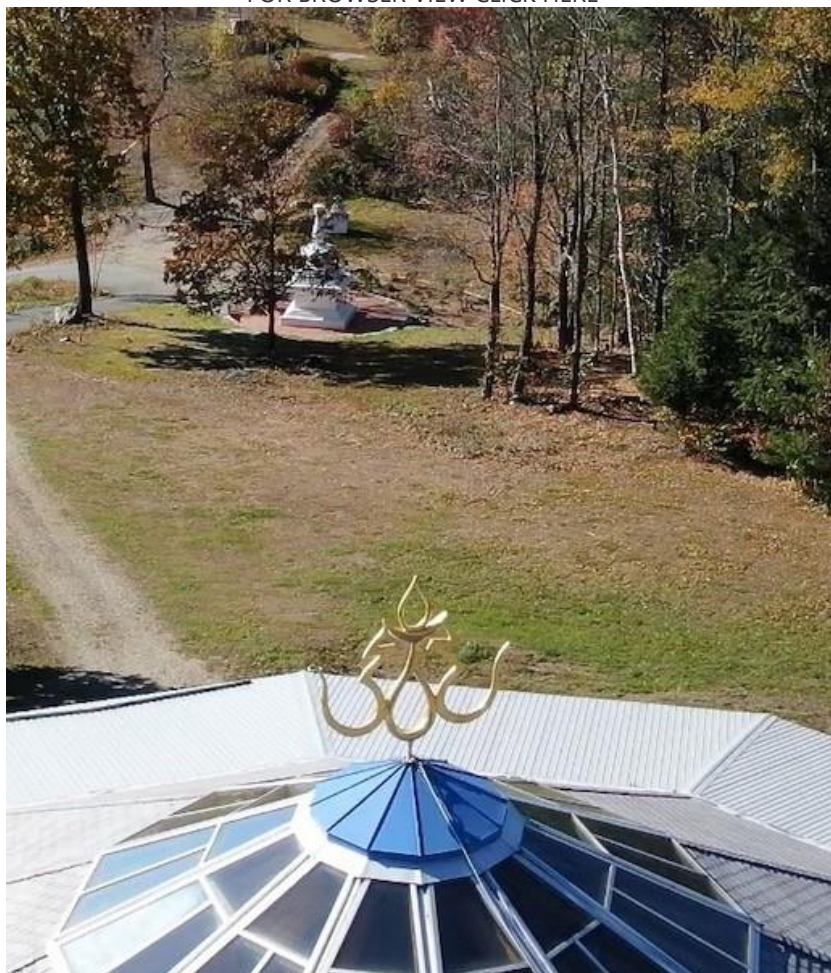




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Tsegyalgar East Weekly Schedule

Dear Vajra family,

- Visit our [Events Calendar](#) for a complete schedule.
- Zoom links located at bottom of e-mail.
- For easy access: Log into [zoom.us](#), find saved meeting ID and enter password.
- All times are in EST - NYC Time (GMT - 4) [Double-check your time-zone here!](#)*

Special Events:

Saturday, Nov 13: Listen to Rinpoche's Webcast Replay, 9-10 pm (EST)/6-7pm (PST) - hosted by Dondrubling!

Song of Vajra Retreat (2012) Hong Kong

We will listen to the webcast and practice Ati Guruyoga. Transmission required. [Zoom.us](https://zoom.us) Meeting ID: 849 0373 0516 Passcode: 678933

Sunday, November 14th: [Odzer Chenma practice](#) - at 10am EST, 2nd Sunday of the Month with Cristiana de Falco. Odzer Chenma. Link Below.

Saturday, November 21st: Kumbhaka with Patricia Pearl, 10am-12pm EST, hosted by Kundrolling. \$35 Suggested Donation. Email the IDC Kundrolling Gakyil at nydzogchencomm@gmail.com or pay online to PayPal account nydzogchencomm@gmail.com with a note about the course.

Daily Shitro practice hosted by Kundrolling 1pm EST. And Thursdays from Merigar at noon. Zoom link Below. If you'd like to receive Kundrolling's weekly schedule, sign up [here](#).

Calling all members!

[Community Meeting](#): Sunday Nov 14th at 5:30 pm, on Zoom.* [Click link](#) for documents related to mtg.

Upcoming Ganapujas:

Sunday, Nov 14th [Padmasambhava Ganapuja](#) 7pm Zoom*

Friday, Nov 19th [Full Moon Ganapuja](#) 7pm Zoom

**no formal Zoom held from Gonpa for Community Meeting or Ganapuja. If you wish to connect and gather from Gonpa, you can bring your personal computer and connect. If you're interested in being "tech" help for future Gonpa activities, e-mail bluegakyil@tsegyalgar.org.*

November 13 - 19:

Saturday [Introduction to the Dzogchen Community - Opening the Door to Practice - 10:30 am](#)

Sunday [Odzer Chenma practice - 10am EST](#)

Vajra Dance Thun- noon in Gonpa

[Community Meeting - 5:30 pm](#)

[Padmasambhava Ganapuja - 7pm](#)

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](#)

[Vajra Dance Thun](#)

Thursday [Odzer Chenma Practice - 9am](#)

[Inanadakini Thugthig Group Practice led by Steven Landsberg - 10:30am](#)

[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](#)

[Full Moon Ganapuja](#) 7pm Zoom

You can also find events on [the Sangha App!](#) If you have photos you'd like us to share on social media or weekly digest, please send. For questions or suggestions for practices, do not reply to this e-mail, instead write to bluegakyil@tsegyalgar.org

To connect with each other to coordinate informal in-person practice, e-mail te-local-email-tree@googlegroups.com.

Zoom links always accessible via *Tsegyalgar website* by logging in as a member!

