



Dear family,

We are back with online practices!

Notice that we will have the replay of one of Chögyal Namkhai Norbu's retreats: Dorje Trolöd. It is only suited to people with lung of this practice.

In the schedule you will find all info.

We ONLY post Zoom links in Facebook Group and Sangha App. If you don't use FB or the App, please write to us.

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

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

Thank you!

Join us!

Tashigar South Gakyil

**January 11-24**

***Online practices from Tashigar South***

***Argentina time (GMT -3)***

**Monday, 11 Jan**

**8:30 AM** - Guru Amitayus practice: Elisa Copello - Italy (Spanish - via Zoom)

**7:00 PM** - Session #1 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012 (English with Spanish translation - via Zoom)

**Tuesday, 12 Jan**

**8:30 AM** - Mandarava (short version): Paola Damonte - Peru (Spanish - via Zoom)

**7:00 PM** - Session #2 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012 (English with Spanish translation - via Zoom)

**Wednesday, 13 Jan**

*New moon*

**8:30 AM** - Mandarava (short version): Thinley Koblensky - Costa Rica (Spanish - via Zoom)

**6:00 PM** - Short Ganapuja: Marisa Alonso - Tashigar South (Spanish - via Zoom)

**7:00 PM** - Session #3 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**Thursday, 14 Jan**

**8:30 AM** - Mandarava (short version): Leticia Recepter - Argentina (Spanish - via Zoom)

**7:00 PM** - Session #4 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**Friday, 15 Jan**

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

**7:00 PM** - Session #5 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**Saturday, 16 Jan / Sunday, 17 Jan**

**No activities programmed**

**Monday, 18 Jan**

**8:30 AM** - Guru Amitayus practice: Elisa Copello - Italy (Spanish - via Zoom)

**7:00 PM** - Session #6 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**8:00 PM** - Dorje Trolöd practice (via Zoom)

**Tuesday, 19 Jan**

**8:30 AM** - Mandarava (short version): Paola Damonte - Peru (Spanish - via Zoom)

**7:00 PM** - Session #7 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**8:00 PM** - Dorje Trolöd practice (via Zoom)

**Wednesday, 20 Jan**

**8:30 AM** - Mandarava (short version): Thinley Koblensky - Costa Rica (Spanish - via Zoom)

**7:00 PM** - Session #8 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**8:00 PM** - Dorje Trolöd practice (via Zoom)

**Thursday, 21 Jan**

**8:30 AM** - Mandarava (short version): Leticia Recepter - Argentina (Spanish - via Zoom)

**7:00 PM** - Session #9 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**8:00 PM** - Dorje Trolöd practice (via Zoom)

**Friday, 22 Jan**

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

**7:00 PM** - Session #10 - Chögyal Namkhai Norbu video: Dorje Trolöd retreat - Tashigar South, 2012  
(English with Spanish translation - via Zoom)

**8:00 PM** - Dorje Trolöd practice (via Zoom)

**Saturday, 23 Jan**

*Padmasambhava day*

**6:00 PM** - Short Ganapuja: Alonso Espinosa - Chile (Spanish - via Zoom)

**Sunday, 24 Jan**

**No activities programmed**

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