

## **Tashigar South Online Practices: 19-25 April**

**Date :** April 19, 2021



**COMUNIDAD DZOGCHEN  
INTERNACIONAL  
TASHIGAR SUR**

Dear Vajra Family,

In the schedule you will find all info for the next week.

We ONLY post Zoom links in Facebook Group and Sangha App. If you don't use FB or the App, please write to us. <https://www.facebook.com/groups/PracticandoenTashigarSur2020>

We use the same link week after week.

If you have a comment or question please write to [secretaria@tashigarsur.com](mailto:secretaria@tashigarsur.com).  
Thank you for the collaboration and the support all these months!!!

Join us!

Tashigar South Gakyil

**April 19-25**

**Online practices from Tashigar South**

**Argentina time (GMT -3)**

## Monday, 19 Apr

**8:30 AM** – Guru Amitayus: Elisa Copello – Italy (Spanish – via Zoom)

**7:00 PM** – Green Tara practice: Valter Bianchini – Italy (Spanish – via Zoom)

## Tuesday, 20 Apr

**8:30 AM** – Mandarava (short version): Paola Damonte – Peru (Spanish – via Zoom)

**9:30 AM** – Pranayama of the 3rd Series of Yantra Yoga: Breathing of Humkara: Carolina Mingolla – Tashigar South (Spanish – via Zoom)

**7:00 PM** – Green Tara practice: Marisa Alonso – Tashigar South (Spanish – via Zoom)

## Wednesday, 21 Apr

**8:30 AM** – Mandarava (short version): Thinley Koblensky – Costa Rica (Spanish – via Zoom)

**9:30 AM** – Yantra Yoga practice: Carolina Muñoz – Chile (Spanish – via Zoom)

**6:00 PM** – Dance of the 12 A: Issa Cox – Peru (Spanish – via Facebook Live)

**7:00 PM** – Shitro practice: Marisa Alonso – Tashigar South (Spanish – via Zoom)

## Thursday, 22 Apr

### Padmasambhava day

**8:30 AM** – Mandarava (short version): Sara Hanono – Argentina (Spanish – via Zoom)

**9:30 AM** – Yantra Yoga practice: Leticia Recepter – Argentina (Spanish – via Zoom)

**6:00 PM** – Dance of the 12 A: Alejandra Krasnogor – Uruguay (Spanish – via Facebook Live)

**7:00 PM** – Short Ganapuja: Paula De Raedemaeker – Argentina (Spanish – via Zoom)

## Friday, 23 Apr

**8:30 AM** – Mandarava (short version): Ricardo Sued – Tashigar South (Spanish – via Zoom)

**7:00 PM** – Green Tara practice: Paola Damonte – Peru (Spanish – via Zoom)

**Saturday, 24 Apr**

**11:00 AM** – APRIL OF GREEN TARA. Session #3: Replay of Tara explanation – Oliver Leick organized by Tashigar South on June 5, 2020 (English with Spanish translation – via Zoom)

**Sunday, 25 Apr**

No activities programmed.



ESTA SEMANA

MANDARAVA  
TARA VERDE  
YANTRA YOGA  
SHITRÓ  
DANZA DE LAS 12 A  
GANAPUJA

PRÁCTICAS ONLINE



INTERNATIONAL  
DZOGCHEN COMMUNITY  
TASHIGAR SUR

