

Merigar West Weekly Program 15-22 August 2022

Date : August 14, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



On Monday 15 August there will be the Ferragosto lunch at the Yellow House at Merigar at 1pm. Merigar will prepare a simple meal and everyone is invited to bring some food or drinks.

On Wednesday the [Yantra Yoga retreat for instructors](#) with Laura Evangelisti starts. On Thursday afternoon the [20th Course for Translators from the Tibetan](#) begins.

On Friday the Course on the [Potentiality of the Elements](#) begins with Migmar Tsering.

On Saturday there will be the [Kumar Kumari](#) meeting and a [conference on Bats](#) as part of the Library Talks series.

Sunday August 21 is [Children's Day](#). At 7.30pm there will be a Ganapuja in the Gönpa.

At Merigar we remind you to leave your car in the car park and, if necessary, to park in the former tent area in front of the Gönpa. Thank you.

Monday 15 August

10:00 – 12:15 and 16:00 – 18:00 Meditation, Yantra Yoga, Vajra dance and Khaita Joyful dance course (Gönpa)

13:00 Ferragosto lunch at Merigar
18:00 Welcome to Merigar
18:15 Khaita (Gönpa)
19:30 Vajra dance on the outdoor platform

Tuesday 16 August

10:00 – 12:30 Meditation, Yantra Yoga, Vajra dance and Khaita Joyful dance course (Gönpa)
19:30 Vajra dance on the outdoor platform

Wednesday 17 August

9:30 – 12:30 and 15:30 – 18:00 Yantra Yoga Practice Retreat for Instructors, with Laura Evangelisti (Gönpa)
19:30 Vajra dance on the outdoor platform

Thursday 18 August

9:30 – 12:30 and 15:30 – 18:00 Yantra Yoga Practice Retreat for Instructors, with Laura Evangelisti (Gönpa)
16:00 Beginning of the 20th course for translators from Tibetan, in the Library
18:30 Practice of the Chöd (Gönpa)
19:30 Vajra dance (Gönpa)

Friday 19 August

9:30 – 12:30 and 15:30 – 18:00 Yantra Yoga Practice Retreat for Instructors, with Laura Evangelisti (Gönpa)
10:00 – 12:00 and 15:00 – 17:00 Course on the Potential of the Elements, with Migmar Tsering (Mandala Room)
18:15 Khaita (Gönpa)

Saturday 20 August

10:00 – 12:30 and 15:30 – 18:00 in-depth meeting on Kumar Kumari, with Laura Evangelisti (Gönpa)
10:00 – 12:00 and 15:00 – 17:00, Course on the Potential of the Elements, with Migmar Tsering (Mandala Room)
18:15 Library Talks – Bats, in the library
19:30 Vajra dance on the outdoor platform

Sunday 21 August

8:30 Practice of Yantra (Gönpa)
10:00 – 17:00 Children's Day
10:00 – 12:00 and 15:00 – 17:00 Course on the Potential of the Elements, with Migmar Tsering (Mandala Room)
19:30 Ganapuja, in the Gönpa and webcast

We also remind you that the practice of Thun with the invocations to the Guardians, in support of the populations affected by the war, continues, organized by a group of practitioners from Kharkiv every day at 19:00 Italian time. The link to participate is:

<https://us02web.zoom.us/j/5166966436?pwd=cUdpZHJQRUFobjh4SIBTU2VNeEdTUT09https://us02web.zoom.us/j/5166966436?pwd=cUdpZHJQRUFobjh4SIBTU2VNeEdTUT09>

Upon invitation of the Municipality of Arcidosso, in the months of July and August we organize weekly appointments on Sunday for experiencing Yantra Yoga (17-18) in the garden in via Tibet and Joyful Khaita Dances (18-19) led by instructors of the Dzogchen Community of Merigar, location will be decided, Piazza Indipendenza in Arcidosso (GR).

Zoom

- Yantra Yoga Advanced Level – Monday, 16.30;
- Yantra Yoga Open Level – Wednesday, 17.30;
- Yoga on a Chair – Thursday, 9.00 am;
- Advanced Yantra Yoga (Variations and 7 Lotus) with Oni Mac Kinstry – Saturday, 9.00 am;
- Yantra Yoga Medium Level – Sunday, 8.30 am.

The link to participate online

is <https://us02web.zoom.us/j/4865700590?pwd=TWVVMniWVaG9lWTZGWEkwM2dQWHJqQT09> , for the connection you can contact Dina.

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