

## Zoom Practices from Tashigar South

Date : May 25, 2020

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**INTERNATIONAL  
DZOGCHEN COMMUNITY  
TASHIGAR SUR**

Dear Community,

From Tashigar Sur we started a Facebook group for practicing together.

The group is private and **there is a requirement to have received Transmission from Rinpoche for entering it.**

This week we have international instructors sharing knowledge, so if you like and you have the Transmission you can join! Also we have organized Yantra Yoga, Harmonious Breathing, Ganapuja, Shitro and many others sessions.

Most sessions are in Spanish and sometimes they are in English with Spanish translation.

Only a few sessions will be via **Zoom**. It is important to know that the Zoom links only will be posted on Facebook Group.

Please, reply to the questions in the beginning so we can accept your request for entering.

<https://www.facebook.com/groups/PracticandoenTashigarSur2020>

If you have a comment or question please write to [secretaria@tashigarsur.com](mailto:secretaria@tashigarsur.com).

Tashi Delegs!  
Tashigar South Gakyil

**May 25-31**

***Online practices from Tashigar South***

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

**Monday, 25 May**

**9:15 AM** – Yantra Yoga: Carolina Muñoz – Chile (Spanish – via Facebook Live)

**6:00 PM** – Harmonious Breathing: Nataly Nitsche – Costa Rica (Spanish – via Facebook Live)

**7:00 PM** – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

**7:30 PM** – Green Tara: Marisa Alonso – Argentina (Spanish – via Facebook Live)

**Tuesday, 26 May**

**9:30 AM** – Training of the Pranayama of the 3rd Series of Yantras: Carolina Mingolla – Tashigar

South (Spanish – via Facebook Live)

**6:00 PM** – Soft Yantra Yoga and training of the Rhythmic Breathing: Marisa Alonso – Argentina (Spanish – via Zoom)

**7:00 PM** – Dance of the 12 A: Nélide Saporiti – Argentina (Spanish – via Facebook Live)

**7:30 PM** – Medium Thun: Sergio Oliva – Argentina (Spanish – via Facebook Live)

### **Wednesday, 27 May**

**9:15 AM** – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)

**4:30 PM** – *Ikebana, The path of flowers*: Martín Pissano – Uruguay (Spanish – via Zoom)

**6:00 PM** – Harmonious Breathing: Haimavati Nakai – Brazil (Spanish – via Facebook Live)

**7:00 PM** – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

**7:30 PM** – Mandarava (long version): Cristian Cabral – Argentina (Spanish – via Zoom)

### **Thursday, 28 May**

**9:15 AM** – Yantra Yoga: Leticia Recepter- Argentina (Spanish – via Facebook Live)

**6:00 PM** – Harmonious Breathing: Haimavati Nakai – Brazil (Spanish – via Facebook Live)

**7:00 PM** – Dance of the 12 A: Nélide Saporiti – Argentina (Spanish – via Facebook Live)

**7:30 PM** – Study and practice of Chöd: Steven Landsberg – USA (English with Spanish translation – via Zoom)

### **Friday, 29 May**

#### ***Birthday of Buddha***

**9:15 AM** – Yantra Yoga: Martín Fernández Cufre – Uruguay (Spanish – via Facebook Live)

**11:30 PM** – *The distinction between Meditation and Contemplation*: Igor Berkhin – Israel (English with Spanish translation – via Zoom)

**4:30 PM** – Short Ganapuja: Naomi Zeitz – Dzamling Gar (English via Zoom)

**6:00 PM** – We learn to cook “*malfatti de ricota y arvejas*”: Alfredo González – Uruguay (Spanish – via Facebook Live)

**7:30 PM** – Khaita Joyful Dances: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

### **Saturday, 30 May**

**9:15 AM** – Yantra Yoga: Carolina Muñoz – Chile (Spanish – via Facebook Live)

**6:00 PM** – Harmonious Breathing: Leticia Recepter – Argentina (Spanish – via Facebook Live)

**7:00 PM** – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

**7:30 PM** – *Psychotherapy and the three ways to deal with negative emotions in Buddhism*: Jorge Stolkiner – USA (Spanish – via Zoom)

### **Sunday, 31 May**

**6:30 PM** – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

**7:00 PM** – Shitró practice for Beatriz Wirsch: Alicia Caballero – Tashigar South (Spanish – via Facebook Live)

Comunidad Dzogchen Tashigar Sur

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