

Merigar West Weekly Program 20 - 26 June 2022

Date : June 19, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



This week we have several activities:

- Tuesday 21 different activities for the [International Day of Yoga](#)
- Thursday 23 at 18:45 Ganapuja on the day of the Dakinis, in the Gönpa and webcast.
- Friday 24 at 8:30 precisely, Sang and Serkyem, near the Gönpa.
- On Saturday 25 at 10:00 the course [Discovering the true meaning of the Vajra Dance](#) will begin with Prima Mai and Christiane Rhein. You can register by filling out the online form.

Monday 20 June

10:00-13:00 and 16:00-18:30 Practice and deepening of the Dance of the Song of the Vajra, with Prima Mai, in the Gönpa

Tuesday 21 June

10:00-13:00 and 16:00-18:30, Practice and deepening of the Dance of the Song of the Vajra, with Prima Mai, in the Gönpa

10:30-12:00 International Yoga Day, Yantra Yoga for those who already know the basics, in the Mandala Room (or external platform)

17:30-18:30 International Yoga Day, Kumar Kumari, Yantra Yoga for girls and boys, on the outdoor platform

17:30-18:30 International Yoga Day, Yantra Yoga for beginners, in the Mandala Room

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

Wednesday 22 June

10:00-13:00 and 16:00-18:30, Practice and deepening of the Dance of the Song of the Vajra, with Prima Mai, in the Gönpa

16:00 Study group, in the library and on zoom – for online participation contact Elisa Copello

18:00 Weekly Yantra Yoga Course, in the Mandala Room

Thursday 23 June

10:00-13:00 and 16:00-18:30, Practice and deepening of the Dances of Vajra, with Adriana Dal Borgo and Prima Mai, in the Gönpa

16:30-17:30 Khaita, in the Mandala Room or External Platform and on zoom

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

18:45 Ganapuja (Dakini Day), in the Gönpa and webcast

Friday 24 June

8:30 Practice of Sang and Serkyem, near the Gönpa

Saturday 25 June

10:00-12:30 and 15:00-17:30, Discover the true meaning of the Vajra Dance, with Prima Mai and Christiane Rhein, in the Gönpa

Sunday 26 June

8:30 Yantra Yoga practice in the Mandala Room

10: 00-14: 00 Discover the true meaning of the Vajra Dance, with Prima Mai and Christiane Rhein, in the Gönpa

15:00 Welcome to Merigar

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=TWVVTMnlWaG9lWTZGWekwM2dQWHJqQT09> , 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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