

Merigar West Weekly Program 4-10 April 2022

Date : April 3, 2022



**INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR**



This week there are the regular weekly practices while at the weekend there is the Meditation and Yoga course with Gino Vitiello and Tiziana Gottardi. For information and registration: <https://www.merigar.it/it/corsi-e-eventi/meditazione-yoga-aprile-2022/>

We remind you that in 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 4 April

Tuesday 5 April

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

18:00 – 19:30 Practice of medium Thun with intensive Ngakong in the Gönpa

18:30 – 19:45 Weekly course on the basis of the Santi Maha Sangha in Italian, on zoom

Wednesday 6 April

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 7 April

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 8 April

18:00 – 20:00 Yoga and Meditation Course with Lugi Vitiello and Tiziana Gottardi – Gönpa (super

green pass)

Saturday 9 April

10:00 – 13:00 Yoga and Meditation Course with Lugi Vitiello and Tiziana Gottardi – Gönpa (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

16:00 – 19:00 Yoga and Meditation Course with Lugi Vitiello and Tiziana Gottardi – Gönpa (super green pass)

Sunday 10 April

8:30 Yantra Yoga practice on zoom

9:30 – 12:30 Yoga Meditation Course with Lugi Vitiello and Tiziana Gottardi – Gönpa (super green pass)

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

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

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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