

Merigar West Weekly Program 6-12 June 2022

Date : June 5, 2022



INTERNATIONAL
DZOGCHEN COMMUNITY
MERIGAR



Photo by Marija Desal

Weekly Program 6 – 12 June 2022

This week, in addition to the usual on-site and online practices, on Thursday 9 June we have the practice of Sang and Serkyem at 8:30 (please be punctual), also on Thursday, the Ganapuja of Padmasambhava at 18:00 in the Gönpa. The ganapuja will also be webcast. At the weekend, there will be the Amitayus Long Life Practice Retreat in the Gönpa.

Friday 10 June from 16.00 to 19.00 Karma Yoga to paint the balustrade of the Gönpa followed by an aperitif offered by Merigar at the Yellow House. Please inform the office about your participation. Thank you

Monday 6

Tuesday 7

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

Wednesday 8

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

18:00 Yantra Yoga weekly course, in the Gönpa

18:00 Chöd practice following the Vajra Dance Thun

Thursday 9

8:30 Sang e Serkyem, near the Gönpa

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

18:00 – 19:00 Ganapuja on Padmasambhava Day in the Gönpa and webcast

19:00 – Vajra Dance Practice, Gönpa

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

Friday 10

16:00 – 19:00 Karma Yoga in the Gönpa

Saturday 11

10:30 – 12:00 and 17:00 – 18:30 Amitayus Long-life practice retreat in the Gönpa

16:00 Khaita on zoom worldwide connection – Mandala Room or external platform

Sunday 12

8:30 Yantra Yoga practice in the Mandala Room

10:30 – 12:00 / 17:00 – 18:30 Amitayus Long-life practice retreat in the Gönpa

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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