalgar.org.

[Click here to join our videoconference email list.](#)

Upcoming Online Practices and Programs:

- Thursday, 11/19/20 – [Dream Yoga Practice](#) with Michael Katz
- Sunday, 11/22/20: [Shitro Explanation and Practice](#) with Michael Katz

Tsegyalgar East – Collective Practices and Programs: November 15 – November 22, 2020

Scroll down to view our collective practice videoconference link.

All times are (ET) check your time

zone: <https://www.timeanddate.com/worldclock/converter.html>

- Sunday, 11/15/20
 - 7:00pm-8:00pm: [Mandarava New Moon Ganapuja](#) dedicated to vajra brother Elio Guarisco and to all those in need – followed by Vajra Dance of 12 A with Bodhi
- Monday, 11/16/20
 - 4:00pm-5:00pm: [Mandarava practice](#)
- Tuesday, 11/17/20
 - 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz – [Learn more>>](#)
 - 4:00pm-5:00pm: [Mandarava practice](#)
- Thursday, 11/19/20
 - 10:00am-11:30am: Yantra Yoga Study and Practice with Naomi Zeitz [Learn more>>](#)

- 3:00pm-4:30pm: Dream Yoga Practice with Michael Katz – [Learn more>>](#)
- 5:00pm-6:30pm: [Complete Breathing and the Application of the Pranayamas of Yantra Yoga](#) with Paula Barry
- Friday, 11/20/20
 - 10:00am-11:30am: [The Eight Movements of Yantra Yoga in a Chair](#) with Naomi Zeitz
- Saturday, 11/21/20
 - 10:00am-11:15am: Practise of the Precious Vase with Steven Landsberg
Portuguese, Russian, and Spanish translation channels available.
Join the course mailing list to obtain the Zoom link – [Learn more>>](#)
- Sunday, 11/22/20
 - 10:00am-12:00pm: Shitro Explanation and Practice with Michael Katz – [Learn more>>](#)

Open to members of the International Dzogchen Community (IDC).

Support [Tsegyalgar East](#), or your local Gar or Ling, by joining or rejoining the International Dzogchen Community (IDC) in 2020. Your membership benefits your Gar/Ling of choice, and enables you to support our global community as you participate in online weekly programs/courses/practice retreats.

Please donate to [Tsegyalgar East Online Programs](#), remember each Gar and Ling is responsible for the different programs you participate in!

With gratitude,

Tsegyalgar East Gakyil

Our weekly collective practice videoconference link:

Join Zoom videoconference via one click

<https://us02web.zoom.us/j/81667111041?pwd=RW5yUlg2Wi9BR2tGYWxkMmZzNDZlVjQTo9>

or via Zoom Join Meeting: <https://zoom.us/join>

Meeting ID: 816 6711 1041

Password: 221262

***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 bluegakyil@tsegyalgar.org if you need an invitation code.

All together in the same State
All together purifying our Samaya
All together keeping the precious Teachings in our hearts

Wishing you all good health and the best of luck,

Tsegyalgar East Gakyil



Dear Vajra Family,

– Please join us on Sunday, November 22nd for two separate and important IDC Kundrolling Community meetings:

- **12:00 to 12:45 pm ET** – Hear from Mark Farrington about the journeys with the Ling space in London, as well IDC guidance from Rinpoche on Dzogchen Community spaces.
- **1:30 to 2:30 pm ET** – Review and discuss together the results of the recent IDC Kundrolling Questionnaire.

– ***Please note that the Dance of the 12 A link changed last week.*** Here is the [new link](#).

– ***Please note that to follow Chod,*** the best way to stay in touch with the link of the day is to join the Facebook group named [Dzogchen Community Online Chod w Steve Landsberg](#).

