

Merigar West Weekly Program 23-29 May 2022

Date : May 22, 2022



Photo by Lesya Cherenkova

On Wednesday 25th, Dakini day, there will be a Ganapuja in webcast at 6pm in the Gönpa. Over the weekend the third appointment for the [modular course of Yantra Yoga](#) will be held.

On Sunday 29th we will dedicate a day to Karma Yoga to work on the gardens around the Yellow House, 9:30 am until 5 pm, with a lunch break offered by Merigar. Please come and give a hand and if possible bring gloves and work tools.

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 23 May

Tuesday 24 May

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

Wednesday 25 May

16:00 Study group on Dorje Sempa Namkha Ché, in the Library and on zoom – for participating please contact Elisa Copello (copelloelisa@gmail.com)

18:00 Yantra Yoga weekly course, in the Mandala Hall

18:00 Ganapuja Dakini Day in the Gönpa and webcast

19:00 Practice of Chöd in the Gönpa

Thursday 26 May

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

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

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

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

Friday 27 May

8:30 Practice of Sang e Serkyem near the Gönpa

18:00 – 19:30 Third module of Yantra Yoga for beginners with Tiziana Gottardi in the Gönpa

Saturday 28 May

10:00 – 12:30 Third module of Yantra Yoga for beginners with Tiziana Gottardi in the Gönpa

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

16:00 – 18:00 Third module of Yantra Yoga for beginners with Tiziana Gottardi in the Gönpa

Sunday 29 May

8:30 Yantra Yoga practice in the Mandala Room

9:30 – 12 Third module of Yantra Yoga for beginners with Tiziana Gottardi in the Gönpa

9:30 – 13:00 Karma Yoga at the Yellow House with lunch provided by 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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