

## **Dzamling Gar Weekly Schedule 1-7 November**

**Date :** November 1, 2021

### **Monday 1/11/2021**

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)  
12:15 PM to 1:15 PM Vajra Dance and Guruyoga of the White A (in Gönpa)  
5:00 PM to 7:00 PM Khaïta Singing and Dancing (in Gönpa)  
5:40 PM to 6:45 PM Respira with Alina (in Garden)  
7:00 PM to 7:45 PM Khaïta for kids (in Gönpa)  
7:15 PM to 8:15 PM Vajra Dance (in Gonpino)  
8:20 PM to 9:20 PM Dakini Simhamukha Practice (in Gönpa)

### **Tuesday 2/11/2021**

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)  
12:12 PM to 1:30 PM Vajra Dance 12A and Complete Tun (in Gönpa)  
5:00 PM to 7:00 PM Khaïta Singing and Dancing (in Gönpa)  
5:30 PM to 7:00 PM Yantra Yoga for Beginners with Valeria (in Garden)  
7:15 PM to 8:15 PM Khalong Dorjeïkar Study Group (in Gönpa)

### **Wednesday 3/11/2021**

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)  
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)  
5:00 PM to 6:00 PM Khaïta Singing and Dancing  
5:30 PM to 6:10 PM Kumar Kumari (in Garden)  
6:00 PM to 7:00 PM Khaïta Study Group (in Gönpa)  
7:00 PM to 7:45 PM Khaïta for kids (in Gönpa)  
7:15 PM to 8:15 PM Vajra Dance (in Gonpino)  
7:15 PM to 8:15 PM Dorje Sempa Namkha Che Study Group(Transmission required) (in Cafeteria)

### **Thursday 4/11/2021**

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)  
12:15 PM to 1:15 PM Vajra Dance (in Gönpa)  
5:00 PM to 6:00 PM Ganapuja followed by Khaïta (New Moon) (in Gönpa)  
6:30 PM to 8:00 PM African Dance (in Jyagyip)  
7:15 PM to 8:15 PM Khalong Dorjeïkar (in Gönpa)  
8:20 PM to 9:20 PM Dakini Simhamukha Practice (in Gönpa)

### **Friday 5/11/2021**

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)

12:15 PM to 1:15 PM Vajra Dance (in Gönpa)  
5:00 PM to 7:00 PM Khaita Singing & Dancing also by Webcast (in Gönpa)  
5:30 PM to 6:45 PM Respira with Nataly (in Garden)

### **Saturday 6/11/2021**

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)  
11:00 AM to 12:00 PM Morning Meditation with Rabgyi (in Jyagyip)  
12:15 PM to 1:15 PM Short Gomadevi practice with VD of Song of Vajra and contemplation. (in Gönpa)  
5:00 PM to 7:00 PM Khaita Singing and Dancing (in Gönpa)  
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

### **Sunday 7/11/2021**

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)  
9:00 AM to 10:00 AM Sang Practice (in Cafeteria)  
12:15 PM to 1:15 PM Dance of 12A and Contemplation (in Gönpa)  
1:15 PM to 2:15 PM Khalong Dorjeikar (in Gönpa)  
6:00 PM to 7:00 PM Khaita (in Gönpa)  
7:15 PM to 8:15 PM Vajra Dance (in Gönpa)