

## **Dzamling Gar Weekly Schedule September 6-12**

**Date :** September 6, 2021

<https://dzamlinggar.net/weekly-schedule>

### **Monday 6/9/2021**

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent

9:15 AM to 10:30 AM Yantra Yoga Practice Gönpa

11:00 AM to 12:30 PM Dzogchen, the Imperative of No Escape with Steve Landsberg

12:15 PM to 1:15 PM Vajra Dance and Guruyoga of the White A

1:15 PM to 2:15 PM Khalong Dorjeikar

5:00 PM to 6:00 PM Ganapuja by Webcast (New Moon)

6:00 PM Aqua Plasticity

6:00 PM Kumar Kumari

6:00 PM to 7:00 PM Khaita Singing & Dancing

7:15 PM to 8:15 PM Vajra Dance

8:20 PM to 9:20 PM Dakini Simhamukha Practice in the Gönpa

### **Tuesday 7/9/2021**

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent

12:12 PM to 1:30 PM Vajra Dance 12A and Complete Tun

5:30 PM to 7:00 PM Yantra Yoga for Beginners in the Garden

6:00 PM Aqua Plasticity

6:00 PM to 7:00 PM Khaita Singing & Dancing

7:00 PM to 7:45 PM Khaita for kids in the Garden

7:15 PM to 8:15 PM Vajra Dance

### **Wednesday 8/9/2021**

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent

9:15 AM to 10:30 AM Yantra Yoga Practice Gönpa

12:15 PM to 1:15 PM Vajra Dance

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

6:00 PM Aqua Plasticity

6:00 PM to 7:00 PM Khaita Study Group (Jyagcip)

7:00 PM to 7:45 PM Khaita for kids in the Garden

7:15 PM to 8:15 PM Vajra Dance

8:20 PM to 9:20 PM Guru Dragphur Practice in the Gonpa

### **Thursday 9/9/2021**

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent

8:00 AM to 9:00 AM Sang & Serkyem

12:15 PM to 1:15 PM Vajra Dance

6:00 PM to 7:00 PM Khaita Study Group (Jyagcip)

7:15 PM to 8:15 PM Khalong Dorjeikar

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

### **Friday 10/9/2021**

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent

12:15 PM to 1:15 PM Vajra Dance

12:35 PM to 1:35 PM Vajra Dance

5:30 PM to 7:00 PM OPEN Respira in Garden

5:30 PM to 7:00 PM Meditation for Daily Life (ZOOM Only)

6:00 PM to 7:00 PM Khaita in the Garden (simple circle dances)

8:00 PM to 9:00 PM Vajra Dance

Saturday 11/9/2021

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent

9:00 AM to 10:00 AM Sang Practice

9:30 AM Aqua Plasticity

9:30 AM to 11:00 AM Meditation for Daily Life (ZOOM Only)

11:00 AM to 12:00 PM Morning Meditation with Rabgyi

12:15 PM to 1:15 PM Gomadevi Short Practice with Vajra Dance

2:30 PM to 4:00 PM Meditation for Daily Life (ZOOM Only)

4:00 PM to 5:00 PM Chinese Language in the Cafeteria

6:00 PM to 7:00 PM Khaita Singing & Dancing

7:15 PM to 8:15 PM Vajra Dance

**Sunday 12/9/2021**

8:00 AM to 9:00 AM Mandarava Practice Lungta Tent

9:00 AM to 10:00 AM Sang Practice

9:30 AM to 11:00 AM Meditation for Daily Life (ZOOM Only)

1:15 PM to 2:15 PM Khalong Dorjeikar

2:30 PM to 4:00 PM Meditation for Daily Life (ZOOM Only)

6:00 PM to 7:00 PM Khaita Singing & Dancing

7:15 PM to 8:15 PM Vajra Dance