

Merigar West Weekly Program 16-22 May 2022

Date : May 15, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



On

Monday May 16, full moon and lunar eclipse day, at 18:00 Italian time there will be a Ganapuja webcast from Dzamling Gar. At 18:00 we will also do the ganapuja in the Gönpa, with authentication of the Namkhà and the Invocation of Samantabhadra.

Given the improved conditions and the easing of restrictions, Merigar will prepare offerings for this ganapuja, and practitioners will also be able to bring their own and reactivate the usual way of sharing.

Friday May 20 at 8:30 Aldo Oneto will lead a practice of Sang and Serkyem, very useful in this period in which we receive many provocations from the Eight Classes. We ask you to arrive a little early and bring the text of the practice with you.

The course on the Dances of the Three Vajras scheduled for the coming weekend will instead be postponed to a date to be determined.

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 kindly ask you to drive slowly and carefully in the area of Merigar.

Monday 16 May

18:00 Full Moon Ganapuja, webcast from Dzamling Gar

18:00 Full Moon Ganapuja, with authentication of Namkhà and invocation of Samantabhadra, in the Gönpa

Tuesday 17 May

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

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

Wednesday 18 May

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 Gönpa

Thursday 19 May

16:30 – 17:30 Khaita, on site and on zoom (the place Mandala Hall or the Gönpa, will be communicated the day before)

18:00 – 19:00 Practice of the Vajra Dance, in the Mandala Hall

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

Friday 20 May

8:30 Practice of Sang and Serkyem opposite the Gönpa

Saturday 21 May

14:30 – 15:45, Yantra Yoga course for beginners, with Dina Priymak, Tiziana Gottardi and Letizia Pizzetti, in the Mandala Room

Sunday 22 May

8:30 Yantra Yoga practice in Gönpa

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>

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