1.
 1. **Visit:** [Weekly Practices: Videoconference links](#)
 2. **Your login name is (all lowercase):** member
 3. **Password is (all lowercase):** snowlion-tibet-108

Dedications

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

- Andrei Laszlo
- Ines Garcia Calderon
- Carlos Rivera Zuzunaga
- Jonathan and Nancy Swinchatt
- 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:

- Richard Welder, Laura Welder's Father

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 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](https://us02web.zoom.us/j/81213062357?pwd=WjdSbGY5RnU4dEdXc1FkRmdHT1d4QT09) Password: VAJRADANCE

The following practices are held on **Tsegyalgar East Collective Practice Link:**

<https://us02web.zoom.us/j/81667111041?pwd=RW5yUlg2Wi9BR2tGYWxkMmZzNDFVOT09>
Meeting ID: [816 6711 1041](https://us02web.zoom.us/j/81667111041?pwd=RW5yUlg2Wi9BR2tGYWxkMmZzNDFVOT09) 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 - Sunday November 14, 5:30pm

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=UnB2SjZjOy9ERmtrZXhZc0FzMXp6QT09>

Meeting ID: [832 2171 7704](https://us02web.zoom.us/j/83221717704?pwd=UnB2SjZjOy9ERmtrZXhZc0FzMXp6QT09) Passcode: stillness

Practise of the Precious Vase with Steven Landsberg

Wednesdays 10:00am-11:30am

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

Meeting ID: [829 3502 2716](https://us02web.zoom.us/j/82935022716?pwd=TXlaRWNNd1hSZUIFRDc5ejRYWDgrZz09) Passcode: 247403

[Join the mailing list](#) for updates.

Jnanadakini Thugthig Practice led by Steven Landsberg

Usual Time: 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](https://us02web.zoom.us/j/86534978006?pwd=Q2NaNnVNeHJGZU9mdkFVNFNhRkc0UT09) Passcode: 965143

Daily Shitro with Kundrolling at 1pm ET (Thursdays with Merigar Practicing Together)

<https://us02web.zoom.us/j/85499857645?pwd=Q0duRGpVc0NteUFMTec2NTEzL0U0QT09>

Meeting ID: 854 9985 7645 Passcode: Shitro

Odzer Chenma Practice

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

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

Meeting ID: [688 964 335](https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGlyMmk5NG5oWFRqMjArdz09) Password: JETSUN

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

*except on Ganapuja

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

Meeting ID: [688 964 335](https://us02web.zoom.us/j/688964335?pwd=RFYwazU2TGlyMmk5NG5oWFRqMjArdz09) Password: JETSUN

Yantra Yoga with Naomi Zeitz

See schedule on website - *currently not scheduled*

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

Meeting ID: [505 222 0229](https://us02web.zoom.us/j/5052220229) Passcode: yantrayoga

Special Practices:

Opening the Door to Practice taught by Steve

Landsberg, <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 <https://us02web.zoom.us/j/88469180462?pwd=NFkybGFSSd2JGSk1tVnZoUDdVNThwdz09> Meeting ID: [884 6918 0462](https://us02web.zoom.us/j/88469180462?pwd=NFkybGFSSd2JGSk1tVnZoUDdVNThwdz09) Passcode: Semdzin

DONATE

We gratefully accept your ongoing support to help us sustain our Gar. Thank you! Wishing you all the best in your practice,

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

For questions or comments please contact: bluegakyil@tsegyalgar.org

International Dzogchen Community Tsegyalgar East

P.O. Box 479, 18 Schoolhouse Rd., Conway, MA 01341, USA

Phone: 413-369-4153 • www.Tsegyalgar.org

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INTERNATIONAL DZOGCHEN COMMUNITY KUNDROLLING



WEEKLY SCHEDULE of IDC KUNDROLLING in NYC

News this week and next:

**** Shitro will be at 1 pm ET every day – we are sorry for the*

*confusion.*** The only change will be when we practice with Merigar on Thursdays through the Practicing Together webcast.*

[IDC Kundrolling Potluck Dinner](#)

Get together after so long and welcome new members!

Saturday, 20th of November

6 pm to 10 pm ET

Address: 93 Summit Street #1, Brooklyn, NY

Email: nydzogchencomm@gmail.com for more information

Food sign up [here](#)

Guests must be vaccinated to attend

[Full Moon Ganapuja with IDC Tsegyalgar East and IDC Kundrolling](#)

November 19th 2021 - 7:00 pm ET – zoom.us meeting number 812

1306 2357 Password: VAJRADANCE

[Shitro Practicing Together](#)

Thursday, November 18th at 12:00 pm ET – from Merigar West

[IDC TSEGYALGAR Schedule](#)

Online Practice with IDC Kundrolling:

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

10 am – 12 pm ET – Every other Sunday starting from 21st November. – [Deepening in the Kumbhaka](#) with Patrizia Pearl (every other Sunday upcoming on the 21st of November.)

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

10:30 am – 12 pm ET – [Opening the Door to Practice](#) with Steve Landsberg for newcomers to Dzogchen (Saturdays)

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

1 pm ET – [Daily Shitro Practice](#) (daily through zoom except when we join with Merigar's Shitro practice on Practicing Together)

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

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

6 pm ET – Potluck Dinner – 93 Summit Street #1, Brooklyn, NY (Saturday only)

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 – [Ganapuja hosted by Tsegyalgar East/ IDC Kundrolling](#) (Friday, November 19th)

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 Tsegylgar 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 Tsegylgar 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.

Shitro Practice

[Shitro Practice](#) – [zoom.us](#) meeting number 854 9985 7645. Password: Shitro.

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 Tsegylgar 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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