



Monday 15/11/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
12:15 PM to 1:15 PM Vajra Dance and Guruyoga of the White A (in Gönpa)
4:30 PM to 6:00 PM Respira with Alina (in Garden)
5:00 PM to 6:00 PM Khaita for kids (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 16/11/2021

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)
5:00 PM to 7:00 PM Khaita Singing and Dancing (in Gönpa)
5:30 PM to 7:00 PM Yantra Yoga for Beginners with Valeria (in Gönpa)
7:15 PM to 8:15 PM Khalong Dorjeikar Study Group (in Gönpa)

Wednesday 17/11/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
8:45 AM to 10:00 AM Yantra Yoga Practice with Maxim (in Gönpa)
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)
3:00 PM to 5:00 PM Second Series of Yantra and Pranayama (in Gönpa)
5:00 PM to 6:00 PM Khaita for kids (in Gönpa)
5:00 PM to 6:00 PM Gravity Yoga with Valeria (in Garden)
6:00 PM to 7:00 PM Khaita Study Group (in Gönpa)
6:30 PM to 8:00 PM African Dance (in Jyagyip)
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)
7:15 PM to 8:15 PM Dorje Sempa Namkha Che Study Group (Transmission required) (in Cafeteria)
8:30 PM to 9:30 PM Guru Dragphur Practice (in Gönpa)

Thursday 18/11/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)
3:00 PM to 5:00 PM Second Series of Yantra and Pranayama (in Gönpa)
4:30 PM to 6:00 PM Yantra Yoga with Alina (in Garden)
5:00 PM to 7:00 PM Khaita Singing and Dancing (in Gönpa)
7:15 PM to 8:15 PM Khalong Dorjeikar (in Gönpa)

Friday 19/11/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
8:45 AM to 10:00 AM Yantra Yoga Practice with Maxim (in Gönpa)
11:00 AM to 12:00 PM Invocation of Samantabhadra (in Gönpa)
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)
3:00 PM to 5:00 PM Second Series of Yantra and Pranayama (in Gönpa)
5:00 PM to 7:00 PM Ganapuja followed by Khaita (Full moon) (in Gönpa)
5:30 PM to 6:45 PM Respira with Nataly (in Garden)
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

Saturday 20/11/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
9:00 AM to 11:00 AM Second Series of Yantra and Pranayama (in Gönpa)
11:00 AM to 12:00 PM Morning Meditation with Rabgyi (in Jyagyip)
12:15 PM to 1:15 PM Short Gomadevi practice with VD of Song of Vajra and contemplation. (in Gönpa)
5:00 PM to 7:00 PM Khaita Singing and Dancing (in Gönpa)
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

Sunday 21/11/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)

9:00 AM to 10:00 AM Sang Practice (in Cafeteria)

9:00 AM to 11:00 AM Second Series of Yantra and Pranayama (in Gönpa)

12:15 PM to 1:15 PM Dance of 12A and Contemplation (in Gönpa)

1:15 PM to 2:15 PM Khalong Dorjeikar (in Gönpa)

5:00 PM to 7:00 PM Khaita Singing and Dancing (in Gönpa)

7:15 PM to 8:15 PM Vajra Dance (in Gönpa)