

Dzamling Gar Weekly Schedule for September 13-19

Date : September 13, 2021

Monday 13/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)

9:15 AM to 10:30 AM Yantra Yoga Practice with Max (in Gönpa)

12:15 PM to 1:15 PM Vajra Dance and Guruyoga of the White A (in Gönpa)

6:00 PM to 7:00 PM Khaïta Dancing (in Gönpa)

7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

8:20 PM to 9:20 PM Guru Dragphur Practice (in Gönpa)

Tuesday 14/9/2021

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)

5:30 PM to 7:00 PM Yantra Yoga for Beginners with Valeria (in Garden)

6:00 PM to 7:00 PM Khaïta Dancing (in Gönpa)

7:00 PM to 7:45 PM Khaïta for kids (in Garden)

7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

Wednesday 15/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)

9:15 AM to 10:30 AM Yantra Yoga Practice with Max (in Gönpa)

12:15 PM to 1:15 PM Vajra Dance (in Gönpa)

5:00 PM to 6:00 PM Gravity Yoga with Valeria (in Garden)

6:00 PM to 7:00 PM Khaïta Dancing (in Gönpa)

7:00 PM to 7:45 PM Khaïta for kids (in Garden)

7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

8:20 PM to 9:20 PM Guru Dragphur Practice (in Gönpa)

Thursday 16/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)

8:00 AM to 9:00 AM Sang & Serkyem (in Cafeteria)

12:15 PM to 1:15 PM Vajra Dance (in Gönpa)

5:00 PM to 6:00 PM Ganapuja (Guru Padmasambhava) (in Gönpa)

6:00 PM to 7:00 PM Khaïta Study Group (in Gönpa)

7:00 PM to 8:30 PM African Dance (in Jyagyip)

7:15 PM to 8:15 PM Khalong Dorjeïkar (in Gönpa)

7:15 PM to 8:15 PM Dorje Sempa Namkha Che Study Group (Transmission required) (in Cafeteria)

Friday 17/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)

12:15 PM to 1:15 PM Vajra Dance (in Gönpa)

5:30 PM to 7:00 PM Respira with Nataly (in Garden)

6:00 PM to 7:30 PM everyone is invited to join filming simple dances for Khaita 10th anniversary video!

7:35 PM to 8:35 PM Vajra Dance (in Gönpa)

Saturday 18/9/2021

8:00 AM to 9:00 AM Mandarava Practice (in Jogur – Lungta tent)

9:00 AM to 10:00 AM Sang Practice (in Cafeteria)

11:00 AM to 12:00 PM Morning Meditation with Rabgyi (in Gönpa)

12:15 PM to 1:15 PM Gomadevi Short Practice with Vajra Dance (in Gönpa)

4:00 PM to 5:00 PM Chinese Language in the Cafeteria (in Other)

6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)

7:15 PM to 8:15 PM Vajra Dance (in Gönpa)

Sunday 19/9/2021

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 Explanation and dance of 12A

1:15 PM to 2:15 PM Khalong Dorjeikar (in Gönpa)

6:00 PM to 7:00 PM Khaita Dancing (in Gönpa)

7:15 PM to 8:15 PM Vajra Dance (in Gönpa)