

Merigar West Weekly Program 28 March-3 April 2022

Date : March 27, 2022



Photo by Lesya Cherenkova

The weekly program goes ahead as usual. On Friday at 18:00 there will be a New Moon Ganapuja with Intensive Ngagkong (one hour) 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 28 March

Tuesday 29 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 30 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 31 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)

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 1 April

18:00 New Moon Ganapuja with intensive Ngagkong in the Gönpa, with social distancing and masks

Saturday 2 April

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

Sunday 3 April

8:30 Yantra Yoga practice on zoom

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

15:00 Welcome to Merigar

16:00 – 17:00 Vajra Dance in the Mandala Room (pamo), with masks and social distancing

17:00 – 18:00 Vajra Dance in the Mandala Room (pawo), with masks and social distancing

Practice 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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