

Practices from Merigar & Dzamling Gar December 14-20

Date : December 13, 2020



Weekly Program 14-20 December 2020

Webcast from Dzamling Gar and Merigar (Italian time)

Monday 14th December

17:00 Ganapuja with Invocation of Samantabhadra ([the text](#) – New moon day, solar eclipse.
Webcast from Dzamling Gar)

Wednesday 16th December

18:00 Mandarava practice (from Merigar)

Thursday 17th December

17:00 Practice of Khaita Joyful Dances (from Merigar)

Friday 18th December

14:30 Shitro practice (from Merigar)

Saturday 19th December

18:00 Mandarava practice (from Merigar)

Sunday 20 December

10:00 Mandarava practice (from Merigar)

Vajra Dance in the Mandala Room

15:00 – 16:00 Pamo

16:00 -17:00 Pawo

Online practices

The online practices of **Yoga on the Chair** continues on **Wednesday at 9:00** and **Yantra Yoga on Thursday 6pm Sunday at 8:30 am**. The link to participate is <https://us02web.zoom.us/j/4865700590>, the password: yymerigar

Breathe is on Friday at 9:00 at: <https://zoom.us/j/9840523802>

Yantra practices continue on the Zoom platform and Breathe resumes on Fridays at 9:00 am <https://zoom.us/j/9840523802>

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