

Merigar West Weekly Program 25 April-1 May 2022

Date : April 24, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



The Monday, April 25, will be the last day of the Vajra Dance retreat and practice sessions, which will end with a Ganapuja on the day of the Dakinis at 5.15pm.

From Friday to Sunday, there will be a Yantra Yoga Base course with Tiziana Gottardi and a series of Vajra Dance practices, coordinated by Prima Mai in the Vajra Dance Practice Global Weekend "Turning the Vajra Wheel and the Dance of Space of the Unborn – 12 A ".

April 30 is a very special and intense day for the World Day of Dance announced by the CID, plus an event connected to Khaite Joyful Dances, and a Ganapuja on the 10th day of the month, the day of Padmasambhava and solar eclipse.

At Merigar we have two car parks, one at the beginning of the road that leads to the Yellow House, and the one in the Longsal square. We invite everyone to leave their cars in these spaces and go to the gönpa on foot. If weather conditions or walking difficulties make this particularly difficult, please park the car in the parking area in the place of the former tent and not on the road leading to the Gönpa.

We also remind you that until April 30 the rules on masks remain in force as indicated by the

governing decree.

Monday 25 April

10:00 – 12:00 Practice of Mandarava and Dance of the Song of the Vajra, in the Gönpa, with masks

16:00 – 17:00 Complete Thun with the Three Dances, in the Gönpa, with masks

17:15 Ganapuja on the Day of the Dakinis, in the Gönpa, with masks

Tuesday 26 April

18:00 – 19:15 Yantra Yoga weekly online course for beginners, with Dina Priymak, Letizia Pizzetti and Michele Corrado

18:30 – 19:45 Weekly course on the base of the Santi Maha Sangha in Italian, on zoom

Wednesday 27 April

16:00 Study group on Dorje Sempa Namkha Ché, in the library and on zoom – for participation please contact Elisa Copello (copelloelisa@gmail.com)

18:00 Yantra Yoga weekly course, in the Mandala Room, with super green pass

Thursday 28 April

16:30 – 17:30 Khaita, on site with super green pass and mask, and on zoom (the location, the Mandala Room, Gönpa or external platform will be communicated the day before)

18:30 – 20:00 Weekly course on the Base of Santi Maha Sangha in English, on zoom

18:00 – 19:15, Yantra Yoga weekly online course for beginners, in English, with Dina Priymak and Michele Corrado

Friday 29 April

10:00 – 12:00 Practice of the Vajra Dance, with Prima Mai, in the Mandala Room, on the World Day of Dance organized by the CID, with masks

16:00 – 18:00 Practice of the Vajra Dance, with Prima Mai, in the Mandala Room, on the World Day of Dance organized by the CID, with masks

18:00 – 19:30 Modular course to learn the basics of Yantra Yoga, with Tiziana Gottardi, second weekend, with super green pass, in the Gönpa

Saturday 30 April

10:00 – 12:00 Practice of the Vajra Dance, with Prima Mai, in the Mandala Room, with mask

10:00 – 12:30 Modular course to learn the basics of Yantra Yoga, with Tiziana Gottardi, second weekend, with super green pass, in the Gönpa

14:30 – 15:45 Yantra Yoga course for beginners, with Dina Priymak, Tiziana Gottardi and Letizia Pizzetti, in the Gönpa, with super green pass

16:00 – 17:00 Khaita in zoom connection from Merigar with khaita instructors in the world – coordinated by Elisa and Christiane, in the Mandala Room, with super green pass and masks

16:00 – 18:00 Modular course to learn the basics of Yantra Yoga, with Tiziana Gottardi, second

weekend, with super green pass, in the Gönpa

18:30 Ganapuja with the Invocation of Samantabhadra, on the New Moon day and solar eclipse, in the Gönpa, with social distancing and masks

Sunday 1 May

8:30 Yantra Yoga practice on zoom

9:30 – 12:00 Modular course to learn the basics of Yantra Yoga, with Tiziana Gottardi, second weekend, in the Gönpa

10:00 – 12:00 Practice of the Vajra Dance, with Prima Mai, in the Mandala Room, with masks

15:00 Welcome to Merigar – guided tour

16:00 – 18:00 Practice of the Vajra Dance, with Prima Mai, in the Mandala Room, with masks

Practices via Zoom

The online practice of Yantra Yoga continues Sunday at 8.30 am; Yoga on a chair Wednesday at 9:00am . The link to participate online is <https://us02web.zoom.us/j/4865700590>, for the connection you can contact Dina.

Respira is on Friday at 09:00 with Natasha: <https://us02web.zoom.us/j/9840523802>

Ass. Culturale Comunità Dzogchen – Merigar

Loc. Merigar, 58031 Arcidosso (GR) Italy

Tel. +39 0564 966837 +39 0564 968110

Email: office@dzogchen.it