



FOR BROWSER VIEW CLICK HERE
Tsegalgar East Weekly Schedule

Dear Vajra family,

Please visit the [Event Calendar](#) on our website for up-to-date practice schedule, including ongoing/weekly practices. Click links below for details of each event.

Scroll down to bottom of this email for Zoom access.

All events listed will be held on Zoom, unless indicated otherwise. To connect with each other to coordinate informal in-person practice, e-mail te-local-email-tree@googlegroups.com.

October 9th - 15th:

Saturday: October 9th - 30th, 10:30-noon - [Opening the Door to Practice](#) - Taught by Santi Maha Sangha Instructor Steven Landsberg. Sign up on mailing list.

Sunday, October 10th - 10am - [Odzer Chenma Practice](#) 2nd Sunday practice

Wednesday, October 13th - 5pm - 6pm - [Gakyil Meeting](#) - All members welcome to attend. Tsegalgar Collective Practice Zoom link

Thursday, October 14th - 2pm - 4:30pm [Practice of Natural Light: Deepening our Clear Light Dream State](#) led by Santi Maha Sangha Instructor Michael Katz

Friday, October 15th - [Padmasambhava Ganapuja](#) on Zoom and at Khandroling.

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|-----------------|---|
| Saturday | Introduction to the Dzogchen Community - Opening the Door to Practice - 10:30 am with Steven Landsberg - (Saturdays in Oct) via Zoom |
| Sunday | Odzer Chenma Practice - 10am Vajra Dance Thun - 12pm |
| Monday | Yantra Yoga for those with experience with Paula Barry - 8:15am |

- [Odzer Chenma Practice - 9am](#)
- [Mandarava Practice - 4pm](#)
- [Shiné Practice - Sitting Meditation - 6pm](#)
- Tuesday** [Mandarava Practice with tsalung - 4pm](#)
- Wednesday** [Yantra Yoga for those with experience with Paula Barry - 8:15am](#)
- [Odzer Chenma Practice - 9am](#)
- [Practice of the Precious Vase with Steven Landsberg - 10am](#)
- [Tsegyalgar East Gakyil Meeting - 5pm](#)
- Thursday** [Odzer Chenma Practice - 9am](#)
- [Jnanadakini Thugthig Group Practice led by Steven Landsberg - 10:30am](#)
- [Practice of Natural Light: Deepening our Clear Light Dream State with Michael Katz - 2pm](#)
- [Complete Breathing and the Application of the Pranayamas of Yantra Yoga with Paula Barry - 5pm](#)
- Friday** [Yantra Yoga for those with experience with Paula Barry - 8:15am](#)
- [Odzer Chenma Practice - 9am](#)
- [Padmasambhava Ganapuja and Dance Thun](#) at Khandroling - 3pm Dance, 5pm Ganapuja, 7pm on Zoom

Please keep the following people in your hearts as you dedicate the merits of your practice towards their healing:

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- Andrei Laszlo
- Ines Garcia Calderon
- Carlos Rivera Zuzunaga
- Jonathan and Nancy Swinchatt
- Richard Welder, Laura Welder's Father
- Sheila Lizdas, Saralé's mother
- Sophia Dalle
- The Kaiser family
- Marcus Molefi Ford, Toi Ford, and Marsha McNeill
- Vero Zelada
- The community of all sentient beings throughout space

Shitro for:

- - Jim Trucano-Harp
 - Valerio López Astrain, brother of Marta López

To add (or remove) your name, a loved one's name, or a community in need, to the practice dedication list, please email Secretary@tsegyalgar.org

All times are in ET - NYC Time (GMT - 4) [Check your local time here.](#)

We are gratefully accept your ongoing support to help us [sustainour Gar.](#) Thank you!

All the Zoom Links!

