



Monday 20/12/2021

- 8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
- 10:00 AM to 12:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 4:00 PM to 6:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 5:00 PM to 6:00 PM Khaita for kids (in Gönpa)
- 6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)
- 8:20 PM to 9:20 PM Dakini Simhamukha Practice (in Gönpa)

Tuesday 21/12/2021

- 8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
- 9:30 AM to 10:30 AM Soft Yantra Yoga with Naomi (in Gönpa (Terrace))
- 10:00 AM to 12:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 4:00 PM to 6:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 5:00 PM to 6:30 PM Yantra Yoga for Beginners with Valeria (in Garden)
- 5:00 PM to 7:00 PM Khaita Singing and Dancing (in Gönpa)

Wednesday 22/12/2021

- 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 (Terrace))
- 10:00 AM to 12:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 4:00 PM to 6:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 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 Dancing (in Gönpa)
- 6:15 PM to 7:15 PM Dorje Sempa Namkha Che Study Group(Transmission required) (in Cafeteria)
- 8:20 PM to 9:20 PM Dakini Simhamukha Practice (in Gönpa)

Thursday 23/12/2021

- 8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
- 10:00 AM to 12:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 4:00 PM to 6:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
- 4:45 PM to 6:00 PM Yantra Yoga with Alina (in Garden)

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

Friday 24/12/2021

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 (Terrace))
10:00 AM to 12:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
4:00 PM to 6:00 PM The Three Statements of Guru Garab Dorje with Elias Capriles (in Gonpino)
5:00 PM to 7:00 PM Khaita Singing and Dancing (in Gönpa)

Saturday 25/12/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
9:00 AM to 11:00 AM Tsadul Movement and Tibetan Medicine with Menpa Phuntsog Wangmo And Fabio Andrico (in Gönpa)
11:00 AM to 12:00 PM Morning Meditation with Rabgyi (in Jyagyip)
3:30 PM to 5:30 PM Tsadul Movement and Tibetan Medicine with Menpa Phuntsog Wangmo And Fabio Andrico (in Gönpa)
5:45 PM to 7:00 PM Khaita Dancing (in Gönpa)

Sunday 26/12/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur - Lungta tent)
9:00 AM to 11:00 AM Tsadul Movement and Tibetan Medicine with Menpa Phuntsog Wangmo And Fabio Andrico (in Gönpa)
3:30 PM to 5:30 PM Tsadul Movement and Tibetan Medicine with Menpa Phuntsog Wangmo And Fabio Andrico (in Gönpa)
5:45 PM to 7:00 PM Khaita Dancing (in Gönpa)

DZG Vajra Dance weekly schedule:

Sunday: 12:15-13:15 KDKSOV
19:15 - 20:15 Vajra Dance complete Tun

Monday: 12:15 - 13:15 Guru Yoga of White A with Dance of the SOV
19:15-20:15 KDKSOV

Tuesday: 12:15 -13:15 Vajra Dance Complete Tun
19:15-20:15 KDKSOV

Wednesday: 12:15 -13:15 KDK12A and KDKSOV
19:15-20:15 3x Dance of the SOV

Thursday: 12:15-13:15 Medium Tun (VDBB- 3 Vajra Dance extensive way)
19:15 - 20:15 KDKSOV

Friday: 12:15-13:15 KDKSOV
19:15-20:15 Complete Tun

Saturday: 12:15-13:15 Short Gomadevi with Dance of SOV and sitting contemplation
19:15-20:15 KDK12A and Complete Tun