

Weekly Program 22-28 November 2021

This week there are the regular practices in person and webcast.

There is the second online meeting on the Precious Vase, the base of the Santi Maha Sangha.

We remind you that in order to participate it is necessary to register. [More details](#).

From Friday 26 the [Sothig and the Tsalung of the Immortal Life of the Vajra](#) course led by Fabio Andrico begins.

Sunday 28th from 14:00 to 15:30, we will start cutting the lungta for Losar in the dining room.

Inside the Gönpa and the Mandala Room, please respect social distancing and wear a mask.

Please check in the program to see for which activities the green pass is required.

Thanks for your collaboration.

Tuesday November 23rd

18:30-19:45 [The Precious Vase - online meetings](#) (weekly course in Italian, via zoom)

Wednesday November 24th

16:00 Study group (in presence in the library and on zoom - for participation contact Elisa)

18:00 [Yantra Yoga for beginners](#) (Sala Mandala, with green pass)

Thursday November 25th

15:40-17:00 Khaita (singing and dancing) - Mandala Hall after showing the green pass to the person organizing the practice.

Friday November 26th

16:00-18:00 [The Sogthig and Tsalung of the Immortal Vajra Life](#) (in presence and on zoom - please register to participate - green pass required for onsite participation)

Saturday November 27th

09:30-11:30 [The Sogthig and Tsalung of the Immortal Vajra Life](#) (in presence and on zoom - please register to participate - green pass required for onsite participation)

16:00-18:00 [The Sogthig and Tsalung of the Immortal Vajra Life](#) (in presence and on zoom - please register to participate - green pass required for onsite participation)

Sunday November 28th

08:30 Yantra Yoga practice (Mandala Hall)

09:30-11:30 [The Sogthig and Tsalung of the Immortal Vajra Life](#) (in presence and on zoom - please register to participate - green pass required for onsite participation)

14:00 - 15:30 Lungta cutting (Sala Mensa with green pass)

16-17 Vajra Dance (Pamo - Mandala Hall)

17-18 Vajra Dance (Pawo - Mandala Hall)

18:15 Chöd practice (Mandala Hall, to confirm please contact Marija)

Practice via Zoom

The online practice of Yantra Yoga continues on Sunday at 8.30 am; Yoga on a chair Wednesday 9:00am. The link to participate online is <https://us02web.zoom.us/j/4865700590>, for the connection you can contact Dina. Respira is on Friday at 09:00 with Natasha here: <https://us02web.zoom.us/j/9840523802>

Ass. Culturale Comunità Dzogchen – Merigar

Loc. Merigar, 58031 Arcidosso (GR) Italy

Tel. [+39 0564 966837](tel:+390564966837) [+39 0564 968110](tel:+390564968110)

Email: office@dzogchen.it