For easy access (saved meeting ID's) Log into: zoom.us

Recurring Ganapuja link with Kundrolling:

<https://us02web.zoom.us/j/81213062357?pwd=WjdSbGY5RnU4dEdXc1FkRmdHT1d4QT09>
meeting ID: [812 1306 2357](#) Password: VAJRADANCE

Practices below on Tsegyalgar East Collective Practice Link, unless indicated:

<https://us02web.zoom.us/j/81667111041?pwd=RW5yUlI2Wi9BR2tGYWxkMmZzNDFVQT09>
Meeting ID: [816 6711 1041](#) Passcode: 221262

Yantra Yoga - with Paula Barry

Mondays, Wednesdays and Fridays 8:15am- 9:45am

Mandarava Practice

Mondays & Tuesdays, 4:00pm - 5:00pm

Complete Breathing and the Application of the Pranayamas with Paula Barry

Thursdays 5:00pm - 6:30pm

Gakyil and Community Meetings

Shiné - Sitting Meditation Practice led by Lynn Newdome

Mondays evenings beginning Sept 13th

6:00-6:45 pm ET - NYC time

<https://us02web.zoom.us/j/83221717704?pwd=UnB2SjZjQy9ERmtrZXhZc0FhMXp6QT09>

Meeting ID: [832 2171 7704](#) Passcode: stillness

Practise of the Precious Vase with Steven Landsberg

Wednesdays 10:00am-11:30am

<https://us02web.zoom.us/j/82935022716pwd=TXlaRWNNd1hSZUIFRDc5ejRYWDgrZz09>

Meeting ID: [829 3502 2716](#) Passcode: 247403
[Join the mailing list](#) for updates.

[Jnanadakini Thugthig Practice](#) led by Steven Landsberg

Thursdays, 10:30am-11:15am

*Please check your own history to understand whether you have received the Lung to participate.

<https://us02web.zoom.us/j/86534978006?pwd=Q2NaNnVNeHJGZU9mdkFVNFNhRkc0UT09>

Meeting ID: [865 3497 8006](#) Passcode: 965143

Yantra Yoga with Naomi Zeitz

See schedule on website

<https://us02web.zoom.us/j/5052220229>

Meeting ID: [505 222 0229](#) Passcode: yantrayoga

[Odzer Chenma Practice](#)

Mon, Wed, Thurs, & Fri at 9:00am with Kundrolling *and* 2nd Sundays Oct 10, Nov 14 and Dec 12 at 10:00am

<https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGlyMmk5NG5oWFRqMjArdz09>

Meeting ID: [688 964 335](#) Password: JETSUN

Daily Tara Practice at 2:00pm ET and 7:00pm ET with Kundrolling

*except on 7:00pm Ganapuja

day <https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGlyMmk5NG5oWFRqMjArdz09>

Meeting ID: [688 964 335](#) Password: JETSUN

Special Practices:

[Opening the Door to Practice](#) - Saturdays in Oct. \$100 suggested donation. Sign up on [mailing list](#)<https://us02web.zoom.us/j/8573320690?pwd=UjVldEZZQVZNNGQveW02Z2JVek1rdz09> Meeting ID: 857 3320 6907 Passcode: welcome

[Practice of Natural Light](#) led by Michael Katz, 2nd Thursdays from 2:00-3:30pm \$10 suggested donation. <https://us02web.zoom.us/j/88469180462?pwd=NFkybGFsd2JGsk1tVnZoUDdVNThwdz09> Meeting ID: [884 6918 0462](#) Passcode: Semdzin

Access Zoom links anytime by following these steps!

1. Visit: [Weekly Practices: Videoconference links](#)
2. Your login name is (all lowercase): **member**
3. Password is (all lowercase): **snowlion-tibet-108**
4. For easy access: Log into [zoom.us](#) , find saved meeting ID and enter password.
5. View Our regularly updated [Events Calendar!](#) No need to wait for an emailed schedule.

You can also find most events on [the Sangha App](#). For questions or suggestions for practices, email bluegakyil@tsegylgar.org

Wishing you all the best in your practice,

Tsegylgar East Gakyil - Al, Emily, India, Mark, John, and Wayne

For questions or comments please contact: bluegakyil@tsegyalgar.org
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INTERNATIONAL DZOGCHEN COMMUNITY KUNDROLLING



Illustrator Unknown. Thanks to Przemek Kazmierczak for photoshopping.

