



Dear Vajra Family,  
We continue practicing via online!  
You will find the **Zoom** link in our **Facebook Group** and **Sangha App**. If you don't use FB or the App, please write to us.

**This course** Dakini of Gomadevi Wisdom with Enzo Terzano **requires registration**, please write to: [secretaria@tashigarsur.com](mailto:secretaria@tashigarsur.com)

If you have a comment or question please write to [secretaria@tashigarsur.com](mailto:secretaria@tashigarsur.com).  
Please join us online via ZOOM!

Tashigar Sur Gakyil

**Nov 22 to Nov 28**

***Online practices from Tashigar Sur via Zoom***

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

**Monday, 22 Nov**

**8:30 AM** - Guru Amitayus: Elisa Copello

**7:00 PM** - Green Tara practice: Valter Bianchini

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**Tuesday, 23 Nov**

**8:30 AM** - Mandarava (short version): Paola Damonte

**9:30 AM** - Pranayama of the 3<sup>rd</sup> Series of Yantra Yoga: Breathing of Humkara  
Carolina Mingolla

**7:00 PM** - Green Tara practice: Claudia Segura

**Wednesday, 24 Nov**

**8:30 AM** - Mandarava (short version): Carlos Mena

**9:30 AM** - Yantra Yoga practice: Carolina Muñoz

**7:00 PM** - Short Ganapuja: Alonso Espinosa

**Thursday, 25 Nov**

**8:30 AM** - Mandarava (short version): Eglee Barros

**9:30 AM** - Yantra Yoga practice: Leticia Recepter

**7:00 PM** - Shitro practice: Sergio Oliva

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**Friday, 26 Nov**

**8:30 AM** - Mandarava (short version): Sara Hanono

**9:30 AM** - Dakini of Gomadevi Wisdom (First week): Enzo Terzano  
English with Spanish translation

**7:00 PM** - Green Tara practice: Carmen Torres

**Saturday, 27 Nov**

**9:30 AM** - Dakini of Gomadevi Wisdom (First week): Enzo Terzano  
English with Spanish translation

**Sunday, 28 Nov**

**9:30 AM** - Dakini of Gomadevi Wisdom (First week): Enzo Terzano  
English with Spanish translation