

Merigar West Weekly Program 2-8 May 2022

Date : May 1, 2022



This week, in addition to the usual online courses, we will have two practice sessions: Tuesday 4 May, White A Guru Yoga Practice and Saturday 7 May, Mandarava Practice in the Gönpa at 18:00.

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.

Monday 2 May

Tuesday 3 May

18:00 Practice of Guru Yoga of the white A, in the Gönpa and in webcast

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 4 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 Weekly Yantra Yoga course, in the **Mandala Hall**

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

Thursday 5 May

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

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

Friday 6 May

Saturday 7 May

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

18:00 Mandarava long life practice, in the Gönpa

Sunday 8 May

8:30 Yantra Yoga practice in the Gönpa and on zoom

10:30 Welcome to Merigar

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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