

Combining Practice Retreats with Summer Holidays

Date : April 27, 2017



Dear everyone,

This year Merigar East welcomes you on several unique occasions to practice in our hospitable Gar and relax on the Black Sea beach. If you want to have an all-in-one holiday, combining the practice retreats with customized personal sessions in the Black Sea health or perhaps even travelling into some of the wild-nature Romanian landscapes, we are waiting for you!

Here is the latest update on Merigar East: <http://melong.com/come-to-me/>

Down below you can find the schedule of activities. Please register ahead of time for the retreats you would like to attend.

MANDALA PAINTING with Migmar Tsering – 11-18 May

[Register here](#)

KHAITA COURSE with Sebastien Remy – 19-21 May

[Register here](#)

YANTRA YOGA BEGINNERS' COURSE with Magda Ourecka – 21-23 July

[Register here](#)

**COMMUNICATION COURSE with Gianfranco Brero – 4-7 August
(only for instructors)**

[Register here](#)

VAJRA DANCE OF THE SONG OF VAJRA with Zoli Cser – 11-20 August

[Register here](#)

21 SEMDZINS PRACTICE RETREAT with Elio Guarisco – 21-27 August

[Register here](#)

**RUSHENS AND SEMDZINS PRACTICE RETREAT with Elias Capriles – 13-15
October**

[Register here](#)

Hope to see you here!

Merigar East Blue Gakyil