WEEKLY SCHEDULE of IDC KUNDROLLING in NYC

Updates this week:

[Padmasambhava Ganapuja](#) – 7 pm Eastern Time on Friday, October 15, 2021

[Practice of the Natural Light with Michael Katz](#) – 2 pm ET on Thursday, October 14, 2021

Change of day this week [Practise of the Precious Vase](#) with authorized Santi Maha Sangha instructor Steven Landsberg will be Friday this week instead of Wednesday

New Program [Opening the Door to Practice](#) with Steve Landsberg for newcomers to Dzogchen – 10 am ET on Saturdays through October

Online Practice with IDC Kundrolling:

9 am ET – [Practice of Odzer Chenma for IDC Kundrolling and Dondrubling](#) (Mondays, Wednesdays, Thursdays and Fridays only)

10 am ET – [Practice of Odzer Chenma](#) with Merigar and IDC Tsegylgar East (Sundays only)

10 am ET – [Deepening in the Kumbhaka](#) with Patrizia Pearl (every other Sunday only)

10 – 11:30 am ET – [Practise of the Precious Vase](#) with authorized Santi Maha Sangha instructor Steven Landsberg and Tsegylgar East (Friday this week only, check website for schedule: <https://www.tsegylgar.org/tsegylgar-east/events-calendar/practise-of-the-precious-vase/>)

12 pm ET – [Daily Chöd Practice with Steve Landsberg](#) – check the [facebook group](#) for the most current link

2 pm ET – [Daily Guru Arya Tara Practice of the 21 Praises and 20th Action Mantra](#) (daily – seven days per week)

2 – 3:30 pm ET – [Practice of the Natural Light with Michael Katz](#) (every other Thursday only)

4 pm ET – [Mandarava Practice with Tsegyalgar East](#) (Monday and Tuesdays)

6 pm ET – [Guruyoga of the White A Practice](#) (Monday, September 27th)

7 pm ET – [Daily Guru Arya Tara Practice of the 21 Praises and 20th Action Mantra](#) (daily – seven days per week) (*Replaced by Ganapuja on those nights)

7 pm ET – [Padmasambhava Ganapuja](#) – [zoom.us](#) meeting number 812 1306 2357 Password: VAJRADANCE (Friday, October 15th)

8 pm ET – [Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\)](#) (daily – seven days per week) (*Replaced by Dance practice after the Ganapuja whenever applicable.)

Links to the Practices:

Ganapuja

[Ganapuja hosted by Tsegyalgar East/ IDC Kundrolling](#) – [zoom.us](#) meeting number 812 1306 2357 Password: VAJRADANCE.

Practice of Odzer Chenma

[Practice of Odzer Chenma for IDC Kundrolling and IDC Dondrubling](#) – [zoom.us](#) meeting number 688 964 335. Password: JETSUN.

Santi Maha Sangha

[Practice of the Precious Vase with Steven Landsberg and Tsegyalgar East](#) – zoom.us meeting number 829 3502 2716. Passcode: 247403.

[Dondrubling in Berkeley, CA, has relevant practices.](#)

Yantra Yoga

[Yantra Yoga with Naomi Zeitz](#) – zoom.us meeting number 505 222 0229. Password: yantrayoga.

Chöd and Other Practices

Practice with Steve Landsberg – zoom.us meeting number 825 2493 0413. Password: 210437. Also check the [facebook group](#) for the most current link.

Guruyoga of the White A

[Guruyoga of the White A Practice](#) – zoom.us meeting number 812 1306 2357 Password: VAJRADANCE

Guru Arya Tara Practice

[Daily Guru Arya Tara Practice of the 21 Praises and the 20th Action Mantra](#) – zoom.us meeting number 688 964 335. Password: JETSUN.

Mandarava Practice

[Mandarava Practice with Tsegyalgar East](#) – zoom.us meeting number 816 6711 1041. Password: 221262.

Vajra Dance

[Daily Practice of the Vajra Dance of the Dimension of Space \(12 A\)](#) – zoom.us – meeting number 812 1306 2357. Passcode: VAJRADANCE.

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