

Merigar West Weekly Program 14 - 20 June 2021

Date : June 14, 2021



Webcast from Dzamling Gar and Merigar (CET)

The weekly program is available on the Merigar website – merigar.it .

Practices at Merigar will be held in the Gönpa where prevention measures are in place.

Those who wish to come to Merigar for the practices should communicate in advance to the Merigar office at office@dzogchen.it or Whatsapp 3518166283 , or tel. 0564966837. Participants should continue to respect social distancing and use of masks.

Wednesday 16 June

17:00 Khaita (webcast from Merigar)

18:30-19:30 Vajra dance

Friday 18 June

18:00-20:00 Khaita Singing & Dancing (webcast from Dzamling Gar)

Saturday 19 June

17:30 [Welcome to Merigar – guided tour](#)

Sunday 20 June

8:30 Yantra Yoga (outdoor platform)

18:00 Ganapuja

Vajra Dance will follow

Practices via Zoom

The online practice of **Yantra Yoga** continues on **Thursday 17:30** and **Sunday at 8.30 am**; **Yoga on a chair on Wednesday 9:00am**. The link to participate is

<https://us02web.zoom.us/j/4865700590>, for the connection you can contact Dina

This week Breathe is on Friday at 09:00 here: <https://zoom.us/j/9840523802>

Ass. Culturale ComunitàDzogchen – Merigar

Loc. Merigar, 58031 Arcidosso (GR) Italy
Tel. +39 0564 966837 +39 0564 968110
Email: office@dzogchen.it