

Merigar West Weekly Program 21-27 March 2022

Date : March 20, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



Raising the lungta at Merigar West. Photo by Gabriele Stedlecki

This week on Friday 25 March at 18:00 there will be the practice of Chöd led by Adriano Clemente in the Gönpa and in webcast.

Thursday at 17:30 Ngagkong in the Mandala Room, a practice that we will try to continue every week to help people who suffer in the current political situation.

Sunday 27 World Dance Day, concluding with a Ganapuja at 5.15pm in the Gönpa.

In the buildings at Merigar please follow the rules for social distancing and wear a mask during the practices. To access the Yellow House you must have a green pass. The activities for which the green pass is required are indicated in the program below.

Monday 21 March

Tuesday 22 March

18:00 – 19:15 Yantra Yoga weekly online course 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 23 March

16:00 Study group on Dorje Sempa Namkha Ché, in the library with super green pass, and on zoom – for participation please contact Elisa Copello (copelloelisa@gmail.com)

18:00 Weekly Yantra Yoga course, in the Mandala Room, with a super green pass

Thursday 24 March

16:00 – 17:00 Khaita, onsite with super green pass and mask, and on zoom (the place, the Mandala Room or Gönpa, will be communicated the day before)

17:30 – 19:00 Ngagkong in the Mandala Room

18:30 – 20:00 Weekly Course on the Base of Santi Maha Sangha in English (with Czech translation), on zoom

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

Friday 25 March

18:00 Practice of Chöd in Gönpa, with social distancing and masks and in webcast led by Adriano Clemente

Saturday 26 March

10:00 -12:00 The Seventh Mind Training, with Oliver Leick, only on zoom (in English with Czech translation, and in Italian if there are enough requests)

10:00 – 13:00 Vajra Dance Course for the Benefit of Beings in the Gönpa, with super green pass

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

15:00 – 18:00 Vajra Dance Course for the Benefit of Beings, with Cosimo Di Maggio, in the Gönpa, with super green pass

16:00 – 18:30, The Seventh Mind Training, with Oliver Leick, only on zoom (in English with Czech translation and in Italian if there are enough requests)

Sunday 27 March

8:30 am Yantra Yoga practice on zoom

9:00 – 9:45 Practice of the Vajra Dance for the World Day of Dance, in Gönpa, with social distancing and masks

10:00 Xitrò practice in the fourth week after the death of Michele Mastromauro and for all deceased practitioners, in the Mandala Room, with masks and social distancing

10:00 – 12:00 The Seventh Mind Training, with Oliver Leick, only on zoom (in English with Czech translation, and in Italian if there are enough requests)

10:00 – 13:00 Vajra Dance Course for the Benefit of Beings, with Cosimo Di Maggio, in the Gönpa, with super green pass

14:00 – 14:45, Practice of the Vajra Dance for the World Day of Dance, in the Gönpa, with social distancing and masks

16:00 – 18:30, The Seventh Mind Training, with Oliver Leick, only on zoom (in English with Czech translation and in Italian if there are enough requests)

15:00 – 17:00 Vajra Dance Course for the Benefit of Beings, with Cosimo Di Maggio, in the Gönpa, with super green pass

17:15 World Dance Day, Dakini Day ganapuja with Dance of the Song of the Vajra, in the Gönpa, with social distancing and masks

Practices via Zoom

The online practice of Yantra Yoga continues on Sunday at 8.30 am; Yoga on a chair Wednesday 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 here: <https://us02web.zoom.us/j/9840523802>

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