

## Dzamling Gar Schedule 13/9/2021- 19/9/2021

### Monday 13/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)  
9:15 AM to 10:30 AM Yantra Yoga Practice with Max (in Gönpa)  
12:15 PM to 1:15 PM Vajra Dance and Guruyoga of the White A (in Gönpa)  
6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)  
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)  
8:20 PM to 9:20 PM Guru Dragphur Practice (in Gönpa)

### Tuesday 14/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)  
12:12 PM to 1:30 PM Vajra Dance 12A and Complete Tun (in Gönpa)  
5:30 PM to 7:00 PM Yantra Yoga for Beginners with Valeria (in Garden)  
6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)  
7:00 PM to 7:45 PM Khaita for kids (in Garden)  
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

### Wednesday 15/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)  
9:15 AM to 10:30 AM Yantra Yoga Practice with Max (in Gönpa)  
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)  
5:00 PM to 6:00 PM Gravity Yoga with Valeria (in Garden)  
6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)  
7:00 PM to 7:45 PM Khaita for kids (in Garden)  
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)  
8:20 PM to 9:20 PM Guru Dragphur Practice (in Gönpa)

### Thursday 16/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)  
8:00 AM to 9:00 AM Sang & Serkyem (in Cafeteria)  
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)  
5:00 PM to 6:00 PM Ganapuja (Guru Padmasambhava) (in Gönpa)  
6:00 PM to 7:00 PM Khaita Study Group (in Gönpa)  
7:00 PM to 8:30 PM African Dance (in Jyagyip)  
7:15 PM to 8:15 PM Khalong Dorjeikar (in Gönpa)  
7:15 PM to 8:15 PM Dorje Sempa Namkha Che Study Group(Transmission required) (in Cafeteria)

### Friday 17/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)  
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)  
5:30 PM to 7:00 PM Respira with Nataly (in Garden)  
6:00 PM to 7:30 PM everyone is invited to join filming simple dances for Khaita 10th anniversary video!  
7:35 PM to 8:35 PM Vajra Dance (in Gönpa)

### Saturday 18/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)  
9:00 AM to 10:00 AM Sang Practice (in Cafeteria)  
11:00 AM to 12:00 PM Morning Meditation with Rabgyi (in Gönpa)  
12:15 PM to 1:15 PM Gomadevi Short Practice with Vajra Dance (in Gönpa)  
4:00 PM to 5:00 PM Chinese Language in the Cafeteria (in Other)  
6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)  
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

### Sunday 19/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)  
9:00 AM to 10:00 AM Sang Practice (in Cafeteria)  
12:15 PM to 1:15 PM Explanation and dance of 12A

1:15 PM to 2:15 PM Khalong Dorjeikar (in Gönpa)  
6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)  
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)