

Merigar West Weekly Program 18-24 July 2022

Date : July 17, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



Photo by Marija Desal

This week there are a lot of activities. In addition to the usual practices, the Breathe training course begins on Monday 18 with Fabio Andrico (limited number and reserved for those who attended the previous module, in attendance).

On Wednesday 20 at 18:00 there will be the Pre-assembly of the Sangha of Merigar (Gönpa).

On Friday 22 we will have the course “Improving communication skills within a group” for which we invite you to register, even if it is a free course. If we know how many people are participating we can better organize the structure of the course itself.

We also have the Course on Sa-chad Rin-chen Kun-dü (Tibetan geomancy) for which it is still possible to enroll. If a minimum number of 7 participants is not reached, the course will be postponed.

We also remind you that the practice of Thun with the invocations to the Guardians continues, in support of the populations affected by the war, and 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=cUdpZHJQRUFobjh4SIBTU2VNeEdTUT09> .

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 18 July

16:00 – 18:30 Breathe training course, with Fabio Andrico (Gönpa)

Tuesday 19 July

9:00 – 11:30 / 15:00 – 17:30 Respira training course, with Fabio Andrico (Gönpa)

Wednesday 20 July

9:00 – 11:30 / 15:00 – 17:30 Breathe training course, with Fabio Andrico, in Gönpa

18:00 Pre-assembly of the Sangha of Merigar (Gönpa)

Thursday 21 July

9:00 – 11:30 / 15:00 – 17:30 Breathe training course with Fabio Andrico (Gönpa)

12:00 Picnic at the Yellow House

18:00 Khaita, (Gönpa)

19:00 Vajra dance (Gönpa)

Friday 22 July

9:00 – 11:30 / 15:00 – 17:30 Breathe training course, with Fabio Andrico (Gönpa)

10:00 -12: 30/15: 00-17: 30 Course on Sa Chad, with Migmar Tsering (Library)

10:30 – 12:30 / 15:00 – 17:00 Seminar on communication, with Laura Borel (Dining Room)

18:00 Practice of Chöd (Gönpa)

Saturday 23 July

9:00 – 11:30 / 15:00 – 17:30 Breathe training course, with Fabio Andrico (Gönpa)

10:30 – 12:30 / 16:00 – 18:00 Seminar on communication, with Laura Borel (Dining Room)

10:00 -12: 30/15: 00-17: 30 Course on Sa Chad, with Migmar Tsering (Library)

18:00 Ganapuja on the day of the Dakinis (Gönpa and webcast)

Sunday 24 July

8:00 Practice of Sang and Serkyem (in front of Gönpa)

8:30 Practice of Yantra, (Mandala Hall)

9:00 – 11:30 Breathe training course, with Fabio Andrico (Gönpa)

10:00 -13:00 Seminar on communication, with Laura Borel (Sala Mensa)

17:00 Annual meeting of IDC members (Gönpa)

Upon invitation of the Municipality of Arcidosso, in the months of July and August we are organizing weekly appointments on Sunday for experiencing Yantra Yoga (5-6pm) and Khaita Joyful Dances (6-7pm) led by instructors of the Dzogchen Community of Merigar at the Parco del Tennis in Arcidosso (GR).

Practices via 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.

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

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