– ***Practice Dedications*** – Please let us know if you would like to add someone else to the dedications by mentioning it to the group before a

practice or by emailing nydzogchencomm@gmail.com. Please practice for all people suffering from ill health and other conditions, as well as:

- Wayne Bianucci and another practitioner who recently underwent surgery
 - all beings impacted by the fires on the West Coast, Colorado and in South America
 - all beings impacted by the hurricanes in the Gulf Coast
 - all beings impacted by the ongoing pandemic
 - Joe Nixdorf
 - Francine Hershkowitz
 - Shane’s mom Gena Crow
 - the Kaiser family (Harvey, Rita and Tashi)
 - Josefa Candelaria’s family
 - one practitioner overcoming potential homeless
- Thank you.

Upcoming Sessions:

[Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#) – led by volunteers – occurs every weekday at 9:00 am ET, except Tuesday.

[Dream Yoga with Michael Katz and Tsegylgar East](#) – Thursday from 3:00 – 4:30 pm ET. See Tsegylgar East website for more details and how to sign up.

[Shitro Explanation and Practice with Michael Katz and Tsegylgar East](#) – Sunday from 10:00 am – 12:00 pm ET. See Tsegylgar East website for more details and how to sign up.

[Dance of the Song of the Vajra Online Study Group with Bodhi](#) – Remain in contact with the Dance of the Song of the Vajra from your home through this experimental study group.

*****[New link!](#)*****

Every second Sunday

3:00 – 4:30 pm ET

Sunday, November 29th

Email nydzogchencomm@gmail.com for more information.

Dondrubling in Berkeley, CA, has a great schedule, which can be found [here](#):

- Vicky Sidley is teaching the **[Eight Movements of Yantra Yoga](#)** – Tuesday mornings
- **[Guruyoga of the White A Practice](#)** – some Tuesday nights
- **[Total Space of Vajrasattva Study Group](#)** – late Wednesday nights

Monday, 16th of November

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

4:00 pm ET – [Mandarava Group Practice with Tsegyalgar East](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) ***new link

Tuesday, 17th of November

8:30 – 10:00 am ET – [Eight Movements of Yantra Yoga with Bernard Thibodeau](#)

10:00 – 11:45 am ET – [Yantra Yoga Practice Session with Naomi Zeitz](#) – 3 preliminary series and one series of Yantras and Rhythmic Breathing.

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

4:00 pm ET – [Mandarava Group Practice with Tsegyalgar East](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) ***new link

Wednesday, 18th of November

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) ***new link

Thursday, 19th of November

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#)

10:00 – 11:45 am ET – [Yantra Yoga Practice Session with Naomi Zeitz](#) – new link! 3 preliminary series and one series of Yantras and Rhythmic Breathing.

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

3:00 – 4:30 pm ET – [Dream Yoga with Michael Katz and Tsegylgar East](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) ***new link

Friday, 20th of November

9:00 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#) – dedicated to Wayne and all sentient beings

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#) – dedicated to Wayne and all sentient beings

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#) – dedicated to Wayne and all sentient beings

8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) ***new link

Saturday, 21st of November

8:30 – 10:00 am ET – [Eight Movements of Yantra Yoga with Bernard Thibodeau](#)

10:00 – 11:15 am ET – [Practice of the Precious Vase with Steve Landsberg and Tsegylgar East](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#) – dedicated to Wayne and all sentient beings

8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) ***new link

Sunday, 22nd of November

10:00 am – 12:00 pm ET – [Shitro Explanation and Practice with Michael Katz and Tsegyalgar East](#)

12:00 pm ET – [Daily Chod Practice with Steve Landsberg](#)

12:00 – 12:45 pm ET – [IDC Kundrolling Community Meeting with Mark Farrington](#)

1:30 – 2:30 pm ET – [IDC Kundrolling Community Meeting to Review and Discuss the Results of the Questionnaire](#)

2:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

7:00 pm ET – [Daily Guru Arya Tara Practice with the 20th Action Mantra](#)

8:00 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\) with Bodhi](#) ***new link

We look forward to seeing you online.

Jacopo Surricchio
Joseph Nixdorf
Stephen Korns
Tashi Kaiser